



## Beef Pot Roast

### Slap's Beef Pot Roast

Nothing screams, "feel good food" more than a pot roast. Follow this easy recipe for a delicious beef pot roast the whole family will enjoy.

#### **Ingredients:**

- 3 - 4 lbs beef chuck roast, boneless
- 12 cloves garlic, halved
- 3 Tbsp. [Slap Ya Mama Original Blend Seasoning](#)
- 3 Tbsp olive oil
- 1 onion, quartered
- 1 bell pepper, chopped into chunks
- 10 whole carrots, peeled
- 8 small potatoes, rinsed
- 2 sprigs of thyme

#### **Directions:**

With a knife, cut a slit into the roast just big enough to stuff a half of a clove of garlic into it. Continue stuffing the roast with garlic until you've stuffed it with half of the garlic. Season the outside of the roast with 2 Tbsp of Slap Ya Mama Original Blend Seasoning or until it's seasoned to your taste.

Preheat oven to 350 degrees Fahrenheit.

In a large pot over medium-high heat, add 2 Tbsp of olive oil. Once oil is hot, add roast and brown\* each side for 3 to 4 minutes. Remove roast from pot and set aside. Add in 1 Tbsp olive oil, remaining garlic, onion, bell pepper and carrots; brown until onions become slightly translucent. Remove carrots and set aside. Add ½ cup of water; stir (scraping the bottom of the pot) to help to bring the bottom up. Add roast back to pot, add carrots, potatoes, thyme, the remaining Tbsp of Slap Ya Mama Original Blend Seasoning and enough water to reach half way up the roast. Bring to a boil. Cover and place in oven. Bake at 325 degrees for 2 hours for a 3-pound roast and 3 hours for a 4-pound roast.

Serve over white rice and enjoy.

**\*Brown** – To sear thoroughly