

Saucy Crockpot Roast

5 lb rump roast
1 tsp salt
½ tsp pepper
2 tsp Gourmet Gardens Italian Herbs Stir-in paste
2 tsp Gourmet Gardens Minced Garlic paste
8 oz fresh sliced mushrooms
1 medium onion, chopped
2 cups Marinara Sauce
1 cup red wine, substitute beef broth if preferred
Olive oil or avocado oil
Cornstarch

Combine Italian Herbs and Garlic paste; add salt and pepper; mix well.

Coat roast with mixture and let stand at room temperature ½-1 hour.

Spray 5 quart crockpot with olive oil or avocado oil.

Heat 2 TBLS oil in large frying pan. Sear roast on all sides.

Place roast in crockpot.

In same pan saute onions in drippings for about 5 mins until transparent. Add oil if needed. Add mushrooms and saute till mushrooms start to wilt.

Pour onions and mushrooms over roast in crockpot.

Combine marinara sauce and wine. Pour over roast and onions and mushrooms.

Cook on low 6-8 hours or on high 1 hour then low 3-4 hours. Roast should fall apart easily.

Remove roast to a platter and cover with foil to keep warm. Add 1 heaping TBLS corn start to 1/3 cup water and stir well till cornstarch is dissolved. Add more water if necessary. Stir into sauce in the crockpot. Continue to stir until sauce thickens.

Serve with mashed potatoes, noodles or rice.