



CHUCK ARM ROAST

Super Easy Slow Cooker Beef Roast

Prep Time: 20 minutes
Cook Time: 8 hours in slow cooker
Total Time: 8 hours 20 minutes
Servings: 6

INGREDIENTS

3 pounds frozen Grass Run Farms® Chuck Arm Roast
3/4 liter Burgundy
1 thinly sliced onion
1 beef or vegetable bouillon
1 tbsp Worcestershire sauce
1 bay leaf
2 cups water

PREPARATION

If you are organized and pre-plan your meals, you could thaw your roast, jaccard it, and sear it on both sides with some butter or olive oil in the pan before throwing it in a slow cooker. However, if your schedule is hectic like ours, just throw all the ingredients including the frozen roast in a slow cooker set on low and cook all day (about 8 hours or more). Either way, you will have beef so tender it will be falling apart.

*Recipe Courtesy of Grass Run Farms
www.grassrunfarms.com*