

Crock-Pot Italian Roast

1/2 cup tapioca or corn starch
2 cups water
2 cups beef broth
3/4 teaspoon Italian seasoning
1/2 teaspoon black pepper
3 cloves fresh garlic, minced
3 Tablespoons red wine vinegar

1, 3-pound roast of beef, unthawed
4-5 potatoes, cut
4-6 carrots, cut

In crock-pot, whisk the tapioca starch with about 1/2 cup of the water. Add the remaining water, broth, and seasonings. Whisk until thoroughly combined.

Place roast in the crock-pot. Cut enough potatoes and carrots to fill most of the remaining space in the crock-pot. Turn the crock pot on to cook at low or high heat (see below). Stir at least once in the first hour, to prevent starch from sticking to the bottom of the crock pot as it thickens.

Cooking times will vary between crock pots. As a general guide, cook on low heat for 6 to 7 hours, or until the meat is cooked through and falls apart. If speed is important, cook on high heat for about 4 hours. In this case, the roast will be less tender.