

## **SWEET & TANGY POT ROAST**

### ***The Cooks Next Door***

1 boneless beef chuck roast (3 lbs. or so)

½ tsp. salt

½ tsp. pepper

1 c. water

1 c. ketchup

¼ c. red wine or beef broth

1 envelope au jous

2 tsp. dijon mustard

1 tsp. Worcestershire sauce

1/8 tsp. garlic powder

3 Tb. cornstarch

¼ c. cold water

Place meat in crockpot. Sprinkle with salt and pepper. In a bowl, combine the water, ketchup, wine or broth, gravy mix, mustard, worcestershire sauce, and garlic powder; pour over meat. Cover and cook on low for 9-10 hours or until meat is tender.

Combine cornstarch and cold water until smooth (I don't always do this). Stir into slow cooker. Cover and cook on high for 30 minutes or until gravy is thickened. Remove meat from slow cooker. Slice and serve with gravy.

Makes about 8 servings.