

SLOW COOKER SUNDAY ROAST

Bay Leaf
Black Pepper
Garlic Granules
Red Onion Slices
Himalayan Sea Salt
Chuck Roast, about 4 lbs.

Sear roast if desired. Sprinkle garlic, salt, and pepper generously on both sides. Place in slow cooker. Top with sliced onions. Place bay leaf in slow cooker and cook on low for 8 to 10 hours. Remove roast and shred with fork. Remove onions and bay leaf. To make gravy, melt 2 T butter in saucepan over medium heat. Add 2 T flour and stir to absorb completely. Whisk in juices from slow cooker while stirring constantly. Continue stirring and heat on medium until gravy boils and reaches desired thickness.