

## **SLOW-COOKER POT ROAST WITH POTATOES, CARROTS AND FENNEL**

*(from the Bewitching Kitchen, inspired by many sources)*

2 tablespoons grapeseed oil (or oil of your choice)  
1 bone-in chuck roast, 4 to 5 pounds  
2 tsp Herbes de Provence  
2 tsp fennel seeds  
1 tsp salt  
1/2 tsp ground black pepper  
6 yellow potatoes (such as Yukon Gold), halved  
2 fennel bulbs, cut in large pieces  
6 carrots, peeled, and cut in large pieces  
1 shallot, diced  
1 stick celery, diced  
1/2 cup beef broth  
1/2 cup water  
fresh parsley, to serve (optional)

Mix the spices in a small bowl, crushing the fennel seeds lightly. Rub the dry rub all around the beef. In a large skillet, heat the oil and brown the meat on all sides. As the meat browns, place the potatoes, carrots, fennel, shallots and celery inside your slow-cooker. Season them lightly with salt.

When the meat is golden brown, transfer it to the slow cooker, placing it on top of the veggies. Deglaze the skillet with a little water, and transfer the juices to the slow-cooker. Add the beef broth and water. Set it on low for 10 hours, you can also cook on high for 5 to 6 hours, but I really prefer the texture of the meat when cooked low and slow.

Shred or cut the beef in serving pieces, and enjoy with all the veggies. It is even better when prepared one day in advance.