

## Harvest Pot Roast

(Courtesy of Jesse Ziff Cool, *Simply Organic*, Chronicle Books, 2008)

Happily, I received explicit permission from the publisher to post this recipe verbatim. My only added suggestion is to transfer the roast, vegetables, and juices to a microwave-safe container, cool it slightly, and refrigerate it, covered, overnight. The next day, use a spoon to lift off and discard the layer of hardened fat that sits on top. Microwave until hot.

- 1 large onion, cut into thick slices
- 2 carrots, cut into 1-inch pieces
- 12 ounces mushrooms, quartered
- 4 garlic cloves, minced
- 1 can (14-1/2 ounces) diced tomatoes, drained
- 1 cup ketchup
- 2 tablespoons Dijon mustard
- 2 tablespoons Worcestershire sauce
- 1 chuck roast (2-1/2 to 3 pounds), trimmed of all visible fat
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Combine the onion, carrots, mushrooms, garlic, and tomatoes in a slow cooker. In a small bowl, combine the ketchup, mustard, and Worcestershire sauce. Top the vegetables with half of the ketchup mixture.

Place the roast over the vegetables and sprinkle with the salt and pepper. Spread the remaining ketchup mixture over the roast. Cover and cook on low for 8 to 9 hours, or until the meat is very tender.

Let the meat rest for 10 minutes before slicing.