

Prep Time: 20 minutes | Cook Time: 6–8 hours (Low) or 3–4 hours (High) | Total Time: 6 hours 20 minutes – 8 hours 20 minutes

Yield: 6 servings | Difficulty: Easy | Intensity Level: Low (minimal hands-on effort)

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Description

Slow Cooker Beef and Mushrooms is the ultimate comfort food — tender chunks of beef simmered low and slow with earthy mushrooms, onions, and garlic in a rich, savory gravy. This hands-off recipe lets your slow cooker do all the work while you go about your day. The result is fall-apart beef and deeply flavored sauce that's perfect served over mashed potatoes, egg noodles, or steamed rice. It's a hearty, family-friendly dinner that tastes like

you spent hours in the kitchen — but you didn't.

Ingredients

For the Beef:

- 2½ to 3 lbs (1.1–1.4 kg) beef chuck roast, cut into 1½-inch cubes
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons olive oil (for browning)

For the Sauce and Vegetables:

- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 16 oz (450 g) cremini or white button mushrooms, sliced

- 1 cup beef broth
- ½ cup dry red wine (or additional beef broth)
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary (crushed)
- 1 bay leaf
- ½ teaspoon smoked paprika

For the Slurry (to thicken):

- 2 tablespoons cornstarch
- 3 tablespoons cold water

For Garnish (optional):

- Fresh parsley, chopped
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Equipment

- 6-quart (5.7 L) slow cooker
 - Large skillet
 - Cutting board and sharp knife
 - Measuring cups and spoons
 - Small bowl (for slurry)
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Instructions

Step 1: Prepare the Beef (10 minutes | Intensity: Medium)

Pat the beef cubes dry with paper towels — this is key for a good sear. In a large bowl, toss the beef with flour, salt, and pepper until evenly coated.

Step 2: Brown the Beef (8-10 minutes | Intensity: Medium-High)

Heat olive oil in a large skillet over medium-high heat. Working in batches (don't crowd the pan), sear the beef cubes for 2-3 minutes per side until deeply browned. Transfer browned beef to the slow cooker. *Note: Browning adds significant flavor, but if you're short on time, you can skip this step and add the flour-coated beef directly to the slow cooker.*

Step 3: Sauté the Aromatics (3-4 minutes | Intensity: Medium)

In the same skillet, reduce heat to medium. Add the diced onion and cook for 2-3 minutes until softened. Add the garlic and cook for 30 seconds until fragrant. Transfer to the slow cooker.

Step 4: Deglaze the Pan (1-2 minutes | Intensity: Low-Medium)

Pour the red wine (or ½ cup broth) into the hot skillet, scraping up any browned bits from the bottom. Let it simmer for 1 minute, then pour into the slow cooker.

Step 5: Load the Slow Cooker (3 minutes | Intensity: Low)

Add the sliced mushrooms, beef broth, tomato paste, Worcestershire sauce, thyme, rosemary, bay leaf, and smoked paprika to the slow cooker. Stir everything together until well combined.

Step 6: Slow Cook (6-8 hours on Low OR 3-4 hours on High | Intensity: None — hands-off)

Cover and cook. Low setting: 6-8 hours. High setting: 3-4 hours. The beef is done when it shreds easily with a fork. Avoid lifting the lid during cooking to maintain heat.

Step 7: Thicken the Sauce (5 minutes | Intensity: Low)

In a small bowl, whisk cornstarch and cold water until smooth. Remove the bay leaf from the

slow cooker. Stir the slurry into the beef mixture. Cover and cook on High for 15–20 minutes until the sauce thickens.

Step 8: Taste and Serve (2 minutes | Intensity: Low)

Taste and adjust seasoning with additional salt and pepper if needed. Garnish with fresh parsley and serve over mashed potatoes, egg noodles, or rice.

Time and Intensity Summary

Phase	Time	Intensity
Prep and sear	20 minutes	Medium
Slow cooking (Low)	6–8 hours	None (hands-off)
Slow cooking (High)	3–4 hours	None (hands-off)
Thickening	20 minutes	Low
Total (Low setting)	~6 hrs 40 min – 8 hrs 40 min	Low overall effort
Total (High setting)	~3 hrs 40 min – 4 hrs 40 min	Low overall effort

Nutrition Information (Per Serving)

Based on 6 servings, calculated without serving base (potatoes, noodles, or rice).

- Calories: ~410 kcal
- Total Fat: 22 g

- Saturated Fat: 8 g
- Cholesterol: 125 mg
- Sodium: 620 mg
- Total Carbohydrates: 11 g
- Dietary Fiber: 2 g
- Total Sugars: 4 g
- Protein: 38 g