Prep Time	15 minutes
Cook Time	7–8 hours (low) or 4–5 hours (high)
Total Time	7 hours 15 minutes – 8 hours 15 minutes
Yield	6–8 servings
Difficulty	Easy
Cuisine	American / Comfort Food

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Ingredients

For the beef:

- 3–3½ lbs (1.4–1.6 kg) beef chuck roast (boneless)
- 2 tablespoons olive oil
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper
- 2 tablespoons all-purpose flour (or 1 tablespoon cornstarch for gluten-free)

For the garlic herb seasoning:

- 8 garlic cloves, minced (about 3 tablespoons)
- 1 tablespoon fresh rosemary, finely chopped (or 1 teaspoon dried)
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
- 1 tablespoon fresh parsley, chopped (plus extra for garnish)
- 1 teaspoon dried oregano
- ½ teaspoon red pepper flakes (optional)

For the braising liquid:

- 1 cup beef broth (low-sodium)
- ½ cup dry red wine (or additional beef broth)
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon tomato paste
- 2 bay leaves

For the vegetables (optional but recommended):

- 1 large yellow onion, cut into wedges
- 4 medium carrots, cut into 2-inch chunks
- 1 lb (450 g) baby potatoes, halved
- 4 celery stalks, cut into 2-inch pieces

For finishing:

- 2 tablespoons cold butter (optional, for glossy sauce)
- Fresh parsley, chopped
- Fresh thyme sprigs

Equipment Needed

- Slow cooker (6-quart / 5.7 L or larger)
- Large skillet (12 inch) for searing
- Tongs
- Cutting board and chef’s knife
- Small bowl (for herb mixture)
- Measuring cups and spoons

- Whisk
- Slotted spoon (for serving)

Instructions

Step 1: Prep the Beef — *Time: 5 minutes* | *Intensity: Low*

Pat the chuck roast dry with paper towels — moisture is the enemy of a good sear. Season generously on all sides with the kosher salt and black pepper, then dust evenly with the flour. The flour helps create a crust and naturally thickens the braising liquid into a rich gravy.

Step 2: Make the Garlic Herb Paste — *Time: 3 minutes* | *Intensity: Low*

In a small bowl, combine the minced garlic, chopped rosemary, thyme, parsley, oregano, and red pepper flakes (if using). Mix into a rough paste. Set aside about 1 tablespoon of the mixture for garnish later.

Step 3: Sear the Beef — *Time: 8–10 minutes* | *Intensity: Medium–High*

Heat the olive oil in a large skillet over medium-high heat until it shimmers. Sear the roast for 4–5 minutes per side, until deeply browned on all surfaces. This Maillard reaction is where the flavor lives — don’t rush it. Transfer the beef to the slow cooker.

Step 4: Build the Braising Liquid — *Time: 4 minutes | Intensity: Medium*

In the same skillet over medium heat, add the beef broth and scrape up all the browned bits from the bottom with a wooden spoon — that's pure flavor. Whisk in the red wine, Worcestershire sauce, Dijon mustard, and tomato paste. Simmer for 2–3 minutes until the tomato paste dissolves and the liquid is smooth.

Step 5: Layer the Slow Cooker — *Time: 4 minutes | Intensity: Low*

Arrange the onion wedges, carrots, potatoes, and celery in the bottom of the slow cooker, creating a bed for the beef. Place the seared roast on top. Rub the garlic herb paste all over the top and sides of the beef. Pour the braising liquid around (not over) the roast to keep the herb crust intact. Tuck the bay leaves into the liquid.

Step 6: Slow Cook — *Time: 7–8 hours (low) or 4–5 hours (high) | Intensity: Low (passive)*

Cover and cook on LOW for 7–8 hours or HIGH for 4–5 hours, until the beef shreds effortlessly with a fork. Resist lifting the lid — each peek releases heat and adds 20–30 minutes to the cook time. The internal temperature should reach at least 200–205°F (93–96°C) for that fall-apart texture.

Step 7: Rest and Shred — *Time: 10 minutes | Intensity: Low*

Turn off the slow cooker and let the beef rest in the juices for 10 minutes. Transfer the roast to a cutting board and shred with two forks, discarding any large chunks of fat. Return the shredded beef to the slow cooker and stir gently into the vegetables and juices.

Step 8: Finish the Sauce — *Time: 2 minutes | Intensity: Low*

Remove the bay leaves. Stir in the cold butter (if using) until melted — this adds gloss and richness to the sauce. Taste and adjust salt and pepper. Sprinkle with the reserved garlic herb mixture and fresh parsley.

Step 9: Serve — *Time: 2 minutes | Intensity: Low*

Spoon into shallow bowls with the vegetables and a generous ladle of sauce. Serve with crusty bread, mashed potatoes, or creamy polenta to soak up every drop.

Time & Intensity Summary

Phase	Duration	Intensity
Prep beef	5 minutes	Low
Make herb paste	3 minutes	Low
Sear beef	8–10 minutes	Medium–High
Build braising liquid	4 minutes	Medium
Layer slow cooker	4 minutes	Low
Slow cook	7–8 hours (low)	Low (passive)
Rest & shred	10 minutes	Low
Finish sauce	2 minutes	Low
Serve	2 minutes	Low
Total	~7–8 hours (mostly passive)	Easy

Nutrition Information (Per Serving — 1/8 of recipe with

vegetables)

Nutrient	Amount
Calories	465 kcal
Total Fat	26 g
Saturated Fat	10 g
Cholesterol	115 mg
Sodium	620 mg
Total Carbohydrates	18 g
Dietary Fiber	3 g
Total Sugars	4 g
Protein	38 g
Calcium	5% DV
Iron	30% DV
Vitamin A	60% DV
Vitamin C	15% DV