

Herb Port Pot Roast

Courses: Main Dish

Categories: Beef, Crock Pot

Ingredients

1 2-3 lb chuck or arm roast
1/2 C chopped onion
1/2 cup port wine or apple juice
3 TBSP Instant Potatoes
1 TBSP Coco Aminos
1 8 oz can tomato sauce
1 tsp Thyme
1 tsp Oregano
2 gloves minced garlic
4 cups hot cooked noodles

Directions

Trim fat from pot roast. If necessary, cut roast to fit into a 3/4-4 quart slow cooker. Place meat in cooker. In a small bowl combine onion, port or apple juice, tomato sauce, instant potatoes, Coco Aminos, thyme, oregano, and garlic, pour over roast in slow cooker. Cover, cook on low for 8-10 hours or on high for 4-5 hours. Transfer roast to a serving platter. Skim meat juice from slow cooker to use a gravy. Pour meat, gravy, and ingredients over fresh cooked pasta noodles, mix serve.