

# Melt-In-Your-Mouth Chuck Roast

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Ingredients:

1 large onion, sliced  
1 medium green pepper, sliced  
1 celery rib, chopped  
1 boneless beef chuck roast (2 to 3 pounds)  
1 can (14-1/2 ounces) Italian stewed tomatoes  
1/2 cup beef broth  
1/2 cup ketchup  
3 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
4-1/2 teaspoons prepared mustard  
3 garlic cloves, minced  
1 tablespoon soy sauce  
2 teaspoons pepper  
1/4 teaspoon crushed red pepper flakes  
3 tablespoons cornstarch  
1/4 cup cold water

Directions:

Place the onion, green pepper and celery in a 5-qt. slow cooker; add the roast. In a large bowl, combine the tomatoes, broth, ketchup, brown sugar, Worcestershire sauce, mustard, garlic, soy sauce, pepper and pepper flakes; pour over meat. Cover and cook on low for 5-6 hours or until meat is tender.

Remove meat and vegetables; keep warm. Skim fat from cooking juices if necessary; transfer to a small saucepan. Combine cornstarch and cold water until smooth; stir into cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with roast.

~ Credit: Taste of Home