

ALI'S KITCHEN

Mother's Pot Roast Recipe

Tender chuck roast is cooked in a thick, rich gravy full of mushrooms

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

Here in Wisconsin, January is typically a month filled with overcast skies, blustery winds that blow in more snow than I care to shovel, and bitter temperatures that painfully prickle at my throat when I breathe.

I adore this state. I'm blessed to live here. Wisconsin's beauty is undeniable. However, a girl can only take so much, and during the heart of our winter season, you will find me dreaming of June while seeking shelter under fluffy blankets and craving hearty meals.

This pot roast recipe is one I learned from my mother and have made countless times for my own family. The tender chuck roast cooked in a thick, rich gravy full of mushrooms

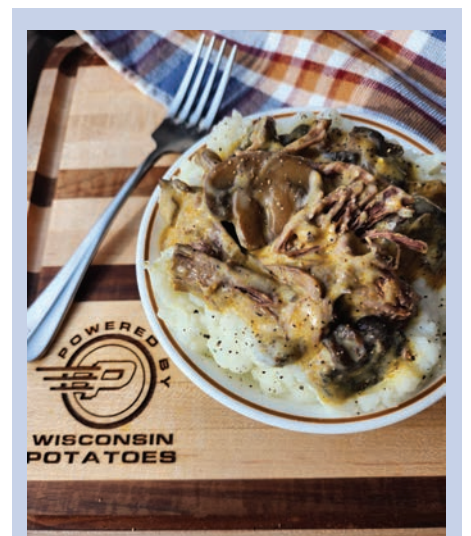
will have your home smelling amazing.

When served over creamy mashed potatoes, it is the ideal mid-January meal.

While seated around the dinner table is probably the most acceptable way to partake of this meal, I suggest you enjoy it in front of a warm fireplace while snuggled under an afghan blanket lovingly knit by your grandmother and with a puppy at your feet.

Trust me, this is the very best way to dine on pot roast and mashed potatoes on a freezing Wisconsin January evening.

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INGREDIENTS: Pot Roast

- 3-4-lb. chuck roast
- 2 Tbsp. olive oil
- 1/2 cup diced onion
- 1 8-oz. package white or cremini mushrooms, sliced
- 1 10.75-oz. can condensed cream of mushroom soup
- 1 packet dry onion soup mix
- 1 cup water
- 1 Tbsp. Worcestershire sauce

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DIRECTIONS

On the stove top, heat the olive oil in a heavy-bottomed pan. Brown the roast on every side in the hot oil, turning as needed.

Transfer the roast to your slow cooker.

In a medium bowl, mix the diced onion, mushrooms, condensed soup, onion soup mix, water, and Worcestershire sauce in a bowl. Pour over the chuck roast.

Cook on low for 8 to 10 hours. The roast will be pull apart tender and the gravy will have thickened.

Slice and serve over mashed potatoes.

*Begin preparing the potatoes when your roast has about 45 minutes left of cooking time.

INGREDIENTS:

MASHED POTATOES

- 5 lbs. russet or Yukon Gold potatoes, washed, peeled, and roughly cubed

- 1 ½ sticks of butter, softened
- 1 8-oz. package cream cheese, softened
- 1/2 cup milk
- 1/2 tsp. salt
- 1/2 tsp. black pepper

DIRECTIONS

Bring a large pot of water to a simmer and add the cubed potatoes. Cook at a full boil for 30 to 35 minutes or until a fork easily pierces the potatoes

Drain the potatoes and then place them back into the pot.

Mash the potatoes over low heat.

Add butter, cream cheese, milk, salt, and pepper to the potatoes. Stir gently to incorporate all the ingredients with the potatoes and warm everything through.

Remove from heat and serve with slices of the pot roast and spoonful of mushroom gravy.

Enjoy! **BCT**

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