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Slow Cooker Pot Roast with Horseradish Sauce

This slow cooker pot roast recipe is a classic comfort food. The beef is cooked low and slow until it is tender and juicy. The horseradish sauce adds a tangy and creamy flavor to the dish. It's perfect for a cozy dinner on a chilly evening.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 255 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	beef chuck roast
2 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder

1 tsp	onion powder
1 tsp	dried thyme
2 c	beef broth
4 tbsp	Horseradish
4 tbsp	mayonnaise
2 tbsp	dijon mustard
1 tbsp	worcestershire sauce
2 tbsp	cornstarch
1 c	water

Directions

Step 1

Season the beef chuck roast with salt, black pepper, garlic powder, onion powder, and dried thyme.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Slow cooker

Place the seasoned beef chuck roast in a slow cooker.

Prep Time: 0 mins

Cook Time: 127 mins

Step 3

Slow cooker

Pour beef broth over the beef chuck roast in the slow cooker.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Slow cooker

Cover the slow cooker and cook on low heat for 8 hours or until the beef is tender.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

In a small bowl, mix together horseradish, mayonnaise, Dijon mustard, and Worcestershire sauce to make the horseradish sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

In a separate bowl, whisk together cornstarch and water to make a slurry.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Remove the beef chuck roast from the slow cooker and shred it using two forks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Slow cooker

Return the shredded beef to the slow cooker and mix it with the cooking liquid.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Slow cooker

Add the cornstarch slurry to the slow cooker and mix well. Cook for an additional 5 minutes or until the sauce thickens.

Prep Time: 0 mins

Cook Time: 5 mins

Step 10

Serve the slow cooker pot roast with horseradish sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 35 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	4 mg	36.36%	50%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet

Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet

Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet

Okinawa Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet 16:8 Diet

Warrior Diet OMAD (One Meal a Day) Diet Low FODMAP Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet

Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet Fruitarian Diet

Engine 2 Diet Blood Type Diet Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet The Acid Reflux Diet Gluten-Free Diet

Low Glycemic Index Diet Low Sodium Diet The Fast Metabolism Diet

Nutrient Timing Diet The 80/10/10 Diet The Gerson Therapy

The Swiss Secret Diet The Scarsdale Diet The Cabbage Soup Diet

The Hallelujah Diet The Mayo Clinic Diet The Beverly Hills Diet

The Hollywood Diet The Lemonade Diet The Grapefruit Diet The Rice Diet

The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet

The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet

The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet

The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet

The Master Cleanse Diet The Subway Diet The SlimFast Diet

The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet

The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet

The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet

The Starch Solution Diet

The Vertical Diet

The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)

The Anti-Candida Diet

The Dr. Sebi Diet

The Crohn's Disease Diet

The Ulcerative Colitis Diet

The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet

The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet

The Low Oxalate Diet

The Diabetes Diet

The Hypothyroidism Diet

The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet

The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet

The Arthritis Diet

The Osteoporosis Diet

The Heart-Healthy Diet

The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet

The High-Fiber Diet

The Low-Fat Diet

The High-Protein Diet

The Low-Protein Diet

The High-Calcium Diet

The High-Potassium Diet

The Low-Potassium Diet

The High-Iron Diet

The Low-Iron Diet

The Low-Phosphorus Diet

The High-Vitamin D Diet

The High-Vitamin C Diet

The High-Vitamin K Diet

The Low-Vitamin K Diet

The Low-Copper Diet

The Spring Detox Diet

The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet

The Winter Warming Diet

The Low-Sulfur Diet

The High-Sulfur Diet

The Eczema Diet

The Psoriasis Diet

The Rosacea Diet

The Acne Diet

The Migraine Diet

The Celiac Disease Diet

The Gallbladder Diet

The Kidney Stone Diet

The Anti-Anxiety Diet

The Depression Diet

The Adrenal Fatigue Diet

The Endometriosis Diet

The Hashimoto's Disease Diet

The Lyme Disease Diet

The Diverticulitis Diet

The Restless Leg Syndrome Diet

The Tinnitus Diet

The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Meal Type

Breakfast Lunch Dinner Snack Supper

Course

Sauces & Dressings Appetizers Main Dishes Side Dishes Salads Soups

Cultural

Chinese New Year Cinco de Mayo Oktoberfest Passover St. Patrick's Day
Thanksgiving Christmas Easter Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50

Demographics

Senior Friendly Teen Friendly Heart Healthy

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease
Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis
Liver disease Gastroparesis Gastroenteritis Hepatitis Colorectal cancer

Difficulty Level

Medium

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