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Dilled Pot Roast

Prep Time: 20 mins

Cook Time: 5 h

Total Time: 5 h 20 mins

Ingredients

- 2 1/2 pounds beef, boneless chuck pot roast
- 1 tablespoon oil, cooking
- 1/2 cup(s) water
- 1 tablespoon dill, or 1 teaspoon dried dill
- 1/2 teaspoon pepper, black ground
- 1/4 teaspoon salt
- 1/2 cup(s) yogurt, low-fat plain
- 2 tablespoon flour, all-purpose
- 4 cup(s) noodles, hot cooked

Recipe Tip:

Cook 10 to 12 hours (high), or 5 to 6 hours (low).

Preparation

1. If necessary, cut roast to fit into a 3 1/2- or 4-quart slow cooker. In a large skillet, brown roast on all sides in hot oil. Transfer roast to slow cooker; add the water to slow cooker. Sprinkle roast with 2 teaspoons of the fresh dill or 3/4 teaspoon of the dried dill, the pepper, and salt.
2. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Transfer roast to a serving platter, reserving juices; cover roast and keep warm. Pour cooking juices into a glass measuring cup; skim off fat. Measure 1 cup of the reserved juices.
3. For sauce, in a small saucepan, stir together yogurt and flour until combined. Stir in the 1 cup reserved cooking juices and remaining 1 teaspoon fresh dill or 1/4 teaspoon dried dill. Cook and stir over low to medium heat until thickened and bubbly. Cook and stir for 1 minute more. Serve sauce with meat and noodles.