

Slow-Cooked Rump Roast

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Recipe Source

Servings: 6



I enjoy a good pot roast, but I was tired of the same old thing...so I started experimenting. Cooking the beef in horseradish sauce gives it a tangy flavor. Even my 6 and 3-year-olds love this roast with its tender veggies and gravy.

Ingredients

1 boneless beef rump roast (3 to 3½ pounds)
2 tablespoons vegetable oil
4 medium carrots, halved lengthwise and cut into 2-inch pieces
3 medium potatoes, peeled and cut into chunks
2 small onions, sliced
½ cup water
6 to 8 tablespoons horseradish sauce
¼ cup red wine vinegar or cider vinegar
¼ cup Worcestershire sauce
2 garlic cloves, minced
1½ to 2 teaspoons celery salt
3 tablespoons cornstarch
⅓ cup cold water

Cooking Method

Cut roast in half.

- In a large skillet, brown meat on all sides in oil over medium-high heat; drain.

Place carrots and potatoes in a 5-qt. slow cooker.

- Top with meat and onions.
- Combine the water, horseradish sauce, vinegar, Worcestershire sauce, garlic and celery salt.
- Pour over meat.
- Cover and cook on low for 10-12 hours or until meat and vegetables are tender.

Combine cornstarch and cold water until smooth; stir into slow cooker.

- Cover and cook on high for 30 minutes or until gravy is thickened.