



Here's a slow cooker recipe we recently found for **Beef Pot Roast—Italian Style**. We like the idea of putting something to cook in the crock pot in the morning and then leaving it for the day. When we get home at night, sometimes it's pretty late, and we love the smell of a meal that's all set to enjoy with a glass or two of one of our favorite wines.

Beef Pot Roast—Italian Style

What's in it:

- 1 3-pound boneless beef chuck pot roast
- 2 cloves of garlic, minced
- 1 teaspoon fennel seed, toasted and crushed
- 1 teaspoon freshly ground black pepper
- 1 teaspoon Kosher salt
- 2 medium fennel bulbs, trimmed, cored, and cut into thin wedges
- 1 ½ cups carrots, cut in half lengthwise and then cut into 1 inch thick round chunks
- About 1 cup thinly sliced onions
- 1 28 ounce can of crushed tomatoes (with Italian spices added)
- 1 cup dry red wine (Preferably the wine you'll be enjoying with your meal)
- 2 to 3 cups hot cooked short-style pasta (rigatoni, penne, rotini, etc.)
- ¼ to ½ cup chopped mixed herbs (basil, oregano, flat leaf parsley)

How to:

1. Trim any visible fat from the meat. In a small bowl, combine minced garlic, fennel seed, salt and pepper; rub into roast on all sides. In a 5- or 6-quart slow cooker, combine fennel, carrots, and onion. Add the red wine and place roast on top of everything. Pour the crushed tomatoes over everything.
2. Set the slow cooker to the low setting and put the cover on it. Slow cook it on the low heat setting for 9 to 10 hours. If using high heat setting, cook for 4-1/2 to 5 hours.

3. Toss pasta with the fresh herbs. Serve the roast and its sauce right out of the crock pot over hot pasta mixture. (You can add a little freshly grated Pecorino-Romano cheese, if you like)

And here are the recommended wines:

Cantine Colosi Nero D'Avola, 2008, **\$15.99/bottle**

Fattoria Zerbina Ceregio Sangiovese, 2007, **\$14.99/bottle**

Societa' Agricola San Romano Dolcetto di Dogliani, 2007, **\$16.99/bottle**