



Slow Cooker Hungarian Pot Roast

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 6-8

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2 tsp plus 1 tbsp olive oil (or canola)
2.5 lb. rump or sirloin tip roast, trimmed of fat and cut into 4 pieces)
about a tbsp of seasoning salt or less
2-4 medium onions, cut into 1/2 inch slices
2 carrots, chopped into bite-size pieces
2 tbsp Hungarian paprika (or Spanish)
1/2 tsp smoked paprika
12 oz. roasted red pepper
14.5 oz. diced tomatoes with juice
2 cups beef broth
pepper
1 1/2 cups sour cream

Instructions

Rub roast with seasoning salt and heat 2 tsp of oil in frying pan. Add roast and brown all the sides and then place in the slow cooker. Add a little more oil to the pan and cook the onion, carrots and paprika until lightly browned. Add those to the slow cooker.

Add broth to the frying pan to deglaze and reduce slightly. Drain red peppers and cut into slices, if not already done, then add to the slow cooker with the tomatoes. Pour the broth over the top in the slow cooker and add pepper. Cook on high for 3 to 4 hours. I would check at 3 and shred the meat, add it back in and cook another hour. Then strain the liquid, once cooled a bit, and add to the frying pan again over medium/high heat to reduce slightly and whisk in sour cream. Pour this over the meat and vegetables and

cook for another 20-30 minutes and then set to warm until served. This would be excellent with egg noodles or rice. Watch the amount of salt, mine came out a little too salty but I enjoy salt so it wasn't a problem.