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RECIPES



## SLOW COOKER PORTOBELLO POT ROAST

TOTAL TIME: 4 HOURS

- 1.25 lbs Yukon gold potatoes
  - 1 lb baby bella mushrooms
  - 2 large carrots, peeled
  - 2 cups frozen pearl onions or sliced white onions
  - 4 cloves garlic, peeled and minced
  - 3 sprigs fresh thyme
  - 3 cups vegetable stock, divided
  - 1/2 cup dry red or white wine
  - 3 Tbsp tomato paste
  - 2 Tbsp vegan Worcestershire sauce
  - 2 Tbsp cornstarch
  - Kosher salt and freshly-cracked black pepper
  - optional garnish: finely-chopped fresh parsley
- 1** Cut potatoes, mushrooms, and carrots into bite sized pieces.
  - 2** Add potatoes, mushrooms, carrots, onions, garlic, thyme, 2.5 cups vegetable stock, wine, tomato paste and worcestershire together in the bowl of a crock pot, and gently toss to combine. Cook on low for 6-8 hours, or on high for 3-4 hours, until the potatoes and carrots are tender.
  - 3** In a separate bowl, whisk together the remaining 1/2 cup vegetable stock and cornstarch until combined. Add to the roast mixture, and gently toss to combine. Continue to cook for 1-3 minutes, until the sauce thickens up a bit.
  - 4** Serve immediately, garnished with fresh parsley if desired.

Photo Credit: Gimme Some Oven

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