

# Manager Specials!

Prices Good 12/12-12/18

## Slow Cooker Pot Roast

### Ingredients

- 3 pounds boneless beef chuck roast, cut into chunks
- 1 tablespoon kosher salt
- 2 teaspoons coarsely ground black pepper
- 4 tablespoons extra virgin olive oil, divided
- 1 medium yellow onion, sliced
- 6 cloves garlic, minced
- 2 tablespoons Tuscan-Style Seasoning Blend (recipe below)
- 1 tablespoon Worcestershire sauce
- 1 cup red wine OR you can substitute with additional beef stock or juice: grape, pomegranate, or cranberry juice
- 3 cup low-sodium beef stock
- 2 cups baby carrots
- 2 pounds baby red potatoes, cut in half or quarters if large
- 2 tablespoons cornstarch
- 1/4 cup water

### Instructions

1. Cut the beef into 3-inch chunks and season with salt and pepper.
2. Heat 2 tablespoons of olive oil in a large Dutch or large skillet over medium-high heat. Brown the beef chunks on all sides. Remove and place in slow cooker.
3. Add the remaining 2 tablespoons of olive oil and onions to the Dutch oven and cook until translucent. Add the garlic, seasoning blend and Worcestershire sauce. Add the wine (or additional beef stock or juice to deglaze the pan. Pour in the remaining beef stock. Stir to combine, and then add the contents of the pot into the slow cooker.
4. Cover and cook for 5 hours on high (or 10 hours on low). Add the carrots and potatoes halfway through the cook time.
5. Transfer the meat and vegetables to a serving dish. Combine water and cornstarch in a small bowl then pour into the slow cooker. Whisk together to combine. Cover and cook on high for 5 minutes, just enough to thicken the gravy.

### Tuscan-Style Seasoning Blend

Combine 3 tablespoons dried rosemary, 3 tablespoons dried oregano, 3 tablespoons dried basil, 1 1/2 tablespoons dried thyme, 1 tablespoon dried marjoram and 1 1/2 teaspoons dried sage. Store the remaining in a mason jar in a cool, dry, dark place.

*recipe courtesy of chelsea's messy apron*



Ney's Pasture Raised Boneless Chuck Roast

**\$5.99/lb**  
Reg. \$6.99/lb



Organic Yellow Onions

**\$0.99/lb**  
Reg. \$1.99/lb



Organic Red Potatoes

**\$0.79/lb**  
Reg. \$1.99/lb



Organic Baby Carrots  
1 lb pkg

**\$1.99/ea**  
Reg. \$2.99/ea



Stemmari Wines - 750ml  
(excludes Rose)

**\$6.99/ea**  
Reg. \$8.59/ea

No GMO's. No Nitrates. No Antibiotics. No Hormones.



Organic Wisconsin Grown  
Roasting Roots - 5lb bag  
**\$6.99/ea** Reg. \$7.99/ea



Organic Honeycrisp  
Apples  
**\$1.99/lb** Reg. \$3.99/lb



Inspired Organics Beef  
Broth  
**\$2.99/ea** Reg. \$3.99/ea



Wholey All Natural Raw Shrimp  
1 lb bag - peeled & deveined  
**\$7.99/ea** Reg. \$9.99/ea



Ney's All Natural Boneless  
Skinless Chicken Breast  
**\$5.99/lb** Reg. \$7.99/lb



All Natural Whole Pork  
Tenderloin  
**\$6.99/lb** Reg. \$9.99/lb



**Berry-licious Sale**

Organic Blueberries - 6 oz  
**\$4.99/ea** reg. \$5.99/ea

Organic Raspberries - 6oz  
**\$4.99/ea** reg. \$5.99/ea

Organic Blackberries - 6 oz  
**\$2.99/ea** reg \$5.99/ea



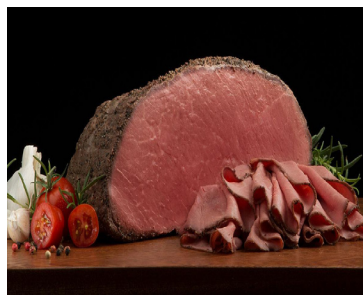
Organic Parmesan Squash  
**\$6.49/lb** Reg. \$7.49/lb



Gluten Free Raspberry  
Muffin  
**\$2.49/ea** Reg. \$2.99/ea



Organic Red Grapes  
**\$2.99/lb** Reg. \$3.99/lb



Boar's Head Simplicity  
Roast Beef  
**\$12.99/lb** Reg. \$13.99/lb



Boar's Head Simplicity  
Monterey Jack Cheese  
**\$8.99/lb** Reg. \$9.99/lb

**Store Hours:**

Mon-Fri 8am-9pm | Sat 8am-7pm | Sun 9am-7pm