

Fall-Apart Italian Beef Roast Recipe for Busy Weeknights

Slow Cooker Italian Beef Roast

TIME
15 min

METHOD
Slow cooker

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INGREDIENTS

- 3-4 lb beef chuck roast
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 (28 oz) can crushed tomatoes
- 1 (15 oz) can tomato sauce
- 1 cup beef broth
- 2 tablespoons dried Italian seasoning
- 1 teaspoon dried oregano
- 1 teaspoon sugar (optional)
- Salt to taste
- Black pepper to taste
- Crusty bread or rolls (optional, for serving)

DIRECTIONS

- 1. Optional Sear:** For deeper flavor, brown the beef roast on all sides in a hot skillet over medium-high heat before adding to the slow cooker.
- 2. Load the Slow Cooker:** Place roast into the slow cooker. Add onion, garlic, crushed tomatoes, tomato sauce, beef broth, Italian seasoning, oregano, sugar (if using), salt, and black pepper.
- 3. Slow Cook:** Cover and cook on low for 6-8 hours (or high for 3-4 hours) until the beef is fork-tender.
- 4. Rest & Shred:** Remove beef and let rest for 10-15 minutes. Shred using two forks.
- 5. Return to Sauce:** Place shredded beef back into the slow cooker and stir to coat in the flavorful sauce.
- 6. Serve:** Serve on crusty rolls, spooned over pasta, or alongside vegetables.

SWAPS & NOTES

& Swaps Chuck roast: Ideal for slow cooking due to its marbling.

Sugar: Optional, but balances acidity from tomatoes.

Beef broth: Use low-sodium to control salt levels.

Add-ins: Bell peppers or pepperoncini add a classic Italian beef twist.

TIPS FOR SUCCESS

Don't skip the searing step if you have time - it adds incredible depth.

Cook on low for the most tender texture.

Let the meat rest before shredding to retain juices.

Skim excess fat from the surface of the sauce if desired.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fall-apart-italian-beef-roast-recipe-for-busy-weeknights/>