

# CopyCat Carrabba's Italian Grill Beef Brasato

## Ingredients

1 small beef rump roast  
1 cup full bodied red wine Such as cabernet sauvignon  
1 small white onion finely chopped  
2 tablespoon olive oil  
1 carrot sliced  
2 cans diced tomatoes (14.5 ounces)  
1 bay leaf  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon Italian seasoning  
 $\frac{1}{2}$  teaspoon dried rosemary  
 $\frac{1}{2}$  teaspoon dried basil  
1 cup chicken broth

## Directions

Trim any excess fat from the rump roast and then rub with salt and pepper.

Using a large skillet and about two tablespoons of olive oil, sear your roast on both sides on high heat.

Spray your slow cooker with non-stick spray.

Add the diced onions and carrots to your slow cooker.

Add the rump roast in with the onions then add red wine, chicken broth, bay leaf, and spices.

Cook on low in your slow cooker for 6 to 8 hours.

Remove the rump roast from the stew and slice before serving.

Discard the bay leaf and serve with over Parmesan orzo, rigatoni or garlic mashed potatoes.