

Slow Cooker Mississippi Roast ... My Way

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INGREDIENTS

- 3-to-5-pound boneless beef rump or chuck roast
- 3 cloves garlic, cut into slivers
- Freshly cracked black pepper
- 1 tablespoon bacon drippings or vegetable or canola oil
- 1 rib celery, cut into chunks
- 1 medium size onion, halved and sliced
- 1 envelope dry ranch dressing mix
- 1 envelope dry brown gravy or au jus mix
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon dried rosemary, crushed
- 1 cup classic cola, beef broth or water
- 1 large bay leaf
- 1 whole jalapeno (I used pickled)
- 4 jarred golden pepperoncini peppers, (like Mezzetta brand)
- 1/2 cup Italian mix giardiniera, optional
- 1/4 cup (1/2 stick) unsalted butter, optional
- 1 heaping tablespoon cornstarch

INSTRUCTIONS

1. Stud the roast by using the tip of a knife to cut multiple small slits in areas all over the meat and inserting slivers of garlic into each cut.
2. Season roast on both sides with pepper.
3. Heat 1 tablespoon of fat or oil in a large skillet and brown roast on both sides.
4. Add the celery chunks to the bottom of a 6-quart slow cooker and place roast on top. Add onion to skillet and cook for 3 minutes. Transfer to top of the roast.
5. Meanwhile, whisk together the ranch dressing, gravy mix, thyme and rosemary. Add the Coke and whisk in until well blended; set aside.
6. Add the bay leaf, jalapeno, pepperoncini and giardiniera to the top of the roast and pour the Coke mixture over the top.
7. Add 1/2 stick of butter to the top of the roast, if using.
8. Cover and cook on low for 7 to 8 hours. Total time will depend on thickness and size of roast.
9. To thicken gravy, use a long fish spatula to remove the roast and loosely tent with foil to keep warm.
10. Skim any excess fat off the top of the juices or use a gravy separator and carefully transfer the contents back to the crockpot, or to a saucepan. Stir a tablespoon of butter.

11. Make a slurry of a tablespoon of cornstarch with just enough water to dissolve the cornstarch. Whisk into the gravy, turn cooker to high, or bring up to a boil on the stovetop and cook until thickened.
12. Serve the veggies whole on the side, or puree them with some of the gravy and add that back to the gravy for extra flavor.
13. Serve roast sliced or pulled with the gravy and my [Everyday Mashed Potatoes](#) or [Steamed Rice](#) and [Southern Green Beans](#) or a nice mixed garden salad.

NOTES

While you *can* cook this roast on high for about 4 to 5 hours, I don't recommend it. Allow enough time to cook it on low to ensure a tender roast. If you don't want the sweetness from the Coke, substitute 1 cup of water, low sodium beef broth, wine or beer, in place of it, or if you're adventurous, eliminate the liquid and add that whole stick of unsalted butter on top, like in the original "Mississippi Roast." There's plenty of sodium present in the packaged mixes, so use unsalted butter, and don't be tempted to add any additional salt to the roast, either way. This roast does have a pleasant spicy bite to it but it is not overbearing. Golden pepperoncini are a milder, sweet pepper with just a hint of heat, but to make it milder leave them out, along with the jalapeno and giardiniera.

Variations: Also excellent on pork roast, ribs or chops. Cut one (3-1/2 to 4 pound) rack of baby back pork ribs, into 3 to 4 rib sections. Substitute garlic powder and season and brown ribs as above. Proceed with recipe, except substitute pork gravy mix. Cover and cook on low for about 6 to 8 hours. May also use boneless, skinless chicken thighs and chicken gravy or meatballs.

Electronic Pressure Cooker: Cut roast into three equal sized pieces and prepare as above, using browning setting on cooker if available. Return roast to the cooker, top with sauteed veggies and pour sauce all over. Cook using roast or high setting for 60 minutes, or until meat is fork tender. Let pressure release naturally. Remove roast and tent with foil to keep warm. Defat sauce and return to cooker or put in a saucepan on stovetop; bring to a boil. Make a slurry with the cornstarch and water and slowly stir in, boiling until thickened. Pour over roast or serve in a gravy boat.