

Crockpot Balsamic Roast Beef

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Serves: 6-8

Ingredients

- 3-4 pound roast (I usually use a chuck roast, but any roast works!)
- 1 medium onion, diced
- 6 cloves garlic, minced
- 1 cup chicken or beef stock or broth
- ½ cup [balsamic vinegar](#)
(I use [THIS](#) brand)
- 2 tablespoons [coconut aminos](#)
(I use [THIS](#) brand, but you can use [tamari](#), too)
- pinch or two of red pepper flakes
- generous sea salt and pepper, to taste

Instructions

1. Place your whole roast in a [crockpot](#) fat side down.
2. Add remaining ingredients over the top of the roast. Add additional salt and pepper to the top of the roast.
3. Cover and cook on low for 8 hours. You know it is done when the top is browned and the meat shreds very easily with a fork.
4. Remove the roast from [crockpot](#).
5. Blend remaining juices and onion/garlic in the [crockpot](#) with an [immersion blender](#) for your gravy until you reach desired consistency.
6. Serve gravy with roast beef. If I happen to have chives or parsley growing in my garden, I'll usually snip some off to serve on top of the cooked roast, too.