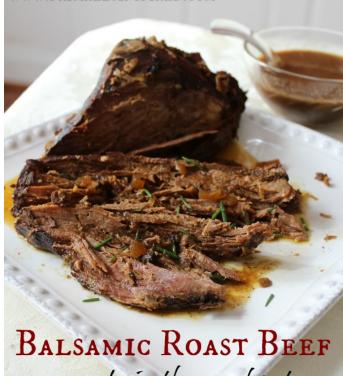
Crockpot Balsamic Roast Beef

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made in the crockpot

Author: Kelly from Primally Inspired 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 <u>balsamic vinegar</u>
 (I use <u>THIS</u> brand)
- 2 tablespoons <u>coconut aminos</u>

(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 <u>crockpot</u> 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 <u>crockpot</u>.
- 5. Blend remaining juices and onion/garlic in the <u>crockpot</u> with an <u>immersion blender</u> 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.