



Weeknight Pot Roast

PREP TIME: 5 min COOKING TIME: 6-8 hours YIELD: 4 servings

Ingredients:

- 1 tablespoon bacon fat or coconut oil
- 1 1/2 pounds beef pot roast, brisket, or stew meat
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 2 medium onions
- 4-6 cloves garlic
- 8 small potatoes* – for 21DSD use 4 large carrots, roughly chopped
- 13.5 ounces diced tomatoes (no salt added)
- 1/4 cup water
- 1/4 cup red wine* – for 21DSD, use balsamic vinegar
- 1 teaspoon oregano

Preparation:

- In a large cast iron skillet over medium high heat, melt the cooking fat and allow the pan to heat up while you prepare the meat. Season all sides of the meat generously with salt, pepper, and garlic. When the pan is hot, sear the meat for 1-2 minutes per side or until it begins to brown slightly.
- While the meat browns, roughly chop the onions and smash the garlic. If you're using carrots instead of the potatoes (or in addition to, if you like), peel and roughly chop them now.
- Place all of the vegetables into the slow cooker, then once the meat has finished browning on each side, place it on top of the vegetables.
- Top the meat and vegetables with the tomatoes, water, and wine. Add the remaining salt, pepper, garlic, and oregano.
- Set the slow cooker to low and cook 6-8 hours. Finish it on high for an hour with the lid slightly open if you prefer to reduce the braising liquid before serving.

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