

# Crockpot Beef Roast

Prep Time: 10 minutes | Cook Time: 8 hours

Servings: 4-6 | Serving Size: 5 ounces beef + 1 heaping cup veggies

*Add some ingredients to the crockpot, go about your workday, and your end result is a tender, fall apart beef roast that will melt in your mouth.*



## Ingredients:

2-4 pound organic, grass-fed beef chuck roast  
1 teaspoon dried herbs like thyme or rosemary  
1 teaspoon ground turmeric  
1 teaspoon salt  
½ teaspoon pepper (optional)  
1 teaspoon onion powder  
½ teaspoon garlic powder/granules  
1 cup organic beef broth

2 large carrots, chopped into 2 inch pieces  
1 stalk celery, chopped into ½ inch pieces  
3 red or white potatoes OR 1 sweet potato, chopped into bigger chunks  
½ a large onion, quartered  
2-4 springs fresh herbs like rosemary, thyme, or sage

## Directions:

1. Combine dried spices, garlic granules, onion powder, salt, and pepper in a small bowl to make a rub.
2. Place veggies inside crockpot, arrange as flat as possible to create a “bed” for the roast
3. Rub the roast all over with the spices, then place it inside the crockpot on top of the veggies.
4. Pour beef broth into Crockpot.
5. Then add the fresh herb springs (if using) directly on top of the meat.
6. Cook on low for 8 hours.
7. Shred with two forks and serve with extra juices from the crockpot.
8. Enjoy!

## Tips and Tricks:

Super awesome leftovers with this recipe☺ I usually get 4 pounds of beef so we have plenty leftover to have another meal. I like to make my Paleo Beef & Vegetable Bowls (see included recipe) with the leftovers.

## Nutritional Information Per Serving:

**Calories: 592**  
**Fat: 25 g**  
**Cholesterol: 91.5 mg**  
**Sodium: 621 mg**  
**Total Carbohydrate: 16.3 g**  
**Dietary Fiber: 3.0 g**  
**Sugars: 2.1 g**  
**Protein: 45 g**