Easy Paleo Pot Roast

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Beef

In addition to searing the meat to get a greater depth of flavor, I recommend reducing the leftover juices from the slow cooker to make a thick sauce. Simply simmer the juices in a pan on the stove for 15 minutes or so after the roast is done. Then all that is left to do is to enjoy this simple recipe that is still completely satisfying and delicious.

Ingredients:

3 lbs. boneless beef roast, trimmed of fat

1 tbsp coconut oil

1 cup beef stock

5 carrots, peeled and diced

2 stalks celery, diced

1/2 large onion, sliced

3 garlic cloves, chopped

1 tbsp fresh parsley, chopped

For the spice rub:

1 tbsp freshly ground black pepper

1 tbsp ground coriander

2 tsp cinnamon

1 1/2 tsp salt

1/2 tsp ground clove

1/2 tsp ground allspice

Directions:

1. Mix together the ingredients for the spice rub and massage into the roast. Heat the coconut oil in a large skillet over medium-high heat. Add the roast to the pan and let sear for 5 minutes. Flip and repeat with the other side. Transfer the roast to the slow cooker.

2. Add the carrots, onion, garlic, and celery to the slow cooker. Pour in the broth. Turn the heat on to low and cook for 6-7 hours, until the meat is tender. Serve hot sprinkled with chopped parsley.

