**Slow Cooker Olive Pot Roast**

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Tender and juicy pot roast can be very simple to make using a slow cooker. This version is made with tomato and olives, and served with a side of mashed cauliflower. Sear the meat before adding it to the slow cooker to develop more flavors in the broth.

Ingredients:

4 lbs. boneless beef roast, trimmed of fat

1 tbsp coconut oil

1 white onion, chopped

6 cloves garlic

8 oz. mushrooms, sliced

1/4 cup apple cider vinegar

1 cup beef broth

1 large tomato, diced

5 oz. Kalamata olives, drained, pitted and cut in half

5 oz. green olives, drained, pitted and cut in half

Directions:

1. Season the roast generously with salt and pepper. 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 chopped onion, garlic, and mushrooms to the skillet and sauté for 1-2 minutes to pick up the flavor from the roast. Transfer to the slow cooker. Finish deglazing the skillet by adding the vinegar and broth to pick up any leftover pieces then pour over the meat and vegetables in the slow cooker.

3. Add the tomato and olives to the slow cooker. Turn the heat on to low and cook for 5-6 hours, until the meat is tender.

4. Once the meat is cooked, add the pearl onions to the slow cooker and cook for another 15 minutes. Serve hot.

