



Slow Cooker Chuck Roast

WITH VEGETABLES

6 servings

6 hours

49g protein 4g carbs 18g fat 376 calories

INGREDIENTS

- 3 lbs chuck roast
- 2 tablespoons butter
- ½ large onion, chopped
- 8-12 radishes, sliced
- ½ cup sliced carrots
- 4 medium mushrooms, sliced
- 3 or 4 celery stalks, chopped
- 3 cloves garlic, minced
- 1 tsp organic beef bouillon base
- 1 cup boiling water (for broth)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ dried thyme
- ¼ teaspoon black pepper
- ½ teaspoon salt

DIRECTIONS

1. Wash and chop all vegetables.
2. Mix 1 tsp bouillon base with 1 cup of water until fully dissolved to make the broth.
3. Season the chuck roast on both sides with garlic powder, onion powder, dried thyme, salt, and pepper.
4. Place the roast into the slow cooker. Add vegetables around the meat and top with 2 Tbsp of butter.
5. Pour the broth over everything.
6. Cover and cook on high for 4 hours, then low for 2 hours, or until the roast falls apart easily with a fork.

NOTES

- Cooking time can vary depending on the roast size.
- This recipe doesn't need to be followed precisely. Swap vegetables, adjust seasoning, make it work with what you have.