

The Simplest Pot Roast Ever

SERVES 4–10

- 1 (3–5 pound) beef pot roast, bone-in or boneless (chuck roasts or brisket are ideal)
- 2 tablespoons coarse salt
- 1 tablespoon ground black pepper
- 2 tablespoons lard, butter or tallow
- 1 cup meat broth, such as Shannon’s Meat Broth, Chapter 3
- 1 large yellow or white onion, sliced in rings

ESTIMATED CARBOHYDRATES:

Black pepper: 4.41 g

Meat broth: 1.4 g*

Onion: 14.01 g

Total number of carbohydrates per recipe: 19.82 g

Total number of carbohydrates per 1/6 recipe: 3.3 g

* Number of carbohydrates in home-made broth will vary. This figure is calculated using the recipe for Shannon’s Meat Broth (Chapter 3).

The secret to this recipe is a good sear, followed by time in the slow cooker with very little liquid, resulting in concentrated beef flavor and an intense sauce.

Wipe the roast well with paper towels and rub the salt and pepper into all sides of the meat. Heat a skillet over a medium-high flame, add the fat and swirl to coat. Sear the meat 3–4 minutes per side. Put it in the bottom of a slow cooker. Add the broth to the pan and simmer about 5 minutes, scraping up any browned bits and incorporating them into the juices. When the broth is reduced by about one-third, add it to the slow cooker. Layer the onion on top of the meat, cover and cook on low 6–8 hours, until tender. Serve the meat with the juice spooned over the top.

Leftovers: The seasoning on this beef is so simple, it will be compatible with all of the leftover recipes that allow for beef in Chapter 8, including Mousaka, Black Bean Chili with Dark Roast Coffee, Summer Harvest Casserole, or the Mulligatawny. Better still, simply re-warm the leftovers in the slow cooker to make another rich, beefy meal out of them.



What size roast do I need?

If there is one single question that Bob and I need to answer for nearly every customer who visits our farmers’ market stall, it is “how much meat do I need?” The simple rule is that if your roast contains a bone, figure on one pound of meat per person. If the roast is boneless, calculate for 1/2 pound per person. Once you’ve done that basic calculation, consider how many of your dinner companions actually eat meat, whether their appetites are hearty or light, whether there are any small children at the table who won’t eat a full helping, and how many extra side dishes will be accompanying the meal. Round up or down based on these factors.