

# SLOW COOKER PALEO POT ROAST



**Makes:** 8 servings

**Nutrition Information:**

Calories: 384, Protein: 28.5 g,  
Fiber: 1.3 g, Fat: 5.5 g

**INGREDIENTS**

- 2 ½ pound beef chuck
- 1 cup chopped carrots
- 2 tbsp parsley
- 5 oz Red wine
- 2 cups beef broth or bouillon canned soup
- 2 cups chopped celery
- ½ cup chopped onions
- 2 cloves garlic
- 1 tsp salt
- 1 tbsp ground pepper

**PREPARATION**

Season your roast with salt and pepper. Sear in a hot pan until browned on all sides. Add to a crock pot. Add everything but the parsley to the pot and cover. Cook on high for five hours.

Taste and season with salt and pepper as desired. Serve garnished with fresh parsley.

