

CROCK POT ROAST WITH RADISHES AND GRAVY

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Okay, before you totally dismiss this recipe because you don't like radishes, give it a chance. Radishes, when roasted or cooked, are very neutral in flavor and similar to a potato. It's a great way to add variety to your list of vegetables. Crock pot meals are a great way to cut back on your cooking time, too. They take little prep and you can make enough for multiple meals. This recipe provides an option for either a sauce or a gravy.

Makes 12 servings of protein. A serving size is 3 oz protein and 1 cup cooked vegetables.



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INGREDIENTS

- 3 to 3-1/2 lbs. grass-fed beef sirloin or chuck roast
- 3 sprigs of fresh rosemary (optional, but awesome)
- 5 sprigs of fresh thyme (optional, but awesome)
- 6 whole garlic cloves
- 1 large onion, cut into quarters
- 6 celery stalks cut into large chunks
- 2-16 oz. bags of radishes, ends cut & larger ones cut in half
- Pink Himalayan salt & freshly-ground pepper, to taste
- 1 tsp. glucomannan (optional)

INSTRUCTIONS

Add the vegetables, rosemary, thyme and garlic to the crock pot. Season the roast with salt and pepper and place on top of vegetables. Add 3 cups of water. Cover and cook on LOW for 8-10 hours, until meat is tender. Remove roast and vegetables into a covered dish to keep warm while either making sauce or gravy.



To make a sauce, strain the liquid through a mesh strainer into a small pan. Season with salt and pepper, to taste. Bring to a boil, then reduce the temperature to a simmer and let the liquid reduce by half. Serve the sauce over the roast and radishes.

To make a gravy, strain the liquid through a mesh strainer into a small pan. Season with salt and pepper, to taste. Bring to a boil, reduce to simmer and sprinkle glucomannan (a natural thickener available at health food stores) over broth slowly, whisking and simmering continually, until thickened. If it gets too thick, you can add more broth.