



FALL SPICED POT ROAST

By Dr. Cindy Tanzar
(Maintenance Plans)

What a perfect recipe for Fall or Winter! The herbs and spices create a delicious warmth of flavors unlike any other roast you've had. Don't be deterred by all the ingredients, as it is a very simple recipe and so quick to assemble. You will definitely want to keep this one in your meal rotation or for special occasions. It would be perfect for the holidays, too.

Makes 8 servings. One serving is 3 oz of protein per meal. Don't worry about the gravy... just enjoy it!



INGREDIENTS

- 2.5-3 lb. boneless beef chuck roast
- 1 medium onion, chopped
- 1/4 cup white vinegar
- 3 Tbsp tomato sauce
- 1-2 bay leaves (depending on size)
- 2-1/4 tsps Swerve or 4-5 liquid stevia drops
- 2 tsps Dijon mustard
- 2 garlic cloves, minced
- 1/2 tsp Pink Himalayan salt



1/2 tsp ground ginger
1/2 tsp dried rosemary
1/2 tsp lemon juice
1/4 tsp ground cumin
1/4 tsp ground turmeric
1/4 tsp red pepper flakes
1/8 tsp ground cloves

INSTRUCTIONS

Place roast into crockpot. Mix all the remaining ingredients into a medium bowl, then pour over roast.

Cook on low 7-8 hours.