



Keto Pot Roast

A classic comfort food made Keto

Course [Main Dish](#)
 Cuisine [American](#)
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 You:

Servings [10 SERVINGS](#) Prep Time [5 MINUTES](#) Cook Time [4 HOURS](#)

Ingredients

- 1 Kg Beef (Chuck or any slow cooking cut)
- 100 grams Onion
- 400 grams Mushrooms
- 100 grams Celery
- 250 grams zucchini
- 500 ml Beef Stock [Try this](#)
- 10 grams garlic
- 2 Bay leaves
- 2 sprigs Rosemary
- 2 sprigs Thyme
- 60 grams Butter [Try this](#)
- 1 Tbsp Avocado Oil [Try this](#)

Servings: servings

Units:

Instructions

1. Start by prepping the vegetables. Separate the mushroom caps from the stalks. Chop the caps into nice big chunks. Cut the onions and zucchini into nice chunks as well. You can leave the garlic whole or just smash it with the knife. Tie the bay leaves, rosemary and thyme together to make a bouquet garni.

2. Then season the beef with salt and pepper on both sides. Heat the avocado oil in your dutch oven and sear the beef on all sides on a super high heat. Once seared set it aside.

3. Turn the heat down to low and add in half the butter (30grams) and also the onions and celery. Also season with some salt. Sweat the vegetables down for 4-5 minutes till they turn nice and soft and start to get some colour.

4. Then add in the garlic, the mushroom stalks and bouquet garni and cook for another couple of minutes. Then add the beef back in the pot along with all the juices it would have released while resting and also top it up with the stock. If you feel there isn't enough stock then add some water to the pot as well.

5. Now cover with a lid leaving slightly open and cook till the beef is tender. You can do this on the stove top or pop the dish into your oven at 190C for a couple of hours. Cooking time is going to vary depending on what cut of beef you used. So check the packet for instructions. More often than not you are looking at 3-4 hours in the oven and maybe 2 hours on the stovetop.

6. Once done remove the chunks of beef and also the bouquet garni from the pot. Then using an immersion blender or a regular one blend the vegetables and leave over liquid from cooking to make a nice thick sauce. Pour the sauce through a strainer and set it aside.

7. In the same dutch oven add the remaining butter and sautee the mushrooms and zucchini. Make sure to season with some salt and pepper. Once they soften a bit pour in that sauce that you strained and then add in the beef as well.

8. Finish with the chopped leaves from the celery. You can also save some of the thinner parts of the stalks and add that in now so you get some crunch with the stew as well.

9. Serve with some cauliflower mash. Enjoy!