



savory grass fed pot roast

Servings
8 servings

Prep Time
30 minutes

Cook Time
4 hours

Kosher Key
Meat

Description

Easy, flavorful recipe for grass fed pot roast with turmeric, onions, garlic & spices.

Ingredients

- 5 lbs grass fed beef pot roast
- 2 1/2 tsp kosher salt, divided
- 1/4 cup olive or grapeseed oil
- 2 cups beef broth
- 2 tsp turmeric
- 1 tsp cumin
- Generous pinch cayenne
- 3/4 tsp black pepper
- 1 1/2 tbsp potato starch
- 1 1/2 tbsp cold water
- 3 bay leaves
- 6 whole garlic cloves
- 1 whole onion, sliced
- 12 oz green beans, trimmed
- 1 lb baby potatoes
- 3 whole large carrots

Recipe Notes

You will also need: Dutch oven or large pot with lid

Instructions

1. Preheat oven to 300 degrees F. Salt the roast with 1 tsp of kosher salt. In a dutch oven or large pot with a lid, heat the oil and brown the roast on all sides.

2. Remove meat and drain any excess fat. Add 2 cups beef broth and bring to a simmer. Deglaze and scrape up any brown bits. Whisk in the turmeric, cumin, cayenne, black pepper and remaining 1 1/2 tsp kosher salt.
3. Dissolve the potato starch in the cold water. Whisk slowly into the broth. Starch may clump a bit at first, continue whisking until the sauce thickens.
4. Add bay leaves and garlic cloves to the liquid, then add meat back to the pot.
5. Cover the meat with onion slices. Cover the pot tightly. Place in the oven and let roast for 2 hours.
6. Meanwhile, clean and trim the green beans, scrub the baby potatoes clean and scrub the carrots, then cut them into 1 inch pieces (no need to peel).
7. After 2 hours, take out the pot roast and flip over the meat. Add the vegetables around the meat, covering with the sauce as best you can. Cover again and continue to cook for an additional 60-90 minutes or until the meat is fork tender and the vegetables are tender.

Nutrition Facts

Savory Grass Fed Pot Roast

Amount Per Serving

Calories 530 Calories from Fat 189

% Daily Value*

Total Fat 21g	32%
Saturated Fat 6g	30%
Cholesterol 184mg	61%
Sodium 1168mg	49%
Potassium 1348mg	39%
Total Carbohydrates 16g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 65g	130%
Vitamin A	7.1%
Vitamin C	20.4%
Calcium	7.4%
Iron	39.7%

* Percent Daily Values are based on a 2000 calorie diet.