

Slow Cooker Balsamic Roast Beef

12 ingredients · 8 hours · 8 servings



Directions

1. Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
2. Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
3. Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
4. Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

Notes

More Carbs

Serve with rice, potatoes or quinoa.

Ingredients

- 2 1/2 lbs** Top Sirloin Beef Roast
- 1 1/2 cups** Organic Chicken Broth
- 1/2 cup** Balsamic Vinegar
- 3 tbsps** Tamari
- 3 tbsps** Maple Syrup
- 4** Garlic (cloves, minced)
- 1 tbsp** Coconut Oil
- 1** Yellow Onion (diced)
- 2 cups** Portobello Mushroom (sliced)
- 5 cups** Kale Leaves (chopped)
- 1 tbsp** Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)