

# Balsamic Pot Roast

*Makes 8-10 servings*



## INGREDIENTS

5 pounds beef chuck ("pot") roast  
2 cups beef stock  
¼ cup Balsamic vinegar  
1 TBSP Aminos (or soy sauce)  
1 tsp pink Himalayan salt  
¼ tsp red pepper flakes  
3 cloves of fresh garlic, pressed  
Zest of ½ an orange (I use about 1 tsp of dried orange peel instead)

## INSTRUCTIONS

Place meat into crock pot or cast iron covered dutch oven. Whisk together all the other ingredients and pour over the top of the meat. Cook on low for 6-8 hours. As meat cooks down, turn or pull any meat not under the liquids down under the liquid ensure all the good flavors are cooking into the meat.

At end, pour juice through a mesh strainer, then skim fat off juice and use it to make gravy with Thick-It-Up. No additional flavorings or ingredients needed for the gravy. #lowcarbjc

