

## **SUPER EASY CROCK POT ROAST**

- Cook/Bake Time: 8 hours in Crock Pot
- Ingredients:
- 3 lb. Frozen Grass fed beef chuck or arm roast
- 3/4-liter Burgundy
- 1 Thinly Sliced Onion
- 1 Beef or Vegetable Bullion
- 1 T Worchester Sauce
- 1 Bay Leaf
- 2 Cups Water

### **Directions:**

If you are organized and pre-plan your meals, you could thaw your grass fed roast, mechanically tenderize it and sear it on both sides with some butter or olive oil in the pan before throwing it in a crock pot.

**However, if your schedule is hectic like ours, just throw all the ingredients including the frozen grass-fed chuck in a crock pot set on low and cook all day (about 8 hours or more). Either way, you will have beef so tender it will be falling apart**