

Father's Day Pot Roast (Slow Cooker Version)

This Sunday, lets fill the house with the kind of savory, rich aroma that makes Dad walk into the kitchen asking, Is that for me?

You bet it is.

Were taking the classic Simple Family Pot Roast and giving it a gluten-free, oil-free twist thats still big on flavor and easy on the prep.

Prep Time: 10 min | Cook Time: 67 hours on low

Ingredients:

- 1 (3 lb) beef chuck roast
- 1 yellow onion, sliced
- 4 medium carrots, peeled and cut into thick slices
- 4 small Yukon gold potatoes, quartered (or sub Japanese sweet potatoes)
- 1 cup fresh green beans, trimmed
- 2 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp dried rosemary
- tsp black pepper
- tsp ground thyme
- 2 tbsp coconut aminos (gluten-free soy sauce alternative)
- 24 cups water (just enough to partially submerge the roast)
- 1 tbsp arrowroot or tapioca flour (for gravy, optional)
- 1 tbsp butter or ghee (optional)

Directions:

1. Layer the sliced onions, carrots, potatoes, and green beans into the bottom of the slow cooker.
2. Rub the roast with all seasonings and coconut aminos. Place on top of the vegetables.
3. Add just enough water to cover about 1/2 of the roast.
4. Cover and cook on LOW for 6-7 hours or until fork-tender.
5. Transfer roast to a platter. Remove veggies with a slotted spoon. Reserve 1 cup of the juices.
6. For gravy: Whisk juices with arrowroot over medium heat until thickened (2-3 minutes).

Serve as-is or over mashed cauliflower for a low-carb touch.