

Pot Roast with Cauliflower Mash

Ingredients

2 - 2 2/3 lbs. pot roast
2 tbsps. avocado oil (can sub olive oil)
1 tsp. each: salt, onion powder, pepper, oregano, garlic, and rosemary
1/2 tsp. each: cumin, smoked paprika, and basil
1/4 cup balsamic vinegar
1 tbsp. brown sugar
2 tbsps. dijon mustard
1 medium or large white or sweet onion, sliced
4 carrots, chopped (I don't peel them but you may)
1 medium head cauliflower
2 tbsps. butter
1-2 heads garlic (or 1-2 tsps minced garlic)
salt and pepper to taste

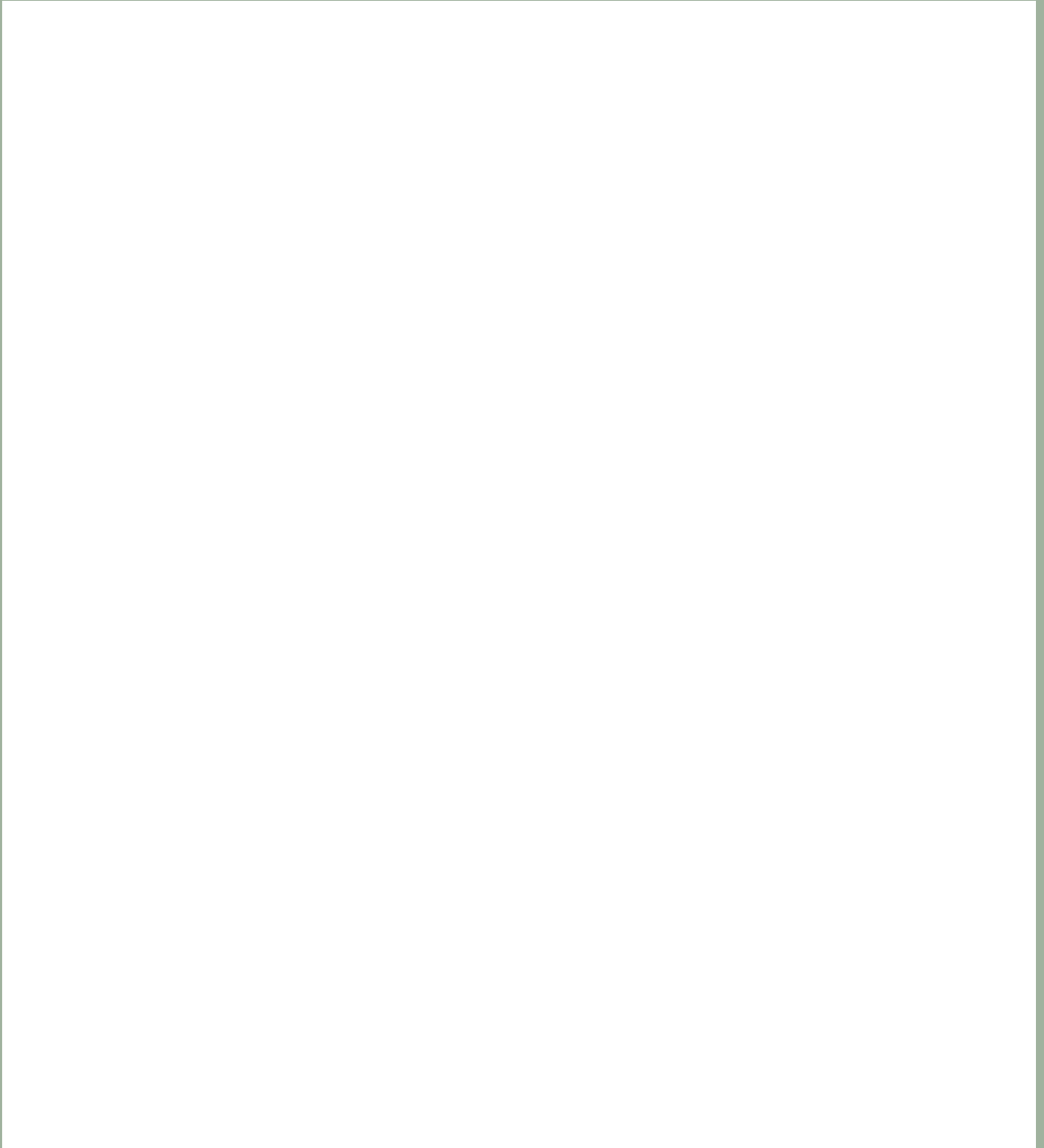
Directions

1. Combine all spices and rub on roast along with avocado oil.
2. Heat a medium skillet to medium-high heat.
3. Once pan is hot, sear meat on all sides, then add to crock pot and turn crock pot on to low.
4. Add carrots and onions on top.
5. Combine balsamic vinegar, mustard, and sugar in a small bowl and then pour over veggies and meat.
6. Allow meat to slow cook for at least 8 hours.
7. Once you are nearly ready to eat, steam cauliflower until soft.
8. Add to food processor along with garlic, butter, salt, and pepper.
9. Blend until smooth. Taste and adjust seasoning to your preference.
10. Spoon cauliflower mash into a bowl, and top with a nice chunk of roast as well as carrots and onion.
11. Enjoy!

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practitioner about a nutrition plan that's best for you.

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My notes



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