



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

---

*No-Fail Beef Pot Roast*      *Serves 6*

---

Preparation time: 10-20 minutes      Cooking time: 8-10 hours

**Ingredients**

3-4 lb. Meadow Maid® Foods chuck roast, sirloin tip, tri-tip, or brisket  
(smaller and bigger cuts okay, too – time stays about the same)

1 cup water or red wine  
garlic powder  
fresh ground black pepper  
salt

Optional other seasonings: rosemary and thyme, oregano, red pepper flakes, dried onion, bay leaves,  
your favorite rub

Optional vegetables: onions, potatoes, carrots, parsnips

**Directions**

Optional Flavor Step – well worth the time but skip if you are in a hurry: Rub roast all over with garlic powder, salt and pepper, or with an optional dry rub or your favorite dry seasonings. Heat a little oil in a pan to medium-high heat and brown the roast on all sides.

Place the roast in the crock pot or Dutch oven. Sprinkle with garlic powder, fresh ground pepper, salt, and other seasonings if you skipped the flavor step, above. Add 1 cup water or wine to pot.

If you opt to add vegetables, peel and quarter an onion, and add to the pot. Scrub a few potatoes and carrots or peel some parsnips. Cut vegetables into large pieces - about egg size. Pile the vegetables on top of the and around the roast in the pot.

Cover and cook on low heat (if using the Dutch oven, place in the oven at 225°), all day (8-10 hours).

Remove vegetables to a serving bowl, and place beef on a serving platter. Allow beef to rest for 5-10 minutes before slicing. Serve warm.

The broth makes great gravy, if you desire, or nutritious stock for soups and other recipes.

**Leftover Roast is a GREAT starting point for other recipes. Make:**

Roast Beef Sandwiches, cold or hot  
Shredded Beef Tacos, Burritos, or Enchiladas  
Barbequed Beef

*Vegetable Beef Soup*  
French Onion Soup (from the beef stock)  
Cold Beef Salad  
and Much More!