



100% Grass Fed Beef and Natural Vegetables

Yoder, WY

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Oriental Roast Beef and Potatoes

A friend passed this recipe to me. This is a wonderfully simple dish with real comfort-food appeal for a busy winter day. Thirty minutes of your time in the morning, plus time to toss a salad in the evening, and dinner is ready.

Ingredients

1 lb. baking potatoes, cut into 2-3 inch cubes
1 lb. sweet potatoes, peeled and cut into 2-3 inch cubes
2-3 lb. grassfed beef chuck roast, brisket, or top round steak
½ cup hoisin sauce - see homemade hoisin below
½ cup salsa
2 Tbsp. quick-cooking tapioca (for thickening)
3-4 cloves garlic, minced

Directions

Place potatoes and sweet potatoes in a 5-quart slow cooker. Top with beef. In a small bowl, combine all remaining ingredients. Pour sauce over meat; spread evenly.

Cover and cook on low-heat setting for 10 hours, or on high heat setting for 5-5 ½ hours. Remove meat from cooker to a cutting board. Allow meat to rest for 5-10 minutes while you toss a salad. Cut meat across the grain into serving-size pieces. Top with potatoes and cooking liquid. Serve and enjoy.

Homemade Hoisin Sauce (makes about ½ cup)

4 Tbsp. soy sauce or tamari
2 Tbsp. black bean paste or peanut butter
1 Tbsp. honey or molasses
2 tsp. rice wine vinegar or white wine vinegar
1/8 tsp. garlic powder (you can skip this for use in the above recipe, which calls for garlic)
2 tsp. sesame oil
20 drops hot sauce (optional, we skip this for Mary's delicate tongue)
1/8 tsp. black pepper

Combine all ingredients for Hoisin sauce and mix well.