



Pot Roast

Pot Roast is such a simple, comfort food healthy dinner you can make any time of the year! To make it Keto, we switched up some of the vegetables and left out the potatoes. Don't worry - the result is still delicious and no one will notice the substitutions!

My tip: Buy an extra large roast. Make this pot roast with half of it and make **Mississippi pot roast** later in the week! The flavors are quite different and buying it in bulk may be cheaper. A great option if you have a Costco or Sam's Club membership!

Recipe:

3-4 lb Roast
Salt and pepper
1/4 Cup Butter
1 Onion
6 Cloves Garlic
4 Cups Beef Broth
4 Sprigs Rosemary
2 tsp Worcestershire sauce
2 Cups Carrots (optional)
2 Cups Radishes
1 Cup Zucchini
1 Cup Celery

- 1) Season your roast with Salt and Pepper
 - 2) Add butter to your pot on high heat, sear Roast on the stovetop 3-5 minutes per side (see video below)
 - 3) Add Garlic and Onion to the pot and cook on medium heat until lightly browned. Add broth, Worcestershire sauce, rosemary and thyme, mixing and scraping the bottom of the pan to get the flavor!
 - 4) Add your roast and bake at 300 degree for 1.5hrs.
 - 5) Add in your chopped veggies and bake an additional 1.5hrs
- When it's complete, it will fall apart easily. You can shred or slice it!



The Keto Dad Tips and Tricks:

- Leave out the carrots for lower carbs. Or, serve like we do! Our kids love carrots so we leave them in. I just give them the carrots off my plate.
- Leftovers are delicious for lunch!
- Make sure to check out our tip on making Mississippi Pot roast too!

We divided our 3.5lb roast into 6 servings

Macros: Calories 628 , Fat 40, Carbs 8g, Fiber 2g (6 Net carbs) Protein 57g

SimpleFunKeto.com

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad