



Mississippi Pot Roast

This Mississippi Pot Roast is the perfect “set and forget” crockpot recipe. Simply add all of your ingredients into the crockpot set it on high for 4-5 hours and the end result is a tender juicy roast. We paired this with our [roasted radish](#) recipe for dinner. You can also serve it on a sandwich using our [keto white bread!](#)

Recipe:

3-4 lb Roast
1/2 Cup Diced Onion
3 Cloves Garlic
1/2 Cup Beef Broth
1/2 Cup Butter (Reserve 1 Tbsp)
3 Tablespoons Ranch Seasoning (1 Packet)
Salt and pepper
12oz Jar Pepperoncinis



Sear Roast on medium to high heat with 1 Tbsp of butter, onions and garlic for 2-3 minutes per side. Pour beef broth into crockpot, add seared roast, butter, and seasoning. Add pepperoncinis.

Some people prefer about 2/3 of jar and a 2/3 of the liquid. If you're not going to use then all in the crockpot, they're a great snack while cooking!

Place all of the ingredients in the crockpot
4-5 Hours on high or 8 hours on low

When we serve it, we prefer to pull the roast out of the crockpot and then shred it. We like it as pulled beef on our plates with a side of veggies. If you're serving it over riced cauliflower or cauliflower mash, including some of the sauce is delicious.

The Keto Dad Tips:

- Store in Air tight container for up to 6 months
- Use it with our [Mississippi Pot Roast Recipe!](#)
- Add to sour cream or greek yogurt for a veggie dip

Macros: Calories 644 , Fat 53g, Carbs 4g, Fiber 1g (3 Net carbs) Protein 34g

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