



TERRY'S CROCK POT ROAST

SUBMITTED BY: JEANIE ALDERSON

Ingredients:

1 Omega Beef grass finished Wagyu beef roast (chuck roast, rump roast etc)

herbs

vegetables (potatoes, peppers, carrots, turnips, celery, onion, garlic - whatever you like and can find locally)

tomatoes (local fresh, local canned)

broth or water

Worcestershire sauce

red wine

Instructions:

Many people do not think of cooking roasts in the summer time. Yet, using the crock pot is a great way to cook when you dont want to heat up the kitchen and when you are busy all day. It is also a great recipe for getting back to school and ready for fall. Also, anything can go with a roast: A fresh garden greens salad, a cold beet salad, cucumber salad etc.. Or, for a more traditional, pot roast meal, you can add root vegetables. The key is to use great locally raised beef! Omega Beef has its summer delivery in July! If your are an Omega Beef customer, here is a simple but delicious recipe for one of the roasts in your freezer!

Terry's CrockPot Roast

This is great for chuck roasts.

It is best to start with a thawed roast. So, take your roast out of the freezer a day or night before you want to eat it.

In the morning before you go to work (even if your work is right at home)

Add about a cup of water to crockpot and add your roast.

Add Worcestershire Sauce – (Add this to taste – 3-5 tbs.)

Add Italian herbs (oregano, basil, cilantro, marjoram, rosemary, thyme etc....) to taste.

Add a few red pepper flakes if you have them.

Add crushed or chopped garlic.

Add ground pepper.

Jeanie usually adds a splash of red wine.

Cook on low for 6 to 8 hours.

If you get back in the house in time (2 hours before you want to eat) you can add some potatoes, carrots and onions, to the crockpot.

If you get the chance you can baste the roast with the juice in the crockpot.

There are times when we start this in the morning and don't get in until evening and it is always delicious.

Enjoy!