

SLOWCOOKER BALSAMIC ROAST BEEF

Ingredients

- 2 - 2 ½ pounds beef pot roast, boneless, top or bottom blade or cross rib
- 1 large onion sliced
- 2 tablespoons garlic minced
- 4 bay leaf
- 1 cup beef broth
- 1 can (5 ½-6 oz) tomato paste
- ½ cup **Tillie's Nevada** balsamic vinegar
- 1 tablespoon Worcestershire sauce plus 2 teaspoons
- 1 tablespoon Misbeehaven Farms honey plus 2 teaspoons
- 1 tablespoon dijon mustard plus 2 teaspoons
- 1 sprig **7-Hawk Ranch** fresh rosemary
- ⅓ cup all-purpose flour
- 1 tablespoon parsley dried
- 1 teaspoon salt separated
- 1 teaspoon pepper separated
- 1 tablespoon sugar if needed

Directions

1. Coat your beef with 1/2 tsp of salt and 1/2 tsp of pepper. Set aside.
2. In your slow cooker, add the onion, garlic and bay leaves. Place beef over the top.



3. In a medium bowl, combine broth, vinegar, tomato paste, mustard, honey, Worcestershire sauce, rosemary and remaining salt and pepper. Stir until blended. Pour over beef.
4. Cover and cook on low until beef is cooked and tender, 6-8 hours. Discard Bay leaves.
5. Remove beef to a plate and let rest.
6. In a bowl, whisk flour with 1/3 cup water.
7. Add meat juices from crock pot and add with flour and water mixture to a pan. Cover and cook on medium high until simmering for about 20 minutes, whisking occasionally, until sauce thickens to your desired consistency. Add parsley. Taste and add sugar if needed.
8. Slice or shred beef and serve over rice, noodles or potatoes!