

Balsamic Beef Roast (crockpot/slow-cooker)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-beef-roast-recipe-crock-pot>

Ingredients:

- 3 pounds beef roast boneless trimmed of all fat, chuck roast works well
- 1 tablespoon olive oil
- 8 cloves garlic minced
- 1 cup water beef stock ok
- 2/3 cup balsamic vinegar
- 2 tablespoons soy sauce
- 1 tablespoon Worcestershire sauce
- 1 pound baby carrots
- 1 pound potatoes mini, skin on or off
- 1 large onion sliced 1/4 inch strips
- salt
- pepper
- 2 tablespoons cornstarch
- 1 teaspoon cayenne pepper optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 46 grams
3. Fat: 3.5 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 800 milligrams
8. Sugar: 15 grams

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