

Recipe: Quick & Easy Venison or Lean Beef Crock Pot Roast

Ingredients:

- 1 3-4 pound Venison or Lean Beef roast
- 1 full stalk chopped celery- chopped into 1.5 inch chunks
- 1 small bag of baby carrots
- 1 large container whole button mushrooms
- Small head of green cabbage washed and roughly chopped
- 1 medium onion sliced or diced
- 1 tsp. sea salt
- 1.5 tsp. ground pepper
- 1 tbsp. all spice
- 1 clove minced garlic (or 2 tsp of the jarred kind)
- 2 tbsp. balsamic vinegar
- ½ tsp. liquid smoke
- 1 can low sodium beef broth or 2 packets low sodium beef bouillon (preferred)

Instructions:

Brown roast in a cast iron skillet with 1 tsp of oil on all 4 sides. While browning add all liquid ingredients to a 5 quart crock pot and whisk. Place browned roast in crock pot. Add all veggies. Fill with water to one inch below lid. Cover and cook on low for 8-10+ hours. Enjoy!!!