

Slow Cooker Sweet and Savory Beef and Vegetables

Serves: 4*

*This recipe makes 4 generous portions tonight plus planned-over beef and vegetables for Sweet and Savory Crustless Beef Pot Pie (page 101) later in the week.

1 **onion**, chopped **4-9 hours before serving:** Prep vegetables and set aside.

1 lb **red skin potatoes** (about 4 medium),
scrubbed and cut into quarters

1 lb **parsnips** (about 3-4),
peeled and cut into 1-inch pieces

12 **baby carrots**, whole

3 **celery stalks**, chopped

8 oz **mushrooms**, sliced, OPTIONAL

1 tsp **salt**

Mix first three ingredients together and rub on both sides of the roast.

1/2 tsp **black pepper**

2 Tbsp **whole wheat pastry flour**
(or white whole wheat or gluten-free flour)

2.5 lbs **boneless top round beef roast**

1 Tbsp **olive oil**

In a large skillet, heat olive oil over medium-high heat. Add the roast to the skillet and brown on both sides. Remove skillet from heat *momentarily* and transfer roast to the slow cooker. (Allow any brown "bits" to remain in the skillet.) Pile all of the prepped vegetables on top of the roast in the slow cooker.

3 Tbsp **pure maple syrup**

In a small bowl, stir to combine.

1 Tbsp **chili powder**

Return skillet to heat and when hot, pour the tomato mixture into the skillet to deglaze the pan. Stir until bubbly and all bits are loosened from the pan.

1 tsp **ground cumin**

Immediately pour over everything in the slow cooker.

2 tsp **garlic powder**

Cover and cook on low for 8-9 hours, or on high 4-6 hours.

2 tsp **onion powder**

1 can (15 oz) **fire-roasted tomatoes**

To serve with Broccoli Cauliflower Salad (page 127), consider making that now for a completely stress free dinner tonight.

Right before serving: Reserve 1 cup of the meat, any broth in the slow cooker, and 1 1/2 cups vegetables for Sweet and Savory Crustless Beef Pot Pie (page 101) later in the week. Serve remaining beef with vegetables tonight. Enjoy!

QUICK TIP: You are not imagining things...parsnips are appearing again! Besides Honey Dijon Roasted Carrots and Parsnips (page 137), this is another great way to prepare and include this nutritious vegetable with unique flavor into your routine.

Nutrition Information for 1/2 cup beef plus 1 cup vegetables:

Calories: 435 • Fat: 7.5 g • Sat Fat: 2.4 g • Chol: 97 mg • Fiber: 6.5 g • Protein: 47 g • Total Carb: 44 g • Sugars: 15 g • Sodium: 595 mg