

Dinner – Paleo

Maple Braised Chuck Roast with Caramelized Vegetables



SERVES: 4 PREP: 25 min. COOK: 2h 30 min.

Ingredients

2 to 3 lb. chuck roast

1 cup beef stock

$\frac{1}{3}$ cup maple syrup (optional)

$\frac{1}{3}$ cup balsamic vinegar

$\frac{1}{3}$ cup coconut aminos

3 garlic cloves, minced

1 onion, minced

Cooking fat

Sea salt and freshly ground black pepper

Ingredients for the caramelized vegetables

4 carrots, sliced

2 sweet potatoes, peeled, and diced

3 parsnips, peeled, and sliced

1 red onion, quartered

2 garlic cloves, minced

3 tbsp. olive oil

2 tbsp. maple syrup or raw honey (optional)

Fresh thyme sprig

Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 350° F.
2. In a bowl, combine the beef stock, maple syrup, balsamic vinegar, coconut aminos, garlic, and minced onion.
3. Season the meat with sea salt and freshly ground black pepper.
4. Melt some cooking fat in a Dutch oven placed over a medium high heat.
5. Brown the meat on all side for 2 to 3 minutes per side and pour the sauce on top.
6. Place in the oven and cook for 2 hours and 30 minutes.
7. In a bowl, combine all the ingredients for the vegetables and season to taste.

8. Spread the vegetables out over a baking sheet, top with a sprig of fresh thyme, and cook in the oven for 30 to 40 minutes.
9. Serve the meat with the caramelized vegetables.