

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Asian Pot Roast

From www.cooking4f.com

Serves 4-8

- 2 cups beef stock (Look for an organic or all-natural one without MSG or other additives.)
- 2 teaspoons fresh grated ginger
- 4 garlic cloves, pressed
- ½ cup tamari (This is a wheat free soy sauce. Look for one without artificial preservatives or MSG.)
- 2 onions, sliced
- 1-2 pounds beef roast, stew beef or top round steak
- 2 tablespoons cornstarch or arrowroot

In a bowl, combine the stock, ginger, garlic and tamari and whisk until combined. Set aside.

In a crock-pot, lay the sliced onions in the bottom. Cut the beef roast into pieces if needed and place on top of the onions. Pour the stock mixture over top. Cover and cook on low for about 8 hours, until the beef is tender.

Turn the crock-pot to high. Whisk the cornstarch or arrowroot into ¼ cup of cold water until smooth, then stir into the crock-pot. Cover and cook until thickened.

Serve over brown rice with broccoli on the side.