



CHUCK-WAGON BRISKET POT ROAST

by Nick Massie

Overview

Totaling 33 blocks, this simple slow-cooker pot roast will yield 11 3-block Zone-balanced meals full of tender meat and juicy veggies.

Ingredients

- 3 ½ lb. beef brisket
- 6 c. turnips, large dice
- 8 c. carrots, large dice
- 8 c. onions, large dice
- 4 c. celery, large dice
- 1 qt. chicken stock
- 3 tbsp. kosher salt
- 1 tsp. black pepper
- 1 tbsp. Italian seasoning
- 1 tbsp. granulated garlic

Directions

1. Season the brisket on both sides with half of the salt and pepper. Bonus flavor: Sear off the brisket on all sides before adding to the slow cooker.
2. Add 4 c. onions to a 6-qt. slow-cooker crock. Add the brisket, then layer in the rest of the veggies.
3. Add remaining salt and pepper, Italian seasoning and granulated garlic.
4. Pour chicken stock over the top to wash the herbs and spices into the mix.
5. Place the cover on the slow cooker and cook on high for 8-10 hours or low for 10-12 hours.
6. The brisket is done when it pulls apart easily as shown in the video.
7. Divide into 11 3-block portions and refrigerate for up to 1 week or freeze for up to 6 months.