



## SLOW COOKER TANGY TOMATO BEEF

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EACH BATCH MAKES 8 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Oil	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Beef roast, trimmed of extra fat	2 to 2 1/2 pounds	4 to 5 pounds	6 to 7 1/2 pounds	8 to 10 pounds
Chopped onion	1 cup	2 cups	3 cups	4 cups
Diced or crushed tomatoes, undrained	28 ounce (about 3 cups)	56 ounce (about 6 cups)	84 ounce (about 9 cups)	112 ounce (about 12 cups)
Packed dark brown sugar	1/3 cup	2/3 cup	1 cup	1 1/3 cup
Cider vinegar	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Gluten free Worcestershire sauce	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Dried thyme	1 teaspoon	2 teaspoons	1 tablespoon	4 tablespoons
Salt	1/2 teaspoon	1 teaspoon	1 1/2 teaspoon	2 teaspoons
Freshly ground black pepper	1/2 teaspoon	1 teaspoon	1 1/2 teaspoon	2 teaspoons

Over medium-high heat oil in a skillet. Brown roast on all sides. You are going for just a sear of the meat, not cooking it. Remove from heat while assembling rest of ingredients.

Label a gallon sized zip close freezer bag with recipe name and cooking instructions. In the bag put the onion, tomatoes, brown sugar, vinegar, Worcestershire sauce, thyme, salt and pepper. Seal bag and mix contents. Open bag and add roast. Seal bag, removing as much air as possible. Freeze.

**To serve:** Thaw. Cook in slow cooker on low for 8 hours or until cooked through and the beef is very tender. Serve with gluten free wide noodles, rice, quinoa or sweet potatoes and a salad.