

Crockpot Beef & Mushrooms

*It's almost winter! Try this crockpot beef recipe that your whole family will love!
It's comfort food without the extra calories.*

Ingredients:

- 1 tablespoon olive oil
- 2.5-3 pounds chuck roast
- Salt and black pepper, to taste
- 2 tablespoons red wine vinegar
- 4 yellow onions, sliced
- 1 can of light beer (don't worry, the alcohol cooks out)
- 2 cups of water or beef stock
- 1 tablespoon low-sodium soy sauce
- 6 bay leaves
- 8 ounces button mushrooms or 1 can of any mushrooms

Instructions:

1. Heat the oil in a large pan over high heat.
2. Season the chuck all over with salt and pepper.
3. Add the beef to the pan and sear until all sides are nicely browned, about 10 minutes total.
4. Remove the beef from the pan and add the vinegar, onions, and beer to the pan, scraping up any bits that may cling to the bottom.
5. Place the beef in the bottom of a crockpot, and pour the onions and beer over it.
6. Add the water (or stock), soy sauce, and bay leaves; if the liquid doesn't cover all or most of the beef, add a bit more beer.
7. Cook on low for 6 hours (or on high for 4).
8. Add the mushrooms in the last hour of cooking.
9. When ready to serve, remove the bay leaves.
10. Serve the beef with vegetables such as broccoli or cauliflower.

Makes 8 servings. Count each serving as a protein. Enjoy!

