

## Caramelized Onion Pot Roast

### ***Ingredients:***

- 3 Pounds beef roast
- 2 white onions, sliced
- 1 ½ cup beef broth
- ½ cup balsamic vinegar
- 2 tablespoons tomato paste
- 2 tablespoons steak seasoning
- 1 tablespoon olive oil
- 4 cloves of garlic, minced
- Black pepper
- salt

### ***Directions:***

1. Preheat the oven to 325 F.
  2. Season the roast with some salt, pepper and steak seasoning.
  3. Heat the oil in a large pan and brown for 3 mins on each side.
  4. Lay the onion slices in the bottom of a slow cooker then lower in the roast.
  5. Pour the broth with vinegar, garlic and tomato paste, then simmer for 5 mins, then pour them all over the roast.
  6. Put on the lid and cook the roast for 4 hours on high, then warm and enjoy
- Calories: 716 | Total Fat 25.3 g | Protein: 106.2 g | Total Carbs: 8.3 g |