

FFF Fig-Braised Beef Roast

Recipe By: Fiscallyfitfoodie.com -- James B.

Serves 6 – Prep Time: 15 min, Cook Time: 10-12 hours



Ingredients

- 4-5 lb chuck roast (preferably grass fed)
- 15-20 medium figs (about 2 cups), pureed (in food processor or blender)
- 2 dried guajillo (or pasilla) chilies, left intact with seeds inside
- 1 32 oz container of beef stock
- ¼ c dried cherries
- 2 dried bay leaves
- 6 garlic cloves, slightly crushed
- 1 tbsp dried rosemary
- ¾ c red wine (cabernet sauvignon is what I use)
- 3 cinnamon sticks
- 1 tbsp cloves
- 2 tbsp balsamic vinegar
- salt and pepper to taste

Directions

1. Season chuck roast with salt/pepper and sear on both sides (4-5 minutes per side)
2. Add chuck roast and all other ingredients to a Crock Pot and turn on High. Cook 3 hours.
3. Turn heat down to Low and cook for 7-8 hours.
4. Remove bones and shred or chop the beef and strain the sauce. Let sit 1 hr and skim fat.
5. Before serving, toss into a skillet and reduce for about 10 minutes on med/high heat. Serve with mashed potatoes, roasted potatoes, sweet potatoes, or rice.

Nutrition (per serving...6 servings total for recipe): 298 calories, 24g carbs, 12g fat, and 30g protein (calculated with www.myfitnesspal.com/recipe/calculator).