

Tafelspitz

By

Mary Ann Hastings @ CookingForYourLifestyle.com

NOTE: *Horseradish (contained in the sauce) is not on the Autoimmune Protocol. If you can tolerate it, by all means have some on this dish. I can't eat it; I just enjoy the delicious meat and the vegetables.

Ingredients and process:

1 boneless chuck roast (Publix Greenwise is the best cut, if locally grass-fed beef isn't available). Size is dependent on how large a crockpot you have and/or how many servings you want. If we are entertaining a larger group, we cook two cuts of meat in two crockpots.

Put in liquid and [salt](#) to taste. If you're using other broth, gauge how much salt you add by how salty you know that broth is.

Put carrots, onions or whatever other veggies you want in and sprinkle [herbs de Provence](#) (or marjoram) over the top.

Add enough liquid to cover the veggies.

Plug in crockpot, turn on low, and put crockpot lid on. It needs at least 8 hours to be as tender as what was sampled in class.

Horseradish Sauce (1 cup)

Mix together:

½ cup Veganaise or mayonnaise

½ cup plain yogurt (not Greek)

Stir in 1-2 T. horseradish (to taste) My husband uses Seminole brand.