



Super Easy Crock Pot Beef Roast

2.5 – 3.5 lb Grass-fed beef roast
¾ liter red wine
1 Thinly Sliced Onion
2 cups Beef stock or water
1 tablespoon Worcestershire Sauce
1 Bay Leaf

1. Sear roast on all sides in a pan on stove-top with olive oil
2. Put roast in crock pot with all the other ingredients and set on low and cook all day (about 8 hours or more).