

Carnivore Roast Beef

Gretchen Sharp

3 lb. roast (chuck, arm, clod,
English or other slow-cook roast) 1 tsp. pepper
1 T. salt 1 pinch garlic powder

Combine spices. Prick roast with meat fork and rub spices into roast. Place roast in small oven bag and tie shut. Bake in a 9x9-inch pan at 175° for 24 hours. Slice or shred with forks when done and serve in sandwiches.

Note: Double spices for 6 pound roast. Freeze roast with juices to prevent freezer burn. Freezes well.