

# 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.



This recipe is from the  
First United Methodist Cookbook  
To order your copy for \$15,  
contact Ken's at 605-225-6671