



GREEN PEPPERCORN POT ROAST

INGREDIENTS

2-3 lb Boneless chuck Roast
1-2 large sliced yellow onion (about 1 cup)
¼ cup green peppercorns w/ brine
4 scoops Ketologie Smoky Beef Bone Broth
2 tbsp clarified butter or ghee

2 tsp sea salt
2 tsp coarse ground black pepper
2 tsp granulated onion
1 tsp granulated garlic
1 tsp dry thyme

INSTRUCTIONS

Season chuck roast w/ salt and pepper. Add ghee to the instant pot/ pressure cooker and brown chuck roast on all sides then remove from pot.

Add onions, peppercorns Ketologie Beef Bone Broth and remaining seasoning. Stir until onions have softened up but not caramelized.

Add 1 cup of water and the chuck roast back into the pot and cook on high pressure for 1 hour then slow release for an additional hour.

Remove roast from pressure cooker and shred the beef, ladle extra sauce over the top. For a thicker sauce use the sauté setting and reduce the cooking liquid by half then add a ½ tsp of xanthan gum. Whisk until sauce has reached desired thickness.

SLOW COOKER INSTRUCTIONS

Season chuck roast w/ salt and pepper. Add ghee to a cast iron pan and brown chuck roast on all sides then remove from pan.

Add onions, peppercorns Ketologie Beef Bone Broth and remaining seasoning. Stir until onions have softened up but not caramelized.

Place roast along with one cup of water and sautéed onions in a slow cooker set to low for about 6-7 hrs until fork tender.

Shred beef in the slow cooker, and cook for an additional 30 minutes.

Nutrition Facts	
Green Peppercorn Pot Roast	
Amount Per Serving	
Calories 385	Calories from Fat 225
% Daily Value*	
Fat 25g	38%
Saturated Fat 12g	75%
Cholesterol 132mg	44%
Sodium 835mg	36%
Potassium 609mg	17%
Carbohydrates 3g	1%
Fiber 1g	4%
Sugar 1g	1%
Protein 33g	66%
Vitamin A 22IU	0%
Vitamin C 2mg	2%
Calcium 38mg	4%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

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