

Herb Roast

This recipe is a flavorful, savory dish that the whole family will love. It'll definitely feel like a special treat without the extra expense.

Makes 6 servings

2.5 pounds boneless shoulder roast (lamb shoulder or beef chuck; if using beef chuck, increase to 2.75 pounds)

1 Tablespoon extra-virgin olive oil

1 teaspoon rosemary

1 teaspoon thyme

1/2 teaspoon sage

1 cup red or white wine (we used white, but red would work)

1/2 cup water

1 teaspoon salt

1/2 teaspoon ground pepper

Instructions

Heat the olive oil in a pressure cooker on the saute setting or in a stovetop-safe slow cooker insert, Dutch oven, or slow cooker over medium heat.

Add the herbs and stir for a few seconds until fragrant.

Add the roast to the oil and cook, turning regularly, until lightly browned on all sides, about 5 to 10 minutes total.

Add the wine and water. Pressure cook for 70 minutes. (If using a slow cooker on low, cook on low for 8 hours or medium for 4 to 5. If using a Dutch oven, cover and simmer over low heat for about 2 hours).

The roast will become juicy and tender, resembling an almost stew-like consistency. Truly delicious!

Complete Meal

As a Phase 1 meal, serve with a bowl of Split Pea Soup (*Always Delicious* Page 161) and 1/4 cup berries for dessert.

Carbohydrate: 25%

Protein: 24%

Fat: 51%

Recipe by David Ludwig, MD, PhD, and Dawn Ludwig. All rights reserved.