



Hartland Farm Wagyu Barbeque

Serves 8 - 10 People

- 6-8 Pounds Chocolate fed Wagyu Chuck Eye Roast
- ½ Cup Almond Flour
- ¼ Cup EVOO (Extra-Virgin Olive Oil)

- 1 Pound Package of Baby Carrots
- 1 Large Red Onion – diced
- 8 Celery Stalks

- 1 Envelope Onion Soup Mix
- 1 Can Cream of Mushroom and Roasted Garlic Soup
- 1 Can Cream of Celery Soup
- 2 Cans of Water
- Salt and Pepper to taste
- 2 16-Oz cans Diced Fire-Roasted Tomatoes with Chiles
- 3 Bay leaves
- 2 Cups Burgundy Wine
- 2 Cups Beef Bone Broth
- 1 14-Oz Bottle Jalapeno Ketchup (no added sugar)
- ½ 18-Oz Bottle Sugar Free Hickory Barbecue Sauce

Heat oil in large skillet. Coat Roast with flour, salt and pepper and brown on all sides. Place browned roast in crock pot. Then place carrots, diced onion, and celery stalks on top of meat in crock pot.

Wisk together Onion Soup Mix, and Soups with water in sauce pan over medium heat until mixed well. Pour mixture over meat and vegetables in crock pot then add diced tomatoes, bay leaves, and wine. Pour broth over the roast until it is almost covered

Cook for 3 hours on High heat then 4 hours on low heat and turn crock pot off and allow to cool. *(continued on next page)*

As with a lot of slow-cook recipes, this dish is even better the next day or days, making it perfect for make-ahead meals. We've used sugar-free or no-added-sugar Ketchup and Barbecue Sauce and, frankly, we think anything else would be too sweet. Please add to your taste preference.

We're thinking this would be a great dish to prep ahead and have ready for holiday appetites (or late-night refrigerator raids) – a quick reheat and everyone's jolly again.



Hope Your Holidays are Shiny and Bright.

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Strain contents to separate meat/vegetables from liquid. Save liquid.

Remove meat from bones and discarding excess fat and bay leaves. Return meat to crock pot. Puree vegetables and add to crock pot. Stir in catchup and barbecue sauce to taste over low heat in crock pot. Add saved liquid to desired consistency. Left over liquid can be used for gravy or marinade for other dishes. Serve with buns and/or a side of polenta, mashed potatoes, or coleslaw.

Enjoy with people you love.