

Crock Pot Meat

Meat Ideas

Can be frozen or defrosted

- Whole chicken (if using frozen, be sure it doesn't have a plastic bag of giblets inside)
- Beef Roast
- Pork Roast
- Lamb Roast
- Ribs
- Brisket
- Lamb shank

Special Tips

Check the crock pot periodically to be sure it always has juices. If it is drying out, add more water.

If you like sauces and flavors, try using Primal Kitchen brand, or another sugar free brand of condiments.

Cook veggies on the side rather than in the same crock pot. This way, your veggies won't be mushy.

Use this as a time saver! Start a roast first thing in the morning when you wake up... then come home from school to a delicious pot of meat.

Instructions

Place the meat in the crock pot.

Add 1 inch of water.

Put the lid on.

Turn to **low** setting.

If the meat was frozen when you started, it will be done in about 24 hours.

If it was defrosted when you started, it will be done in about 12 hours.

After 12 or 24 hours, check if the meat is done. Poke a fork into the meat and shred it. If it easily shreds, falls off the bone, or pulls apart, it is done. If it is tough, or won't pull apart very well... it's not done. Come back in a few hours.

Salt when it is done! If you salt in the beginning, it will dry out the meat.