



EASY ROAST OF BEEF

serves 8

**1 5-lb. beef roast
olive oil**

**Sear roast on all sides in an oiled
hot iron skillet.**

**6 cloves garlic, quartered
2 tsp. rosemary
pinch of sea salt
fresh ground pepper
2 tsp. cumin
1 onion, thin sliced**

**Mix rosemary, sea salt, pepper and
cumin. Place in skillet & rub on
roast. Cut slits in roast & stuff the
garlic quarters into them.
Place roast in crock pot, place
onion rings on roast & cook on low
5-6 hours until done as desired.**