

Pulled Chuck Roast with Cauliflower-Broccoli Puree (Serves 2-3)

<http://www.wholelifeeating.com/2012/02/pulled-chuck-roast-with-cauliflower-broccoli/>

If you steam cauliflower and broccoli, add spices and a healthy tablespoon of ghee, then puree everything in a food processor, the results look and taste like really good mashed potatoes, but includes more nutrients. I was so excited the first time I made it that I forgot to take a picture. The photograph here is of microwaved leftovers. The original meal looked better, but the microwave version tasted as good. Try it and tell me what you think.



Prep and cook time: 20-25 minutes

Ingredient list:

Chuck roast ([click here for slow cooker recipe](#))

1 head of cauliflower
Stems from 2 or 3 stalks of broccoli
Clarified butter or ghee
Black pepper
Garlic powder
Salt

Directions: Bring a few cups of water to a boil in a sauce pan over medium heat. Rinse cauliflower and divide into modest chunks. Clean up broccoli stems and cut into coins. Add vegetables to a steamer basket or colander over the boiling water, cover with a lid, and let steam for 10 or 15 minutes until

fork tender. Transfer the steamed vegetables to a food processor and puree. Add 1 tablespoon of ghee or clarified butter and salt, garlic powder, and black pepper to taste and run the food processor to blend in the spices. Taste the mix and add more spices as needed to achieve the flavor you like. I often add more salt. Meanwhile, use two forks to pull chuck roast into shreds. Transfer cauliflower-broccoli puree to a plate with a spoon. Add a serving of pulled chuck roast. Enjoy!