

Balsamic Roast Beef

Servings : 6

Amount	Measure	Ingredient - Preparation Method
4	pounds	boneless roast beef
1	cup	beef broth
1/2	cup	balsamic vinegar
1	tablespoon	worcestershire sauce
1	tablespoon	soy sauce
1	tablespoon	honey
1/2	teaspoon	red pepper flakes
4	cloves	garlic - chopped

Place roast beef into slow cooker. In a 2-cup measuring cup, mix together remaining ingredients. Pour over beef and cook 4 hours on high or 6-8 on low.

Once cooked, remove from slow cooker onto platter. Break apart with forks and then ladle 1/2 cup gravy over beef.