

Tender Keto Roast Beef with Mashed Cauliflower - A Low-Carb Comfort Classic

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TIME
5 min

METHOD
Slow cooker

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Recipe Card

SAVE
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INGREDIENTS

For the Roast Beef:

3-4 lbs roast beef (chuck or brisket works best)

1 cup celery, chopped

1 medium onion, chopped

3 bay leaves

4 cloves garlic, minced

1 tablespoon olive oil

1 teaspoon dried thyme

1 teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

$\frac{1}{2}$ cup beef broth

For the Mashed Cauliflower:

1 head cauliflower, cut into florets

2 tablespoons butter

... cup heavy cream

... cup grated parmesan cheese

DIRECTIONS

1. **Sear the Roast:** Heat olive oil in a large skillet over medium-high heat. Sear the roast beef on all sides for 4-5 minutes each, until browned. This locks in flavor.
2. **Transfer to Slow Cooker:** Place the roast in your slow cooker. Add chopped celery, onion, bay leaves, and garlic. Season with thyme, salt, and black pepper. Pour beef broth over the top.
3. **Slow Cook to Tenderness:** Cover and cook on low for 8 hours. The beef will become tender enough to shred with a fork.
4. **Make the Cauliflower Mash:** While the beef finishes cooking:
5. **Steam cauliflower florets** for 10-12 minutes until very tender.
6. **Transfer to a food processor** or use an immersion blender.
7. **Add butter, heavy cream, and parmesan.** Blend until smooth and creamy.
8. **Serve It Up:** Plate generous scoops of mashed cauliflower topped with tender roast beef. Spoon over some cooking liquid from the slow cooker for added richness.

TIPS FOR SUCCESS

Searing is essential for a flavor-packed crust.

Use chuck or brisket for the juiciest, shreddable texture.

Don't overblend the cauliflower-it can become gummy if processed too long.

Flavor Variations Add a splash of red wine to the slow cooker for deeper flavor.

