

Sometimes I want to hit the easy button. Like REAL easy button. This one will do it for ya. BIG flavours, simple work and you'll look legit bringing this one out! Trust me. Its golden Pony Boy. Summer eats begin!

### ***Ingredients***

#### **For the Beef**

3-4lbs Beef Roast – Cross Rib or Rump works well for this

2 Oranges - zested and juiced

9 cloves of Garlic - minced

1/4 cup Lime Juice

3 tbsp Olive Oil

2 tsp Black Pepper

2 tsp Cumin

2 tsp Oregano

2 tsp Thyme

#### **For the Beans**

1 can Black Beans - drained and washed

1/2 cup Chicken Stock

1/2 tsp Oregano

Salt

Squeeze of Lime Juice to finish

#### **Serve with**

Rice

Mint

Flat Leaf Parsley

Lime Zest

### ***Let's Begin!***

1. Mix up Marinade for the Beef. Save half for finishing it. Use the other half to marinade the Beef over night, turning a couple times if you can.

2. When ready to cook, take the beef from marinade and place in the slow cooker and cook for 8 hours on low, or 5 hours on high. Remove Beef from the cooking liquid. Beef is cooked through when easily shredded. Dump Cooking liquid and place Beef back into cooker to keep warm.

3. While Beef is staying warm, cook rice and warm the Beans in a pot with stock, oregano and salt. When beans are ready to serve, finish with Lime Juice.

4. Serve Beef over the rice and beans with a couple spoons of the reserved marinade and Mint or Parsley. So addictive....

**Enjoy!!**