**Chile- Coffee Pot Roast**

2 – 3 lbs. boneless beef chuck pot roast

1 tbsp instant coffee powder

1 tsp ground chile peppers or chilli powder

¼ tsp salt

1 tbsp olive oil

¾ cup beef stock

3 tbsp tomato paste

1 tbsp tomato paste

1 tbsp balsamic vinegar

3 cloves garlic, minced

2 large carrots, sliced ½ inch thick

1 celery root, peeled and cut into ½ inch dice

1 large red onion, cut into thick wedges

Trm fat from meat. In a small bowl combine instant coffee powder, chile pepper and salt. Rub mixture on all sides of pot roast. In a Dutch oven, heat oil over medium high heat. Brown pot roast on all sides in hot oil. Remove from pan; set aside. Drain fat from Dutch oven. Deglaze pot with beef stock. In a 4 quart slow cooker, stir together carrots, red onion, tomato paste, vinegar, and garlic. Add roast and celery root. Pour beef stock over roast. Cover and cook on low-heat setting for 8 to 9 hours or high-heat setting for 4 – 4 ½ hours. Transfer meat to a cutting board. Cover with foil. Remove vegetables with a slotted spoon and keep warm. Transfer cooking liquid to a medium saucepan. Bring to boiling; reduce heat. Simmer, uncovered, until reduced to about 1 cup liquid. Slice meat and serve with reserved vegetables and reduced sauce. Serve over polenta or with Savoury Carrot Agave Muffins.

**Savoury Carrot Agave Muffins**

2 cups whole wheat flour

1 tsp cinnamon

1 tsp baking powder

1 tsp baking soda

¼ tsp salt

4 carrots

2 large eggs

½ cup dark agave syrup

1/3 cup extra-virgin olive oil

Heat oven to 375 degrees. Line muffin cups with baking papers and set aside. Whisk together the flours, cinnamon, baking powder, baking soda, and salt in a large mixing bowl. Finely grate the carrots and stir together with the remaining ingredients. Stir the carrot mixture into the flour mixture. Divide the batter evenly between the 16 baking cups and bake until a skewer inserted into centres comes out clean, about 20 minutes. Immediately remove the muffins from the pan and cool on wire rack.