

# POT ROAST

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You can make this recipe with brisket, but I prefer to use chuck. I find this inexpensive meat to be one of the most flavorful cuts of beef. A piece that is well marbled with fat will yield the best flavor, and simmering it slowly in the oven makes the beef incredibly tender.

## Ingredients

- One 3 to 4 pound boneless chuck roast
- 2 or 4 tablespoons vegetable oil
- 1 whole onions, peeled and quartered
- 4 to 5 garlic cloves, peeled
- 4 large potatoes, peeled
- 7 - 8 carrots, peeled
- 7 - 8 stalks of celery
- 1 cup red wine (*optional*)
- 1 cup beef broth
- 3 tablespoons Worcestershire Sauce
- 6 or 8 sprigs fresh thyme
- 1/2 cup parsley sprigs
- Salt and freshly ground black pepper



## Directions

Preheat oven to 350 degrees. Generously season meat with salt and pepper. Heat a thin coat of vegetable oil in a heavy bottomed skillet or Dutch oven and add seasoned meat. Over a medium high heat, sear roast on all sides, about 10 minutes. Reduce to medium heat. With the meat in the center, add the onion, whole garlic cloves, carrots and celery.

Since I am going to discard these vegetables, I typically select the thinner, less desirable carrots and celery stalks. If all of the carrots are thin, use the thinner half to flavor the dish and the thicker ends to eat. Add stock, red wine, (if you are not using wine, double the amount of beef broth), Worcestershire Sauce, half of the thyme and parsley. Bring to boil, cover, place in oven and roast for 2 1/2 hours or until meat is tender.

When the beef is fork tender, remove from oven and discard all of the vegetables, herbs and aromatics. Replace them with the remaining carrots, celery and potatoes. All of the vegetables should be similar in size. Add the remaining thyme and parsley springs and season the vegetables with salt and pepper. There should be at least 1/2 inch of juice at the bottom of the pan. If not, add a little water.

Place in oven and continue to cook for another 30 – 40 minutes or until the vegetables are tender and the potatoes cooked through. The cooking time will vary depending on the size of the vegetables. Enjoy!