

Dinner Recipe: Pot Roast

Ingredients

4-5 pound chuck roast

3 tbsp olive oil

2 medium onions (peeled, cut in half)

3 garlic cloves (sliced)

6 whole carrots (peeled, cut in 2 inch pieces)

1 cup red wine

4 cups of beef stock

2 sprigs of rosemary

2 sprigs of thyme

Life is a Recipe® Garam Masala (to taste)

salt (to taste)

fresh ground pepper (to taste)

Instructions

1. Preheat oven to 275 degrees.
2. Sprinkle roast with salt, pepper and garam masala on all sides.
3. Cut small holes all over the roast and stuff with sliced garlic.
4. In a large dutch oven, heat olive oil over medium-high heat.

5. Add in onions. Brown onions on both sides and then remove and set aside.
6. Next, add in carrots. Brown carrots slightly and then remove from heat and set aside with onions.
7. Add meat to the pot and brown for one minute on each side and then remove.
8. Add 1 cup of red wine and scrape the bottom of the pan to deglaze the pot.
9. Add the roast back into the pot.
10. Add 4 cups of beef stock, onions, carrots and fresh herbs.
11. Cover with a lid and bake for 4 hours.