

RECIPE



TITLE: *Rosemary Garlic Sunday Pot Roast*

CUT: *Chuck roast*

PREP TIME: *20 min.*

COOK TIME: *4-6 hours*

SERVING SIZE: *2-4 people*

INGREDIENTS:

3 lb chuck roast

2 cups beef broth

Salt & cracked pepper

2 sprigs rosemary

1 tbsp Dijon

1 tbsp Worcestershire

4 cloves garlic, smashed

1 tbsp butter

1 onion, sliced

3 carrots

½ cup red wine (optional

but recommended)

DIRECTIONS:

1. Rub roast with Dijon, garlic, salt, and pepper.

2. Sear all sides until deeply browned.

3. Remove roast. Deglaze pan with wine.

4. Add onion and carrots. Place roast back in.

5. Pour broth around roast. Add rosemary and Worcestershire.

6. Cover and bake at 300°F for 4-6 hours. (Until fork tender)

7. Rest meat. Stir butter into pan juices before serving.
