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# SUNDAY POT ROAST

Time: 3 hours

Yield: 4-6 servings

## INGREDIENTS

- 2- to 3-pound chuck roast
- Salt and pepper as needed. 1 quart beef stock 2 tablespoons cornstarch 2 table-  
spoons water
- Extra virgin olive oil as needed
- 2 tablespoons cornstarch
- 2 tablespoons water
- Mixed root vegetables, 4 – 5 cups, cubed

## DIRECTIONS

Heat a heavy 4- to 5-quart Dutch oven. Pat the chuck roast dry and salt lightly. When the pan is hot, drizzle with olive oil and sear the chuck roast on all sides to a rich brown color.

Cover halfway with beef stock. (You may not need the entire quart.)

Cook on stovetop, in 325 degree oven or in a crock pot for 2 to 3 hours or until the meat is lightly tender -( I used the oven as it is my preference, but it will work on the stove top or crock pot - adjust your cooking times as needed). Add root vegetables and cook until tender, about 30 minutes.

Mix the cornstarch and water together, and add about 2 tablespoons of "pot roast gravy" to the mix. Slowly whisk into the pot roast and bring to a simmer to thicken - about 2 - 3 minutes. Let cool, serve and enjoy.