

Beef Pot Roast

Ingredients

- 1 t Olive Oil
- 3 lb Chuck Roast (boneless, trimmed)
- 1 t Salt
- 1/4 t Ground Black Pepper
- 2 c Onion (coarsely chopped)
- 1 c Red Wine
- 4 Thyme Sprigs
- 3 clv Garlic (chopped)
- 14 oz Beef Broth
- 1 Bay Leaf
- 4 Carrots (peeled and cut diagonally into 1-inch pieces)
- 2 lb Yukon Gold Potatoes (peeled and cut into 2-inch pieces)

Instructions

- 1.Preheat oven to 350 degrees.
- 2.Heat olive oil in a large pot over medium-heat. Sprinkle chuck roast with salt and pepper. Add roast to pan; cook 5 minutes, turning to brown on all sides. Remove roast from pan. Add onion to pan, saute 8 minutes or until tender.
- 3.Return browned roast to pan. Add the red wine, thyme sprigs, garlic, broth, and bay to pan; bring to a simmer. Cover pan and bake at 350 degrees for 1 1/2 hours or until the roast is almost tender.
- 4.Add carrots and potatoes to pan. Cover and bake an additional 1 hour or until vegetables are tender. Remove thyme sprigs and bay leaf from pan; discard. Shred meat with 2 forks. Serve roast with vegetable mixture and cooking liquid. Garnish with thyme leaves, if desired.