

Perfect Pot Roast



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman Episode: Frontier Family



Level: Easy

Total: 4 hr 30 min

Prep: 15 min

Cook: 4 hr 15 min

Yield: 6 servings

Ingredients:

Salt and freshly ground black pepper
One 3- to 5-pound chuck roast
2 or 3 tablespoons olive oil
2 whole onions, peeled and halved
6 to 8 whole carrots, unpeeled, cut into 2-inch pieces
1 cup red wine, optional
3 cups beef broth
2 or 3 sprigs fresh rosemary
2 or 3 sprigs fresh thyme

Directions:

- 1 Preheat the oven to 275 degrees F.
- 2 Generously salt and pepper the chuck roast.
- 3 Heat the olive oil in large pot or Dutch oven over medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.
- 4 Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.
- 5 If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.
- 6 With the burner still on high, use either red wine or beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk. Place the roast back into the pot and add enough beef stock to cover the meat halfway.
- 7 Add in the onions and the carrots, along with the fresh herbs.
- 8 Put the lid on, then roast for 3 hours for a 3-pound roast. For a 4 to 5-pound roast, plan on 4 hours. The roast is ready when it's fall-apart tender.



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