

L Bar Chuck Roast



10 servings



6 hrs 20 min

INGREDIENTS

- 4 pounds beef chuck roast
- 2 tablespoons unsalted butter
- 1 tablespoon vegetable oil
- 1 large yellow onion peeled and cut into large wedges
- 4 potatoes cut into large pieces
- 6 carrots
- 2 celery stalks cut into large pieces
- 1 tablespoon garlic powder
- 2 sprigs fresh rosemary or 2 teaspoons dried rosemary
- 6 ounces tomato paste
- 1 cup red wine
- 2 cups beef stock
- 2 bay leaves
- salt and pepper to taste



INSTRUCTIONS

- Preheat the oven to 350°F. Season the beef all over with salt and pepper.
- Add the butter and oil to a large Dutch oven over medium-high heat.
- When the butter melts, add the beef and sear until golden brown on all sides. Transfer to a plate and set aside.
- Add the onion, potatoes, carrots, celery, garlic powder, and rosemary to the pan. Toss together and cook, stirring occasionally, until browned.
- Stir in the tomato paste and continue to cook for another 2-3 minutes.
- Deglaze the pan with the red wine, scraping the brown bits from the bottom of the pan with a wooden spoon. Continue to cook for another 2-3 minutes.
- Place the seared beef back into the pan along with the beef stock and bay leaves.
- Cover the pan and transfer to the oven. Cook for about 4-6 hours or until the beef is tender and shreds easily.
- Add salt and pepper to taste and remove the bay leaves.