



Ingredients:

3 lbs chuck roast
2 tbsp olive oil
1 onion, chopped
2 carrots, chopped
2 celery stalks, chopped
4 cloves garlic, minced
1 cup beef broth
1 cup red wine (optional)
1 tbsp Worcestershire sauce
1 tsp dried thyme
1 bay leaf
Potatoes and other root vegetables.
Salt and pepper to taste.

Instructions:

Sear the Roast: Season the roast with salt and pepper. Heat olive oil in a Dutch oven over medium-high heat. Sear the roast on all sides until browned. Remove and set aside.

Sauté Vegetables: Add the onion, carrots, and celery to the pot and sauté until softened. Add the garlic and cook until fragrant.

Add Liquids and Seasonings: Pour in the beef broth and red wine (if using), Worcestershire sauce, thyme, and bay leaf. Return the roast to the pot.

Slow Cook: Bring to a simmer, then reduce heat to low. Cover and cook for 3-4 hours, or until the roast is very tender.

Add Root Vegetables: Add potatoes and any other desired root vegetables during the last hour of cooking.

Serve: Remove the bay leaf. Shred the roast and serve with the cooked vegetables and gravy.



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