

Rosemary Red Wine Pot Roast

Uploaded by: Michelle Day at: www.michellestastycreations.com

Recipe from: Michelle Day

Here's what you need:

2-1/2 - 3 pound boneless chuck roast

1 yellow onion, quartered or cut into 6ths

4 garlic cloves, sliced

1 cup red wine, may be non-alcoholic but please use something you personally would drink

3 cups chicken stock

2 sprigs (5-6 inches each) fresh rosemary

2 Tbs. oil

salt & pepper

potatoes of your choice, I like to use Yukon gold, washed and cubed, I leave the peel on

carrots, peeled and cubed.

Preheat the oven to 300 degrees.

Heat a Dutch oven over medium high heat and place 2 Tablespoons of canola or olive oil in the pan.

Salt and pepper the roast on all sides and sear in pan until brown on all sides.

Place the onions and garlic in the pan around the meat and cook for a few minutes.

Add the rosemary and red wine, stirring to remove the bits off the bottom of the pan.

Add the chicken stock and stir.

Bring to a boil then place in the oven, covered, and cook for 3-1/2 hours. Add the vegetables to the pot by placing them around the meat in the liquid then cover and return to the oven for another 45 minutes or until fork tender.

To make the gravy melt 2 tablespoons of butter with 2 tablespoons of flour until it bubbles for a couple of minutes. Add about 2 cups (I added several ladles full) of the pan sauce to the butter/flour mixture and cook over medium high heat, stirring constantly, until it thickens. Salt and pepper to taste. If the gravy is too thick, just add more pan sauce to

Serve with warm crusty bread and butter. Mmmm mmm

Enjoy!

Serves 6