

## POT ROAST

### INGREDIENTS

One 4 - 5 pound boneless  
beef pot/chuck roast –  
trimmed  
4 T olive oil  
Salt and fresh ground pepper  
1 large onion , coarsely  
chopped  
1 large leek, white part only  
rinsed and coarsely chopped

5 medium carrots, cut into 1 inch pieces  
3 -4 celery ribs, cut into 1 inch pieces  
2-3 garlic cloves, minced  
1 cup hearty red wine, zinfandel  
3-4 T tomato paste  
4 cups beef broth or 1 box  
4 sprigs fresh thyme  
2-3 bay leaves  
1 pound yellow fin potatoes



### DIRECTIONS

Position rack in center of oven and preheat to 325 degrees.

Pour 2 T of olive oil in dutch oven on med high heat. Season beef with salt and pepper to taste. Add roast to dutch oven, turning occasionally, until browned about 8 mn. Transfer roast to plate.

Add remaining 2 T's of olive oil to pot and heat. Add onion, leek, carrots, celery and cook, stirring often until softened, about 5 min. Add garlic, cook for about 1 min. Stir in wine and tomato paste. Cook until reduced by 1/2, about 3 -4 min. Return meat to pot, add broth.

Bring to boil, skimming off and foam that rises to the surface. Add thyme and bay leaf.

Cover and bake until meat is fork tender about 2 hours. Add potatoes and bake for another 30+ minutes.

Transfer meat to deep platter, then with slotted spoon lay veggies on platter next to beef. Loosely cover with foil. Let the cooking liquid stand for 5 min. Skim off any fat on the surface. Mash 3 T of unsalted butter and 1 T flour to make roux paste. Slowly add Tablespoons of liquid, until you've added about 1 cup to paste; stir until it starts to thicken. Then pour the thickened liquid back into pot, turn heat up and reduce gravy until desired thickness, about 5 mn. Season to taste.

Pour gravy over meat and veggies, serve remaining gravy on side.