



Italian Pot Roast



2 T olive oil

3-4 lb. beef shoulder or chuck roast*

coarse salt

fresh ground pepper

Italian seasoning

2 yellow onions, skinned and sliced lengthwise

2 c sliced carrots

1 c beef broth

Heat oil over medium-high heat in large dutch oven. Pat roast dry using paper towels. Season meat generously with salt, pepper and Italian seasoning. Brown roast on all sides. Remove roast from dutch oven. Brown onions in same dutch oven, stirring occasionally. Remove from heat. Add carrots on top of onions and set roast on carrots. Pour beef broth over roast. Cover with tight-fitting lid and bake at 300°F for 15 minutes, 250°F for 1 hour and 225°F for 3 hours or until meat shreds easily. Remove roast from pan, shred with forks, and serve with carrots and onions. Salt and pepper to taste. Spoon broth over meat, or reserve broth to make gravy** if desired.

*A pot roast is usually one of the tougher cuts of beef (chuck roast or shoulder roast) but has the most flavor. Slow cooking at a low heat melts the tough tissue making the roast tender.

**To make gravy from broth, melt 2 tablespoons butter in saucepan over medium heat. Whisk in 2 tablespoons flour and stir constantly until smooth and caramel in color, 2-3 minutes. Slowly whisk in 1½ cups reserved broth and cook until thickened. Season with salt and pepper.