



RED WINE BRAISED ROAST

INGREDIENTS

1 Chuck Roast 3-5lbs

1 Cup of Red Wine

2 Cups Beef Broth

4-6 Shallots

10-12 mini potatoes*

See notes

5 Large Carrots, peeled

Salt

Pepper

Dried Herb Seasoning

DIRECTIONS

1. FOR DUTCH OVEN: Preheat Oven to 325 Degrees F.
2. Peel carrots, prepare potatoes (chop into large chunks if using Russet Potatoes), and peel shallots. Set aside.
3. Season meat with a dry herb seasoning of your choice (I like 21 Day Salute from TJ OR Herb De Providence from your local grocery store). Salt and Pepper each side.
4. Place dutch oven on stovetop, heat until hot and add oil. Next, place the chuck roast into dutch oven and sear on hot for 1-2 min per side. When done add the wine and let it cook for 3-4 minutes.
5. Next add potatoes, carrots, shallots, and beef broth. Bring to a boil.
6. When boiling turn heat off and cover. Place dutch oven in the oven for 3-5 hours.
7. FOR CROCKPOT: Follow steps 2-3. If you have time sear both sides of the roast. Next, place all items in crockpot. Put on low for 6-8 hours.

** See Notes for gravy option**

NOTES

If you don't want use mini potatoes cut 2-3 russet potatoes into large chunks!

To make gravy, bring 1 cup of drippings to a boil. In a separate dish add 1 TB Corn Starch and 1 TB water (known as a slurry), mix until well mixed. While drippings boil, add your slurry and stir constantly. Boil for 1 more minute and then let it cool. Gravy will continue to thicken. If its too thin bring to back to a boil and add more slurry.