



OH, MY GOODNESS BEEF ROAST

Primal Roots Farms

- 3-4 lb **chuck roast**
- 2 tbs olive oil
- 1 T. salt
- 1.5 t black pepper
- 3 cloves garlic, crushed and chopped
- 1 large onion, chopped
- 1 package baby portabella mushrooms
- ½ - ¾ c good red wine
- 1 ½ c beef broth
- 1 t. thyme
- 2 bay leaves

Instructions:

Preheat oven to 275 degrees.

In a dutch oven, salt and pepper and sear all sides of roast in olive oil, then remove meat from pan.

Braise onions and mushrooms in olive oil. Add wine, beef broth, salt and pepper to taste.

Lay roast on top of mixture, add thyme and bay leaves to pot.

Cook, covered, for 4 hours.

Serve with smashed garlic potatoes (skin on) and roasted vegetables.