



CHUCK ROAST WITH BALSAMIC AND DIJON

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Ingredients:

- 2-3 tablespoons vegetable or canola oil
- 4 pounds **beef chuck roast**
- 1 medium to large yellow onion, chopped
- 1/3 cup balsamic vinegar
- 2-3 tablespoons Dijon mustard
- 5 sprigs fresh thyme
- 2 cups reduced-sodium beef broth
- 2 bunches small carrots, with tops (cut off tops leaving a small stub)
- 1 pound very small baby potatoes, white or red
- kosher salt & freshly ground black pepper

Directions:

1. Preheat oven to 300F.
2. Heat oil in a large dutch oven over high heat. Season chuck roast well with salt and pepper, add to pan and brown well on all sides (a few minutes a side). Remove roast and set aside.
3. Add chopped onion to drippings in pot and reduce heat to medium. Sauté onions until soft, about 5 minutes. Add balsamic vinegar, increase heat to medium-high and boil until reduced and slightly syrupy, about 4-5 more minutes. Stir in Dijon.
4. Set roast on top of onions in pot. Pour in 2 cups beef broth and add thyme sprigs. Cover and place in oven for 2 1/2 - 3 hours or until very tender.
5. Add carrots and potatoes to pot and return to oven. Continue cooking until carrots and potatoes are tender, 30-60 minutes more. Season well then serve and enjoy.