



Old Fashioned Pot Roast

Ingredients:

Pot Roast:

3-pound boneless beef chuck roast
2 tablespoon of olive oil
2 sliced yellow onions
4 diced cloves of garlic
2 cups of sliced cremini mushrooms
2 tablespoons of flour
6 cups of beef stock
10 sprigs of fresh thyme
1 bay leaf
6 sliced carrots
3 sliced stalks of celery
2 peeled and sliced parsnips
Kosher salt and pepper to taste

Mashed Potatoes:

2 pounds of baby Yukon potatoes, skin on
2 tablespoons of olive oil
2 tablespoons of sour cream
2 tablespoons of unsalted butter
2 ounces of shredded Parmesan cheese
Kosher salt and pepper to taste

Preparation:

Pot Roast:

1. Season the chuck roast on all sides with salt and pepper and set aside.
2. Pour the olive oil in a hot large Dutch oven pot on high heat.
3. Sear the beef on all sides until it is golden brown then set aside.
4. Add the onions, garlic and mushrooms to the pot and caramelize on high heat, about 12 to 15 minutes.
5. Sprinkle the flour onto the vegetables in mix together.
6. Add the beef back to the pot on top of the onions, garlic and mushrooms along with the beef stock, thyme, bay leaves and salt and pepper.
7. Simmer over low heat for 2½ hours.
8. Add the carrots, celery and parsnips to the Dutch oven pot.
9. Simmer for 1 more hour before serving.



Potatoes:

1. Boil the Yukon potatoes in a large pot of salted boiling water until they are cooked through, about 12 to 15 minutes.
2. Strain the potatoes and return them back to the pot.
3. Using a hand masher, mash them together along with the olive oil, sour cream, butter, and cheese; salt and pepper until combined.

To Serve:

4. Slice or shred apart the beef.
5. Serve alongside the simmered vegetables and mashed potatoes.
6. Optional: Use the gravy from the pot roast for the mashed potatoes.