WINTER BRAISED POT ROAST
WITH HERBS & VEGETABLES
By: Simply Creative Chef Rob Scott

Ingredients: Yields 8 servings

1 3-4 pound piece of beef check roast, trimmed of extra fat
Kosher salt and freshly ground black pepper
3 tablespoons olive oil
1 cup canned crushed tomatoes
1 cup Beef Broth
2 red onions, halved
2 garlic cloves, chopped
8 carrots, sliced
2 celery stalks, sliced
1 cup button mushrooms, stems removed
2 sprigs fresh rosemary
4 sprigs fresh thyme
2 bay leaves

¼ cup water
¼ cup flour for a thicker sauce

Directions:

- Season all sides of the beef with a fair amount of salt and pepper
- In a large Dutch oven or other heavy pot that has a tight cover, heat 2 tablespoons of the oil over moderately high heat
- Brown the meat on all sides, taking the time to get a nice crust on the outside
- Pour in the tomatoes and the water
- Scatter the vegetables and herbs around the pot roast, season with salt and pepper and drizzle with the remaining tablespoon of oil
- Cover the pot and reduce the heat to low
- Braise for about 3 hours, basting every 30 minutes with the pan juices, until the beef is fork tender
- Slice the pot roast and arrange on a platter, surrounded by the vegetables
- Serve with the pot juices