

Sleep. Love. Eat.

Dutch Oven Pot Roast*

Ingredients:

- 1 whole Chuck Roast (grass-fed beef is always recommended!)
- Cooking Oil of your choice – enough to coat the pan (we used bacon grease)
- 2 Whole Onions, halved
- Sea Salt, to taste
- Fresh Ground Black Pepper, to taste
- 1 Cup Beef Broth
- an additional 3 Cups Beef Broth
- 3 sprigs fresh Thyme
- 3 sprigs fresh Rosemary

Instructions:

- Choose a nicely marbled piece of meat for maximum flavor.
- Preheat your oven to 275.
- Generously salt and pepper your Chuck Roast on all sides. Don't be shy.
- Heat your Dutch Oven (an oven-safe & stovetop-safe large pot) to medium-high heat. Once heated, add your cooking oil (about 3 tablespoons or so).
- Add your halved onions and brown them on each side for 1-2 minutes per side.
- Remove your onions from the pot and set aside. Add more cooking grease if needed.
- Add your salted, peppered roast to the pan and brown on all sides – again, 1-2 minutes per side.
- Keeping the heat on, remove the roast from the pan and set it aside.
- Add 1 cup of the beef broth (you can also use red wine, if you'd like) to deglaze the pan. Use a wooden spoon or whisk to scrape the meat and onion bits off that are stuck to the bottom (these will add awesome flavor to your roast!).
- Turn the stovetop heat off. Add the roast back to the pan, and add enough beef broth to cover the meat about halfway (this is about 3 more cups of beef broth for a 2.5-3lb roast).
- Add the browned onion halves and sprigs of thyme and rosemary to the pot.
- Place the lid on the pot, and roast in the oven for 3 hours (for a 3lb roast). Roast around 4 hours for a 4-5lb roast.
- Serve. Eat. Enjoy!

*Recipe from the Pioneer Woman (www.thepioneerwoman.com)