



## Dutch Oven Pot Roast

### INGREDIENTS

- 1-4lb Chuck Roast ~other roasts will work such as Sirloin, Round or Rump but I prefer a chuck roast for this recipe as the other varieties are leaner and can be tough.
- 3-4 TBSP Beef Tallow
- 1 Large Onion cut in large chunks
- 2 Celery Stalks cut in large chunks
- 4 Carrots cut in large chunks
- 3-4 Red Potatoes quartered or 1 ½ lbs mini potatoes whole
- 2 cups Bone Broth
- 1 cup red wine
- 4 cloves chopped garlic
- ½ tsp Rosemary
- ½ tsp Thyme
- 1 Bay leaf

### DIRECTIONS

Heat oven to 300. A roast should typically cook about an hour a pound. For this recipe I'm using a 4 lb roast so I will cook approximately 4 hours.

In a large dutch oven, melt tallow hot and sear roast on all sides, about 3-4 minutes per side. Keep roast in the center of the pan and add Onion all around the roast.

In a separate bowl combine Bone Broth, Red Wine, Garlic, Rosemary, and Thyme. (this can be done in the dutch oven or in a separate pan) Bring to a simmer, add bay leaf into broth mixture around the roast.

Cover and bake in the oven approximately 2 hours.

Remove from oven and add veggies all around roast. Cover and bake an additional 1 ½ to 2 hours until roast pulls apart easily and veggies are fork tender.

If you want to make a thick gravy for the roast, remove roast and veggies from pan. Mix together 2 TBSP water with 2 TBSP cornstarch. Bring juices to a boil on stovetop and slowly whisk in cornstarch mixture until desired consistency.