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