

## Roasted Beef

There are a number of beef cuts that are well suited to roasting but my favorite for over all use and flavor is the chuck roast. This recipe is what I use for all the great beef uses listed on the right of the recipe page.

- 1 Chuck Roast
- 2 Bay Leaves
- 1 Spanish Onion (Sweet onions will work but aren't as flavorful when roasting for long periods)
- 1 Carrot
- 1 Stalk of Celery
- 1 Bell Pepper (any color)
- Season All Green to coat all sides
- 1 box or can of Beef Broth

Scrape the surfaces of your roast with a knife or spatula to make certain there's no bone dust or shavings left from the butcher's saw. Sprinkle with Season All Green on all sides. Let rest at room temperature while you prepare pan and other ingredients.

Heat an electric skillet, stove top Dutch oven, or pan deep enough to hold your roast with some room around it with about 3 tablespoons of extra virgin olive oil (EVOO). Rough cut onion, celery, carrot and bell pepper.

Sear roast in the heated pan and when nice and deeply browned on both sides add the beef broth and veggies and bay leaves. Turn heat down to medium low, cover and let simmer for 2 to 3 hours or until fork tender. Check roast fluids every ½ hour until you know your temperature is right for simmering a long time. Check roast fluids every hour after that to ensure roast doesn't run dry and burn. Keep covered during cooking. When roast is close to being done add extra broth and/or water to have enough to make gravy.

When roast is done remove it carefully to a platter and strain fluids. Put clear fluids back in the pan. Mix potato starch, corn starch, or flour in milk until smooth. Add to fluid slowly stirring constantly until thickened and smooth. You will need to adjust the amount of thickening agent you use to your fluid amount. If you are inexperienced with gravy making practice on hot water until you are comfortable with the process then go for it.

Tip: for Sunday dinner put chopped potatoes and carrots in broth in the last hour of cooking for a complete meal. Remove potatoes and carrots before making gravy. Serve with hot buttered rolls or other bread for mopping up gravy.