

## Mom's "Company" Pot Roast

### INGREDIENTS:

3 lb. chuck roast (any cut works but I recommend chuck roast—trim fat if desired)

Seasoning (generously season the meat with Lawry's garlic salt, favorite beef seasoning - we like Montreal Steak or John Henry's Greek rub, fresh cracked pepper, Kosher or coarse sea salt)

½ - 1 yellow onion, sliced or diced

1 tomato, peeled and chopped, or small can of stewed tomatoes

3 Russet potatoes (peeled or unpeeled and large dice)

1 ½ cups carrots, diced small (optional)

1 lb. green beans, cleaned and cut in half, or large can green beans (I use Italian Green Beans)

4 cups beef broth

1 tbsp. Beef "Better Than Bouillon"

1/4 to 1/3 cup of red wine

1 cup tomato sauce

2-3 tbsp. minced garlic (3-4 cloves)

1 tsp. chopped thyme

1 tsp. chopped rosemary

Extra virgin olive oil

3 tsp. corn starch mixed with a little beef broth or water to create a slurry

### DIRECTIONS:

Generously season the roast. Heat oil on medium-high heat and sear roast on all sides.

Add onions and tomatoes, red wine, beef broth, *Better Than Bouillon* Beef, and tomato sauce, and bring to a boil. Cover and lower to medium heat. Let this sit and simmer for approximately 2 hours or until fork tender.

Once the roast is fork-tender, add potatoes and green beans. Bring to a boil, cover, and let simmer for 15-20 minutes (until vegetables are cooked).

Once vegetables are cooked, add corn starch mixture and stir quickly.

Serve on a bed of mashed potatoes, polenta, rice or quinoa. Drizzle with gravy in the pot, and season with fresh cracked pepper.