



# Dutch Oven Pot Roast



prep time  
20 minutes



total time  
4 hr, 20 min



servings  
6

## Ingredients

- 3 pounds/1,350 grams boneless beef chuck roast ~ 42 protein servings, 14 fat servings
- 1 tablespoons salt, divided (plus more to taste)
- 3 tablespoons olive oil ~ 3 fat servings
- 1 yellow onion, sliced ~ 1 veggie serving
- 1/3 cup balsamic vinegar
- 2 1/2 cups beef broth
- 6 cloves of garlic, smashed
- 8 carrots, peeled and cut into large pieces ~ 4 veggie servings
- 6 celery stalks, cut into large pieces ~ 2 veggie servings
- 6 oz/180 grams mushrooms ~ 1.5 veggie servings
- 1 15oz/450 grams can diced tomatoes ~ 5 veggie servings
- 2 dried bay leaves
- 1 sprig fresh rosemary
- 2 sprigs fresh thyme
- 1/4 tsp black pepper
- 1 tablespoon arrowroot starch

 comfort food

## Instructions

- 1 Preheat the oven to 330 degrees.
- 2 Heat a large dutch oven (pan) over medium-high heat.
- 3 Pat the chuck roast dry with paper towels and sprinkle salt on both sides.
- 4 Add olive oil to the hot dutch oven and place the roast, salt side down. Sprinkle remaining salt on the other side.
- 5 Sear the beef for 6-8 minutes on each side until a golden brown crust forms. Remove and set aside.
- 6 Lower the heat, add balsamic vinegar to allow all of the caramelized bits stuck to the bottom of the pan to be released. Place the onions and garlic in the pan and cook for 2-3 minutes.
- 7 Remove the pan from heat, add beef, carrots, celery, diced tomatoes, mushrooms, herbs, bay leaf, 2 cups of beef broth, and black pepper.
- 8 Cover and place in the oven, cooking for 3-4 hours or until the beef is fork-tender.



- 9 Once tender, remove the meat, skim fat off the remaining liquid, and whisk together 1/2 cup of beef broth with arrowroot starch.
- 10 Bring the liquid to a simmer on the stovetop, stir in the arrowroot mix, and let it thicken into a gravy.
- 11 Return the roast to the pot, ensuring it's heated through before turning off the heat.
- 12 Serve pieces of the roast, along with carrots, celery, and gravy, over mashed potatoes.

### Slow Cooker Option:

Transfer seared meat (from step 5) to the slow cooker, follow the same remaining steps as above, but instead cook on high for 6-8 hours until tender. Make the gravy and enjoy!

### Whole Recipe Breakdown:

42 Servings Protein  
0 Servings Carb  
17 Servings Fat  
13.5 Servings Veggies

