

## Traditional Pot Roast

Serves 6-10

- 2 tsp olive oil
- 1.3 kg chuck roast or similar, trimmed
- 1 T black pepper
- 1 T salt
- 2 C coarsely chopped onion
- 2 cloves chopped garlic
- 475 ml beef broth
- 59 g ketchup
- 2 T Worcestershire sauce
- 240 g chopped tomatoes
- 565 g small potatoes, peeled
- 450 g carrots, sliced
- 2 T lemon juice (½ lemon)
- chopped fresh parsley



Preheat oven to **150°C**

1. Heat olive **oil** in a large Dutch oven over medium-high heat. Coat **meat** with **flour, salt** and **pepper**. Shake off excess. Add to hot oil in pan and brown on all sides (**about 8 min.**) Remove from pan.
2. Add **onion** to pan; sauté 8 min or until browned.
3. Return roast to pan.
4. Combine **broth, ketchup** and **Worcestershire**; pour over roast.
5. Add **tomatoes**; bring to simmer
6. Cover and bake for **2½ hours or until tender**.
7. Add **potatoes** and **carrots**: cover and bake **an additional 30 min.** or until vegetables are tender.
8. Stir in **lemon juice**. Garnish with parsley, if desired

\*Add flour roux to thicken gravy if necessary