



INGREDIENTS

- 4 Pounds Beef Chuck Roast, fresh or frozen, without bone, practically-free-of-fat
- ¼ Cup All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 2 Tablespoons Olive Oil
- 1 Tablespoon Butter
- 2 Cups Onion (cut into chunks)
- 1 Cup Dry Red Wine
- 2 Cups Beef Broth
- 2 Tablespoons Tomato Paste
- 2 Tablespoons Worcestershire Sauce
- 1 Teaspoon Dried Rosemary
- 1 Tablespoon Garlic Powder
- 4 Cups Carrots (peeled and chopped into 2-inch pieces)
- 2 Cups Potatoes (cut into cubes)

DIRECTIONS

1. Preheat oven to 275°.
2. Dry the chuck roast with a paper towel. On a shallow plate combine the flour, salt and black pepper. Dredge the chuck roast on all sides into the flour mixture.
3. In a large Dutch oven, heat the olive oil and butter on high heat (not smoking). Sear all sides of the chuck roast until browned, approximately 3-4 minutes per side. Transfer the beef to a plate.
4. Reduce to medium-high heat. Add onions and saute for 2 minutes. Add wine and de-glaze the pan by scraping the brown bits on the bottom of the pan with a flat wooden spoon. Cook to reduce the wine by half.
5. Add broth, tomato paste, Worcestershire sauce, rosemary, and garlic. Stir to combine. Add the seared meat, and its accumulated juices, back to the pan.
6. Cover and put in the oven for 90 minutes.
7. Remove the pot from the oven. The beef should be beginning to become fork tender.
8. Add the carrots and potatoes, stirring lightly, to combine and coat in liquid. Cover pot and return to the oven.
9. Cook until the pot roast is easily shredded and the potatoes are fork-tender.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE



YIELD

16 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** ¾ Cup
- School Age:** 1 Cup
- Adult:** 1 Cup