

Sunday Chuck Roast

INGREDIENTS

- | | |
|---|--|
| 1 (3-pound) chuck roast | 3 Idaho potatoes, peeled and cut into large dice |
| 1 teaspoon kosher salt | |
| 1 teaspoon fresh black pepper | 2 large onions, peeled and quartered |
| 4 carrots, peeled and cut into large dice | 2 cups beef stock |

SUGGESTED COOKWARE

shallow baking dish

DIRECTIONS

Preheat the oven to 300 degrees.

1

Sunday Chuck Roast

DIRECTIONS

Season the roast with salt and pepper and place in a shallow baking dish. Arrange the carrots, potatoes, and onions around the meat. Drizzle with the stock and cover with aluminum foil.

Bake for 3 ½ to 4 hours, or until the meat is tender when pierced with a fork.

2