

# Sunday Chuck Roast

## INGREDIENTS

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

## SUGGESTED COOKWARE

shallow baking dish

## DIRECTIONS

- 1** Preheat the oven to 300 degrees.
- 2** 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.
- 3** Bake for 3 ½ to 4 hours, or until the meat is tender when pierced with a fork.