

DUTCH OVEN ENGLISH POT ROAST



INGREDIENTS

3-lb beef chuck, sirloin or rib roast
Pink Himalayan salt & ground black pepper
2 Tbsp avocado oil
1 medium yellow onion, chopped
3 cloves garlic, minced
1/4 cup tomato paste
2 cups beef stock (not broth)
2 Tbsp Worcestershire sauce
1-2 sprigs rosemary
Carrots (amount desired), optional

INSTRUCTIONS

Preheat oven to 300°F. Salt and pepper the roast.

Heat a Dutch oven over medium-high heat and add cooking oil. When hot, sear the roast on each side, until browned. Remove roast and set aside on a plate.

Add chopped onions to the Dutch oven and sauté on low-medium heat until tender and lightly browned. Add garlic, cooking for 1 minute.

Stir in tomato paste, beef stock and Worcestershire sauce, scraping up the brown bits from the bottom of pot.

Return roast to Dutch oven, cover with the lid and place in oven for 3 hours.

After 3 hours turn the roast and add rosemary and carrots (if using). Return roast to the oven for 1 hour or until tender.

Remove roast to a cutting board and tent with foil. Set Dutch oven on stovetop.

Remove rosemary and skim excess fat, if necessary. Bring juices to a boil and reduce liquid to thicken sauce if needed. You can often skip this step. Adjust seasoning.

Slice roast against the grain or shred as desired. Serve with thickened sauce.

If needed, you can lightly sprinkle 1/4-1/2 tsp. xanthan gum over sauce to thicken.