

learn to cook: Beef Pot Roast



Why Should I?

A pot roast is much easier to prepare than you might think and makes a fabulous one-dish dinner... and even better leftovers. It's simple to customize a pot roast by using different seasonings, liquid and vegetables.

What Do I Need?

Start with: 1 (2½ to 3 lbs) boneless beef chuck roast, 1 tsp sea salt, ¼ tsp ground black pepper, 2 TB extra-virgin olive oil, 2 sliced onions

	Seasonings	Liquids	Vegetables – cut into 1" chunks unless noted	Cost per serving*
Classic	1½ tsp dried parsley ½ tsp minced onion ½ tsp garlic powder	1¾ cups reduced-sodium beef broth 1 cup tomato juice	1½ lbs potatoes 1 lb carrots	\$3.22
Italian	1 tsp dried basil ½ tsp dried oregano ½ tsp garlic powder	1 (14 oz) can diced tomatoes ¾ cup dry red wine**	1 lb potatoes 1 lb carrots 2 sliced red bell peppers	\$3.91
Indian	1 tsp ground cumin ½ tsp ground turmeric ½ tsp ground ginger	1¾ cups reduced-sodium beef broth ½ cup tomato juice	1 head cauliflower, cut into florets 1 lb carrots ½ lb potatoes	\$3.40
German	1 tsp dried dill ½ tsp minced onion ¼ tsp ground nutmeg	1¾ cups reduced-sodium beef broth ½ cup apple cider	1 lb shredded red cabbage ½ lb carrots ½ lb potatoes 2 apples, peeled, cored and cut into 8 wedges (add apples in last 10 minutes)	\$3.38

Okay, Let's Do This Thing

1. Preheat oven to 350°F. In a small bowl, combine seasonings (go organic!), salt and pepper. Pat roast dry with paper towels and rub all over with seasoning mixture.
2. In a large Dutch oven or oven-proof heavy saucepot, heat olive oil over medium-high heat. Add roast and brown on all sides. Remove to a plate and set aside. Add onions and ¼ cup water and cook about 8 minutes or until tender and golden, stirring occasionally.
3. Stir in liquids and bring to a boil. Add roast back to pot, cover and transfer to oven. Roast 2 hours.
4. Stir in vegetables, cover and continue roasting 45 minutes longer or until vegetables and meat are tender. Transfer roast and vegetables to a large serving platter and drizzle with pan juices.

Serves 6.

Find a separate recipe for each variety with nutritional facts at wholefoodsmarket.com/recipes.

* We do our best to estimate the cost of ingredients used in each recipe, but slight market variations are entirely possible

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