

Chuck roast



4 lbs Chuck roast	2 Spanish onions, peeled and halved
1 tablespoon cumin	3 garlic cloves
2 bay leaves	6 carrots, halved
2 twigs of fresh rosemary	6 celery sticks, halved
1 cup red wine optional	8-10 Fingerling potatoes, halved
3 cups beef broth	
Salt & pepper to taste	

Bring chuck roast to room temperature. Rub with Olive Oil, salt & pepper. Preheat oven to 325F. On your stove top, place a Dutch Oven pot and add 2 tablespoons of Olive Oil. Using high heat, sear chuck roast on all sides, about 10 minutes. Remove from pan and using the beef drippings, brown garlic, potatoes and onions. Add wine and reduce by half. Return roast to pan. Add stock, carrots, celery, bay leaves and rosemary. Roast in the oven for about 3-4 hours until beef is fork tender.