



Dutch Oven Pot Roast



Photo: Erica Gamboa

This rich and savory braised beef chuck roast recipe is cooked low and slow until fork tender and falling apart in your Dutch oven. The beef is simmered over a bed of aromatic vegetables and seasonings to create a delicious and rich au jus gravy one-pot meal. Whether served over a bed of creamy mashed potatoes, white rice, or buttered noodles, it stands out as one of the most delicious and comforting recipes for the fall season that will make your home smell amazing and feel cozy. This meal comes together easily with little preparation requiring minimal effort, making it a great idea for a busy weeknight dinner. This classic Dutch oven one-pot meal can be customized to your taste by substituting veggies or selecting different meats and making it your own.

BY ERICA GAMBOA

Categories: Stews & Meats

Servings: 6 | **Difficulty:** Easy

PREP TIME: 10 minutes + **COOK TIME:** 3 hours - **TOTAL TIME:** 3 hours and 10 minutes

Kitchen tools

Dutch oven

Ingredients

- 6 lbs. Beef chuck roast
- 1 cup celery, roughly chopped
- 1 cup onions, roughly chopped
- 1 cup of carrots, peeled and roughly chopped
- 4 garlic cloves, peeled and minced
- 4 cups broth, chicken, vegetable, or beef
- 3 tbsp unsalted butter
- 3 bay leaves
- 2 tsp dry thyme
- 1 tbsp garlic powder
- 1 tbsp olive oil
- 1 pkg. Au jus seasoning (optional)
- Salt and pepper to generously season all sides of the meat

Directions

- 1 Preheat Dutch oven or cast iron pot to medium high.
- 2 Pat the roast dry with a paper towel to remove excess moisture so the seasonings stick well to the meat.
- 3 Generously season the meat on all sides and pat the seasonings, salt, pepper, and garlic powder into the meat gently.
- 4 Add olive oil to the pot.
- 5 Add the meat to the pot and sear in batches until all sides are caramelized and browned on all sides. Set aside on a sheet tray.
- 6 Add carrots, celery, onion, and garlic to the pot and sauté for 5 minutes until all the brown bits are easily scraped off the bottom of the pot.
- 7 Add the broth to the pot.
- 8 Add dry thyme and bay leaves.
- 9 Add butter
- 10 Bring to a simmer and reduce to low, cover and braise for 2 to 2 1/2 hours or until the roast is fork tender.
- 11 Remove the roast meat from the pot and set aside.
- 12 In a another saucepan, place a metal strainer over the pan and strain all the braising liquid and reserve.
- 13 Pressing the vegetables and extracting as much flavor out of the vegetables before discarding.
- 14 Add the braising liquid back to the Dutch oven or cast iron pot and taste. If it is too rich or salty, you

can dilute with water.

***Flavors intensify with hours of slow cooking, but that is ok; this can easily be adjusted to your liking by adding water one cup at a time and tasting as you go.**

- 15 Add the meat back to the pot.
- 16 Add your “ad-ins” at this point, your vegetables of choice.
- 17 Cover and simmer until vegetables are fork tender and done.
- 18 Turn the heat off and remove the lid so the vegetables do not overcook.
- 19 Serve over a bed of mashed potatoes, white rice, or buttered noodles and enjoy.

Tips:

Generously Seasoning the Meat

When making a pot roast, it is really important to impart as much flavor as possible into the meat before adding the braising liquid. A large piece of meat is impossible to season all the way through to the center; that is why generously seasoning the meat is really important. It may seem like more salt and seasonings than you would normally use, but trust the process and evenly coat the meat with your favorite seasonings and spices. When you generously season the meat, it will most likely be enough to impart flavor into the entire dish, including the vegetables, without having to add more later on. The seasonings will release into the braising liquid as it cooks down, and the au jus will intensify in flavor and richness. You may feel the need to add a little water to dilute the dish, as I did. Add a little water at a time, adjusting to your liking and tasting as you go.

Sear to Lock In Flavor

Another great tip for adding an extra level of richness to this roast is to sear the meat on all sides until it develops a rich caramelized brown crust. Searing caramelizes the natural sugars and proteins in the meat, creating a rich brown crust that enhances the flavor and gives the overall recipe a rich depth of flavor. Although searing isn't strictly necessary, it can make a big difference in the flavor of the final dish.

Nutrition

Nutrition Facts	
Servings: 6	
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Amount per serving	
Calories	564
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	% Daily Value*
Total Fat 38.1g	49%
Saturated Fat 15.4g	77%
Cholesterol 118mg	39%
Sodium 7220mg	314%
Total Carbohydrate 23.7g	9%
Dietary Fiber 6.2g	22%
Total Sugars 3.4g	
Protein 33.3g	
<hr/>	
Vitamin D 0mcg	0%
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Calcium 134mg	10%
Iron 9mg	50%
Potassium 772mg	16%
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<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a</u></i>	

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