JANE SMITH LIFESTYLE

Classic Beef Pot Roast

Prep: 20 min | Cook: 3.5 hours | Serves: 6



This is the pot roast I make when I want the house to smell like Sunday all day — tender beef, soft vegetables, and a rich broth worth spooning over everything.

Ingredients

- 3 lb chuck roast
- 2 tbsp olive oil
- 4 carrots, cut into chunks
- 4 potatoes, quartered
- 1 onion, quartered
- 3 cups beef broth
- 2 tbsp tomato paste
- 2 garlic cloves, minced
- 1 tsp dried thyme
- 1 tsp dried rosemary
- Salt & pepper, to taste

Directions

1. Season roast generously and sear on all sides in olive oil over high heat.
2. Transfer to a slow cooker or Dutch oven with carrots, potatoes, and onion.
3. Whisk broth, tomato paste, garlic, thyme, and rosemary, and pour over the roast.
4. Cover and cook low and slow — 3.5 hours in the oven at 300°F, or 8 hours on low in a slow cooker.
5. Shred or slice and serve with the vegetables and pan juices.

Jane's Note

Don't skip searing the meat first — it builds a lot of flavor into the broth.

Storage: Refrigerate up to 4 days, or freeze up to 3 months.

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