Pot Roast

Ingredients:

- One 5 pound chuck (pot) roast
- 3 tablespoons olive oil
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- 4 large russet potatoes, peeled and cut into 2-inch chunks
- 8 large carrots, cut into 2- to 3-inch chunks
- 1 white onion, halved
- 2 garlic cloves, smashed
- 2 cups beef broth
- 1/4 cup Worcestershire
- 4 thyme sprigs

Instructions:

1. Preheat the oven to 300 F
2. Rub the roast with the olive oil and sprinkle it evenly with the salt and pepper
3. In a large Dutch oven over medium-high heat, sear the roast until browned on all sides, 6-8 minutes per side
4. Add the potatoes, carrots, onion, garlic, beef broth, Worcestershire, and thyme to the pot.
5. Cover, transfer to oven, and roast until the meat falls apart and the vegetables are fork tender, about 4 hours.
6. Serve the pot roast hot with the vegetables.
7. Store in an airtight contained in the refrigerator for up to 3 days.

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