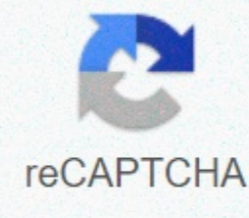




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In a Dutch oven or heavy boiler, brown meat on all sides in hot shortening. Sprinkle with salt and pepper. Add the beef broth, wine (if using), and chopped onions. Cover and simmer for 2 to 3 hours. Add the rutabaga, carrots, potatoes and celery; simmer for 30 minutes longer or until the vegetables are tender. Remove the meat and vegetables to a platter and keep warm. In a small bowl combine 3 tablespoons water with 2 tablespoons flour; stir until smooth. Place the liquids back over medium heat and stir in the flour paste. Cook, stirring, until thickened. Taste and taste as needed with kosher salt and freshly ground black pepper. Stir the parsley into liquids. Serve meat and vegetables with thickened sauce. Ask This recipe I don't like this at all. It's not the worst part. Yes, this will do. I am a fan-would recommend. Great! I love it! Thank you for your rating! 4 pounds boneless chuck in a thick piece with a thin layer of fat on one side Salt and freshly poured black pepper to taste 3 tablespoons vegetable oil 6 cloves garlic, finely chopped 1 medium onion, finely chopped 1 medium carrot, finely chopped 2 tablespoons flour 2 cups water or 1 cup each water and rich well or beef stock 1 cup dry red wine Leaves from four sprigs fresh thyme 2 bay leaves 1 1-pint basket of pearl onions, blanched and peeled 4 carrots, peeled and cut into 2-inch sticks 1/2-inch thick 1 small rutabaga, peeled and cut into 2-inch sticks 1/2-inch thick 4 parsnips, peel cut and cut into 2-inch sticks 1/2-inch thick 4 rib celery cut into 2-inch sticks 1/2-inch thick 3 tablespoons chopped fresh Italian parsley 472 calories; 17 grams of fat; 5 grams of saturated fat; 1 gram trans fat; 10 grams of monounsaturated fat; 2 grams polyunsaturated fat; 25 grams carbohydrates; 6 grams dietary fiber; 8 grams sugar; 53 grams protein; 1144 milligrams of sodium; Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered as a substitute for a professional nutritionist's advice. Preheat the oven to 350 degrees. Season the meat with salt and pepper. Place a deep, heavy baking pan or pan on top of the stove. Add the oil, and when it's hot, add the meat, fat side down, and egg it. Then turn meat and brown on all sides. Remove the meat from the pan and set aside. Add the garlic, chopped onion and carrot to the pan and cook for 1 minute. Sprinkle with flour, cook for 1 minute longer, stirring constantly. Gradually add water and wine so that the sauce can thicken. Bring to the boil and add the thyme and bay leaves. Return the meat to the pan, taste lightly with salt and pepper and place in the oven, uncovered. Cook uncovered for two hours, turning the meat every 30 minutes. The sauce should bubble gently; lower heat if it boils too fast. If the sauce becomes too thick add water. All remaining ingredients except Cook 20 minutes longer, stirring once or twice. Remove from the oven and place it on top of the oven. Remove the meat from the sauce and cut it into 1/2-inch-thick slices. Skim sauce of excess fat and season with salt and pepper. Remove the bay leaves. Reheat gently, spoon sauce and vegetables over meat, sprinkle with parsley and serve. Our Yankee pot roast recipe calls for carrots, celery, and pearl onions, but you can swap them out for equal amounts of your favorite vegetables. We've also called for red wine (a common ingredient in modern pot roast) for richer flavors. If you prefer not to use it, replace extra beef stock. For best results, use a heavy-bottomed Dutch oven to burn the meat on the stove top; then continue braising in the oven, where stable heat surrounds the pan evenly, preventing a burnt bottom. Use any leftovers to make Pot Roast Grilled Cheese or Giant Pot Roast Ravioli. See more: Yankee Pot Roast | Recipe with a History Instant Pot Pot Roast Total Time: 4 Hours Hands-On Time: 35 Minutes Yield: 4-6 servings 1 2- to 3-pound beef chuck roast Kosher or sea salt and freshly ground black pepper, to taste 4 tablespoons olive oil, divided 1 large yellow onion, chopped 3 cloves garlic, chopped 1 teaspoon chopped fresh rosemary 1 teaspoon chopped fresh thyme 1 cup medium-stir-frying red wine (such as Merlot) 4 cups beef stock, divided 2 tablespoons tomato puree 3 large carrots, large carrots, peeled and cut into 2-inch pieces 3 celery ribs, cut into 2-inch pieces 2 cups pearl onion, ends removed and peeled 1 bay leaf, whole 2 sprigs fresh rosemary 2 sprigs fresh thyme Preheat your oven to 350 ° and place a rack in the bottom half of the oven. Pat the meat dry and season to taste on all sides with salt and pepper. Put a large Dutch oven over medium-high heat, and add 2 tablespoons of olive oil. Add the beef to the pan and roasted evenly on all sides, using seaweed to turn the roast, about 5 minutes on each side. Transfer to a plate and set aside. Lower the heat to medium and add the remaining olive oil. Add the onion, garlic, and chopped herbs, and cook, stirring often, until the onions are translucent, about 6 minutes. Deglaze the pan: Add the wine and 1 cup of beef stock, scraping up browned bits from the bottom of the pot. Add the tomato puree. then return the browned roast to the pan, adding more stock to get a little more than halfway up the meat (the amount of stock you need will vary with the size of the roast). Bring to a simmer. When it is simmering, remove the pot from the heat. Cover the top with a sheet of aluminum foil; then cover with the lid. Transfer the pan to the oven and cook until the beef is quite tender, 2 to 2 1/2 hours. Make sure that the liquid in the pan is simmering, not boiling, and that there is enough liquid to prevent the meat from drying out. Remove the pan from the oven and arrange the vegetables, bay leaf, and herb sprigs Meat. Cover and return to the oven for another 20 to 30 minutes, or until the vegetables are tender and a knife slips easily in and out of the meat. Transfer the roast to a plate and tent with foil for 15 minutes. To serve, slice against the grain, or use two forks to pull beef into pieces. Discard the bay leaf and the herb twigs; then arrange the beef and vegetables on a platter. Spoon the sauce over beef and vegetables along with mashed potatoes, buttered egg noodles, or rice. If you prefer a thicker sauce, try our recipe for Quick Beef Gravy. Jump to Recipe Print RecipeThis Yankee pot roast is an beef roast that has been braised for melting tender perfection, seasoned with bacon, and served with potatoes and vegetables. A hearty and comforting meal in a pot! Pot roast is a classic dish that never goes out of style, and this version with bacon is always a big hit. It's winter. And here in California, it's rained non stop. While we definitely need the rain to fight the drought, it has made my three very energetic children a little touch crazy. Instead of dwelling on the negatives of being caged inside while the children run in circles to burn energy, I think of the positives of cold weather - as hearty comfort food. I mean, if you're going to spend the day inside, you might as well have something delicious in the oven right? This Yankee pot roast is a family favorite made even better by the addition of bacon. Throw some vegetables and potatoes in the pan and you have a full meal! How to make Yankee Pot Roast? This recipe is quite simple - beef gets browned (in bacon fat!) and then baked to perfection for hours in a low temperature oven. I prefer to use a chuck roast for this recipe, but any well marbled beef roast will do the trick. I went with baby carrots, turnips, celery and potatoes for my vegetables, but other root vegetables would also work. The beauty of a recipe like this Yankee pot roast is that you can even do it a day in advance; the meat will only get better as it sits in the braising liquid. Aside from the incredibly complex taste of the tender meats and vegetables, my other favorite part about this recipe is that it makes enough meat for two nights. I take my leftover pot roast and turn it into a delicious and hearty soup. Stay tuned for my beef noodle soup recipe coming your way soon! Still hungry? Follow Dinner at the Zoo on Facebook, Twitter, Instagram and Pinterest for more great recipe ideas! More comfort food recipes Print PinThis Yankee Pot Roast is an beef roast that has been braised for melting tender perfection, seasoned with bacon, and served with potatoes and vegetables. A hearty and comforting meal in a pot! ] Course Main Course Cuisine American Keyword Yankee Pot Roast Prep Time 20 Minutes Cook Time 4 hours Total time 4 hours 20 minutes Calories 729kcal Author Sara Welch1/2 pound thick cut bacon roughly chopped 1 4-5 pounds beef chuck roastCoarse salt and pepper1 yellow onion chopped3 sprigs of fresh rosemary or thyme1/2 cup dry red wine2 cups beef bou 1 pound small potatoes halved1/2 pound carrots peeled and cut into 2-inch pieces4 pieces of celery stalks cut into large piecescoarse salt and finely chopped parsley to garnish optional Preheat oven to 325 degrees. In a large Dutch oven, cook the bacon over medium heat, stirring occasionally, until fat is rendered and the bacon is crispy. Transfer bacon to paper towels to drain; Devoted. Season the beef generously with salt and pepper, and add the beef to the pot. Increase the heat to high and cook, turning with seaweed until browned on all sides, about 5-6 minutes on each side. Transfer the beef to a plate; pour all but 1 tablespoon of fat from the pot. Reduce the heat to medium and add the yellow onions; season with salt and pepper. Cook, stirring occasionally, until the onion is lightly browned, 4-6 minutes. Add the wine to the pan and cook, stirring constantly, until the wine is reduced by half. Add the beef broth and rosemary or thyme. Return the beef to pot along with any juice and bring to a simmer over high. Cover, transfer to the oven, and cook until the beef is almost tender, about 3 hours. Remove the pan from the oven and place potatoes, carrots, celery and reserved bacon around the pan. Season the vegetables with salt and pepper. Cook until vegetables and beef are tender, about 1 hour more. Remove the beef from the pot and let rest for 15 minutes, then slice against the grain. Arrange on a platter with vegetables and drizzle with braising liquid. If the braising liquid is too oily, you can put it in a fat separator before pouring it over the meat. Garnish with parsley and coarse salt if desired. Make Ahead: You can do this a day in advance, store the meat in its braising liquid and reheating, covered, in a 350 degree oven until the meat is hot. Be sure to save your leftover meat for beef noodle soup! Calories: 729kcal | Carbohydrates: 19g | Protein: 59g | Fat: 48g | Saturated fat: 19g | Cholesterol: 194mg | Sodium: 1221 mg | Fibre: 2g | Sugar: 3g 3g

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