

Chuck Roast

Cut From:
Chuck

\$8.19 / lb + tax

Best Prepared

- Slow-cooked in crockpot
- Roasted in the oven
- Smoked
- Sous-vide

Meal Suggestion:

- Pot Roast
- Sliced or shredded for sandwiches
- Canyon Meadows Ranch chuck roast (see recipe card)

Canyon Meadows Ranch Chuck Roast with Gravy

Serves: 5-6 People
Prep time: 10-15 Minutes
Cook Time: Aprox. 3-4 hours

Ingredients:

- Canyon Meadows Ranch chuck roast 2-4 lb
- Cooking stock (wine, water, stock, or combo)
- 2 yellow onions
- 3 cloves garlic
- 6-8 carrots, skinned and halved
- Fresh parsley and thyme
- 1 tablespoon butter
- 1 Tablespoon flour
- Salt and pepper

Directions

1. Take roast out of the refrigerator and allow to come to room temperature.
2. Lightly salt and pepper both sides of chuck roast, and then brown all sides in heavy pan or pot with olive oil
3. Once browned, add enough liquid to cover meat by 1/2 (I like a mixture of 50% wine, 50% stock - either beef (heartier) or chicken (lighter)). Add rough chopped onions and peeled whole garlic, sprinkle w/fresh herbs (reserving some for the finish)
4. Cover and cook @ 325 degrees for 3 - 4 hours depending on size of roast check periodically and add more liquid as needed. Roast should be fork tender when done.
5. Peel and half carrots, removing ends... place in liquid 1 - 2 hours after roast has been roasting (again depending on size of roast and if you like your carrots soft or firm when cooked)
6. When meat and carrots are done remove from pan and cover lightly with foil. Allow meat to rest
7. Strain the onions, garlic and herbs from the liquid and skim any fat
8. In a sauce pan melt 1 tablespoon unsalted butter over low heat, and 1 T. flour and whisk constantly until slightly browned
9. Whisk in the strained cooking liquid and bring to a simmer, cook until thickened.
10. Slice the roast and serve with carrots, mashed potatoes and gravy... sprinkle fresh chopped herbs on top