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AMERICAN COOKERY: All-American Pot Roast

A WEEKLY CLASSIC

For many families in the United States, a delicious pot roast is included on the weekly menu. Even if you rotate through dishes, there's no better way to share a meal with family than with a heaping plate of tender beef slow roasted American style and served with a mix of vegetables. While this dish is said to have been brought over by the French and their dish boeuf à la mode, it has become an American classic with a unique spin on the slow roast technique. Browned in a few tablespoons of extra virgin olive oil from Spain before slow roasting helps sear the flavor even deeper into this delectable dish.

INGREDIENTS

- 1 1/2 cups beef broth
- 1 small yellow or white onion, peeled and chopped
- 1 tbsp Worcestershire sauce
- 4 tbsp extra virgin olive oil from Spain
- 2 tsp peeled and minced garlic
- 1 frozen boneless beef chuck roast 3 3 1/2 lbs
- 1 tsp mild paprika
- 1 tsp onion powder
- 1 tsp dried thyme
- 1/2 tsp ground black pepper
- 2 lbs peeled root vegetables

STEP BY STEP

1. Heat 2 tablespoons of extra virgin olive oil from Spain over medium heat.
2. Add the roast and brown well on all sides. Remove and set aside.
3. Add remaining extra virgin olive oil from Spain to the pot and add the onions. Cook stirring frequently until tender.
4. Turn the heat to high and add the roast along with seasonings and the beef stock.
5. Bring to a boil and then reduce heat.
6. Cover and simmer for 2 hours or until it's tender.
7. Serve with roasted root vegetables.



OLIVE OILS FROM
SPAIN 

WORLD LEADERS