

## SIMPLE SUNDAY POT ROAST

(Adapted from "Yum & Yummer")

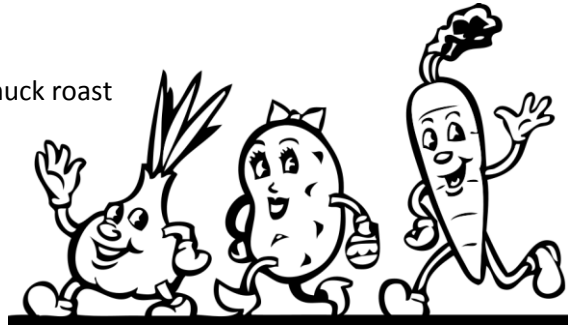
Makes: 8 servings

1 (3-½ lbs/1.6 kg) boneless beef blade, cross-rib or chuck roast

Sea salt & freshly ground black pepper

1 Tbsp olive oil

1 large onion, cut into wedges



### Sauce:

1-½ cups reduced-sodium beef broth

½ cup barbecue sauce

2 tsp balsamic vinegar

2 tsp Dijon mustard

2 tsp minced garlic

1 tsp dried thyme

1 tsp dried rosemary

½ tsp freshly ground black pepper

2 lbs/907 g yellow flesh potatoes, unpeeled, cut into chunks

1 lb/454 g large carrots, scrubbed & coarsely chopped

2 tsp cornstarch \*

1. Preheat oven to 300°F.
2. Sprinkle roast on all sides with salt and pepper. Heat olive oil in large Dutch oven over medium-high heat. Add roast and brown on all sides. Remove pot from heat and scatter onions around roast. Whisk together all sauce ingredients and pour over roast. Cover tightly and roast in preheated oven for 2 hours.
3. Carefully remove roast from oven and add potatoes and carrots to pot. Return to oven and roast for 90 more minutes, or until roast and vegetables are very tender. Transfer roast and vegetables to a serving platter and keep warm.
4. Return pot with sauce to stovetop and skim off any visible fat. Mix cornstarch with 1 Tbsp water until smooth and add to sauce. Cook and stir over medium-high heat until sauce is bubbly and gravy-like, about 1 minute.
5. Slice beef thinly and drizzle with gravy. Serve immediately.

*\* I found more cornstarch was required to thicken sauce.*