

What to do with a Chuck Roast?



Simple
Tender
Great
Tasting



- ❑ 2-3 lb. chuck roast from *McCaffrey's Quality Meats*
- ❑ 2 tbsp. A-1 sauce, 1/2 teaspoon salt & black pepper
- ❑ 4 tbsp. oil, 1 tbsp grain mustard, 1 cup beef stock
- ❑ 1 lb. cubed carrots, leeks or onions, potatoes and 1 garlic clove chopped

Pre-heat oven to 325 degrees.

Rub chuck with 2 tablespoon oil, salt & pepper, A-1 sauce, grain mustard and garlic.

Put 2 Tablespoon oil in frying pan and turn heat on high.

When oil is hot sear chuck roast browning each side.

Take chuck roast out of frying pan and place in a large baking dish. Put veggies & potatoes on top and around chuck roast.

Pour beef stock (deglazing) into frying pan and turn on simmer for 5 minutes. Pour stock over chuck, cover with foil.

Place in oven 4 to 5 hours or until meat falls apart.

Serve with a green salad & crusty bread!

McCaffrey's Meats

