

beef pot roast: 4 - 5 lb chuck roast. 2 yellow onions (halved). carrots, cut into 3 inch pieces. 2 - 3 sprigs fresh rosemary + thyme. beef stock. salt + pepper. // drizzle olive oil in the bottom of a large dutch oven and heat on medium high heat. once hot, sear onions, cut-side down. remove to a plate lined with paper towels. sear the carrots and then remove to the plate with the onions. if needed, drizzle more olive oil into the pan. generously season the roast with salt and pepper before searing on all sides, in the hot pan (1-2 minutes per side). remove the meat. with a whisk, stir in at least 32 ounces of beef stock to deglaze the pan (vegetable and beef drippings will season the broth even further). transfer beef and vegetables back into the dutch oven. the stock should hit the roast approximately halfway up the side. if needed, add more stock. place herbs on top of meat, cover and bake at 275 for 4 - 5 hours.

gravy: after removing meat and vegetables, skim off the fat from the beef stock. measure 4 tablespoons of flour for every 2 cups of beef stock. transfer desired amount of gravy to a saucepan. measure flour into a small bowl. stir in cold water until flour appears to be the consistency of yogurt (stir until all lumps are removed). slowly whisk flour mixture into beef juices. bring to a boil, stirring constantly until thickened.

leftover beef stew: 1 and half teaspoons garlic powder. 3 tablespoons tomato paste or 4 heaping tablespoons tomato sauce. 2 bay leaves. additional S+P (if needed). // cube or slice remaining beef and vegetables (including peas + onions). transfer to a large soup pot. stir in remaining gravy until well combined (should be a thick consistency). add approximately 1 - 2 cups of water to thin slightly. add garlic powder, tomato paste or sauce, and salt and pepper (if needed). place the bay leaves on top and cover. simmer on low until ready to serve. discard bay leaves. serve with a generous dollop of leftover mashed potatoes on top!