

# Pot Roast Meal

## Pot Roast

### INGREDIENTS

- 3 ½ to 4 lb Beef Chuck Pot Roast.....
- 1 small bunches of carrots (about 2 cups).....
- 2 Large White Onions.....
- 4 tablespoons Balsamic Vinegar.....
- 5 tablespoons Olive Oil.....
- Steak Rub.....
- 2 tablespoons Land of Lakes Butter.....
- 1 cup of White Cooking Wine.....

### PREPARATION

- Peel carrots and cut into 1 to 1 ½ inch long pieces. Peel Onions, cut in half, and quarter.
- Put 3 tablespoons Olive Oil into skillet. Heat Carrots and Onions over medium heat until they begin to caramelize. Toss in skillet with Balsamic Vinegar. Remove Carrot and Onion mixture to bowl and hold.
- Pat Chuck Roast dry with paper towel and sprinkle both sides with Steak Rub. Place 2 tablespoons of Olive Oil in same skillet Carrots and Onions were cooked in. Place Roast in pan and brown on both sides, approximately 3 to 5 minutes per side. Add Butter and White Wine. Place Carrots and Onions on top of Roast, cover, and place in 225° oven for 4 to 6 hours or until tender.

**SERVES 4 to 6.**