



# CS Pot Roast

Source: *The Captain's Shack*  
Young, Boise, ID

Bob and Robin

Prep: 30 min

Cook: Approximately 3 hrs

Total: 3½ hrs Serves: 6

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PDF: CS-Pot-Roast.pdf

**Note:** Mushrooms would be good in this pot roast too.

## Ingredients:

3-4 lbs Chuck Roast

1 c chopped Red Onion

¾ c chopped Celery

¾ c chopped Carrots

4 lg cloves Garlic, chopped

¼ t Aleppo Pepper or to taste. It can be hot

2 t Tomato Paste

1 28oz can whole peeled Tomatoes with juice, crush the tomatoes with your hands

2 c dry Red Wine

2 c unsalted Beef Stock

8 sprigs fresh Thyme

2 sprigs fresh Rosemary

1 large bunch Spinach

¼ c minced Italian Parsley

Avocado Oil

Celtic Sea Salt, to taste

Fresh ground Tellicherry Black Pepper, to taste

## Directions:

Preheat the oven to 325°F.

Remove chuck roast from the fridge 30 minutes to 1 hour before cooking, allowing it to come to room temperature. Pat chuck roast dry and season liberally on all sides with salt and pepper. Warm Dutch oven over medium-high heat and add oil.

Once oil is shimmering, add roast and sear, cooking on all sides until brown, 2-3 minutes/side. Remove roast and set aside. Reduce heat on the pot to medium and cool a bit before adding onion, celery, and carrot to meat drippings. Sauté until veggies begin to soften, about 10 minutes, adding the garlic and Aleppo pepper halfway through. Once veggies are becoming translucent, add tomato paste and stir to combine.

Add crushed tomatoes and juice to the pot along with wine and stock. Stir well and bring to a boil. Return roast to the pot along with any drippings and top with thyme and rosemary. Cover and transfer the pot to the oven. Cook for 2½ hours, until the roast is very tender and beginning to fall apart.

Remove the pot from the oven and transfer the roast to a plate. Place the pot and sauce over medium heat and bring to a simmer, allowing the sauce to reduce for an additional 15 minutes. While the sauce is simmering, use two forks to shred the roast into large pieces. Add the spinach to the pot and stir until wilted. Return the shredded roast to the pot and stir to combine. Garnish with parsley and serve.