

## **Cross Rib Pot Roast**

This Cross Rib Pot Roast is not only melt-in-your-mouth delicious, it's also fantastically aromatic and so easy, you might never want to cook a roast any other way again!

Ingredients:

4 lb. cross rib roast

1/3 c. flour

3 Tbsp vegetable oil

1 and ½ c. onion, chopped

¾ c. carrot, chopped

¾ c. celery, chopped

1 clove garlic, minced

1 c. chopped drained tomatoes

½ tsp dried thyme

1 bay leaf

1 c. beef stock

6-10 pearl onions

6 carrots, halved crosswise

4-6 potatoes, quartered

Pat roast dry with paper towel and dredge on all sides in ¼ c. flour. Shake off excess. In a large Dutch oven, heat oil over medium high heat. Brown roast on all sides, approximately 7 minutes. Use wooden spoons to turn roast to prevent piercing roast – piercing the roast will release the juices inside making for a dry roast.

Remove roast from pot and set aside. Add chopped onion, carrot, celery and garlic to pot and cook, stirring for approximately 3-5 minutes, or until vegetables are soft. Sprinkle with remaining flour, stirring to incorporate and cook for another minute or so.

Add tomatoes, thyme, bay leaf and beef stock to vegetables and bring to a simmer. Return roast to pot, cover and cook in preheated 325 degree Fahrenheit oven for 1 hr., 45 minutes. Add whole onions, carrot halves and quartered potatoes to pot. Cover and return to oven. Cook for additional 45-75 minutes. (45 minutes for medium rare to 75 minutes for well done).

Remove roast, onions, carrot halves and quartered potatoes – cover and keep warm. Skim fat from sauce and remove bay leaf. Pour entire pot contents into blender and puree until smooth. Return to pot and keep warm until roast sliced. Place sliced roast on platter with onion, carrot and potato, pour sauce into gravy boat and serve 'family style'. Enjoy!

Kim's Cookology