

## Pot Roast



### Ingredients:

- 3.5 lbs beef brisket
- 1 large yellow onion
  - 2 carrots
  - 2 celery stalks
- 3 cloves garlic, smashed
  - 1 C red wine
- 1 sprig rosemary
- 4 sprigs thyme
  - 2 bay leaves
- 4 C beef broth
  - 4T butter
  - 4T flour

### Directions

1. Season the beef generously with salt and pepper and brown on all sides in 2T of oil over medium heat, about four minutes per side. Remove beef from pan and reserve.
2. Chop vegetables and add to pot, cooking over medium high heat for 10 minutes. Add garlic and cook for an additional minute.
3. Add wine and cook until fully absorbed.
4. Return meat to the pan, add herbs and broth. Bring to boil, cover and reduce to high simmer. Cook for four hours. Eating vegetables can be added in the last hour. Turn the roast at this time and bring the liquid back to a boil before covering and returning to a simmer.
5. Remove beef and vegetables, then strain stock. Thicken with melted butter and flour that has been whisked together.