Berry’s Fall-Apart Pot Roast

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2-3 lb beef chuck
- 2 onions (1 minced, 1 chopped course)

- 2 (approx) cups water
- 5 red baby potatoes (peeled and halved)

- 2 cups baby carrots
- (parsnips optional)
- 2 celery stalks
- salt
- pepper
- garlic paste
- EVOO (extra virgin olive oil)

Gravy:

- 1-2 tsp Gravy Master
- 2 tablespoons flour
- 2 tablespoons cold water

Instructions

I wanted to make pot roast, and tried & true recipes are best. I got this from a sweet friend of mine, Berry. Meat just falls apart. What a keeper!

Spread the beef with the garlic paste and season well with salt, pepper.

In a cast iron enamel pot, coat the bottom of the pot with EVOO. Heat over med-high, and add the beef. Brown both sides well, then turn fattiest side down.

Turn heat to LOW. Add 1 1/2 cups of water. Add 1 onion, minced. Let cook on LOW heat for 1 1/2 - 1 3/4 hrs. Covered.

(Be sure to add more water if it's getting low, there should always be about 2 inches.)

Add potatoes. carrots, onions (and parsnips). Leave on LOW for another 1 1/2 hours, covered.

If potatoes are not done, leave for another 15-20 mins.

Remove meat and veggies from the pot. Add kitchen master. In a glass, mix flour and water into a slurry. Turn pot up to med-high and start whisking, adding the flour/water a little at a time. Make more if needed.

Keep whisking until desired thickness.

Carve meat, and serve with veggies, drizzle with gravy. You may end up with much more gravy than you need for the dish. Freeze for another time!