

EASY POT ROAST WITH VEGETABLES

Ingredients:

- 1 (2 to 3 pounds) boneless chuck roast
- Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 Tablespoon dried oregano, crushed
- Fresh ground black pepper to taste
- 8 baby red new potatoes, scrubbed
- 4 carrots, peeled, trimmed and cut into 4-inch lengths
- 8 ounces baby portobello mushrooms, brushed clean and trimmed
- 6 cloves garlic, peeled and cut into halves
- 1 large onion, sliced very thin
- Vegetable oil spray
- 1 package dry onion soup mix
- 1/4 cup red wine
- 3/4 cup beef broth
- 2 Tablespoons tomato paste

Preparation:

Preheat oven to 325 degrees F.

Rub **beef** chuck roast with **Worcestershire sauce** on both sides.

Combine onion powder, garlic powder, kosher **salt**, and dried **oregano**. Sprinkle spice mixture evenly on both sides of roast. Add fresh ground black **pepper** to taste. Place seasoned chuck roast in the center of a large foil-lined roasting pan.

Arrange new **potatoes**, carrots, **mushrooms**, and **garlic** around roast. Separate **onion** slices and arrange on top of beef and **vegetables**. Spray top of vegetables with vegetable oil. Sprinkle dry onion soup mix evenly on top of vegetables and meat.

In a separate small bowl, combine **red wine**, beef broth, and **tomato** paste until smooth. Pour mixture down the side of the pan, tilting to distribute evenly over the bottom. Cover pan with foil, crimping around the edges to seal tight.

Bake for 2-1/2 to 3 hours, until meat is tender. Slice pot roast and arrange in an aluminum pan with roasted vegetables and pan **gravy**.

Yield: 6 to 8