

# VESTERGAARD FARMS CHUCK ROAST

From the Kitchen of: Vestergaard Farms

**Preparation Time:** 45 minutes | **Cook Time:** 4 hours

**Yield:** 6 servings | **Common Allergens:** Wheat

This chuck roast recipe showcases the delicious flavors of local, pasture-raised beef. The resulting dish is a hearty meal that would be perfect for a family holiday gathering!

## INGREDIENTS:

- 3-4 pound Vestergaard Farms chuck roast
- 2 1/2 teaspoons (16g) fine sea salt
- 1/2 teaspoon ground black pepper
- 2 Tablespoons neutral oil (30 ml), such as vegetable, canola, or avocado
- 1/4 cup (60 ml) olive oil
- 2 cups (480 ml) low-sodium beef stock, divided
- 2 large yellow onions, cut into large pieces
- 8 cloves garlic, chopped
- 3 Tablespoons (45 g) tomato paste
- 1/4 cup (32 g) all-purpose flour
- 1 1/2 cups (360 ml) dry red wine
- 10 sprigs thyme, tied (optional)
- 2 large bay leaves
- 2 Tablespoons (30 ml) Worcestershire sauce (or Zip sauce)
- 1 1/2 pounds (680 g) small red or yellow potatoes, cut into large chunks
- 2 pounds (908 g) carrots, cut into 3-inch chunks
- 2 Tablespoons flat-leaf Italian parsley, minced
- salt and pepper, to taste

## INSTRUCTIONS:

- Preheat oven to 325°F.
- Heat a large saute pan over medium heat.
- Make sure the roast is dry, then season with salt and pepper.
- Add the oil to the pan, along with the chuck roast. Sear until browned on all sides (about 15 minutes total), then remove the roast to a separate container.
- Add a 1/2 cup of beef stock to the pan, then scrape off all of the browned bits as long as they are not too burnt (this is where the flavor is created!)
- Heat a large Dutch oven to medium heat, and saute the onions in remaining olive oil until translucent (about 10 minutes).
- Add the garlic and cook for another 2 minutes.
- Add the tomato paste and cook for 3 minutes, then add the flour and mix until you don't see any more white specs remaining in the pot.
- Add the red wine, remaining beef stock, thyme, bay leaves, and Worcestershire sauce / Zip sauce to the pot and bring to a boil.
- Boil for 2-3 minutes, then remove from the heat and add the roast back to the Dutch oven and cover.
- Place the pot in the oven, then bake for 1 1/2 hours.
- After 1 1/2 hours have passed, remove the pot from the oven and uncover it.
- Quickly add the potatoes and carrots to the pot and cover again.

- Return the pot to the oven for another 2 to 2 1/2 hours, or until the meat reaches an internal temperature of 200-210°F.
- Remove the bay leaves and thyme bundle from the Dutch oven.
- Serve and enjoy!

## NOTES:

- This recipe can also be prepared in a slow cooker or crock pot. To do so, follow the same instructions, but cook the roast for 8-10 hours on the low heat setting, or 4-6 hours on the high heat setting.



Cows grazing in an open pasture at Vestergaard Farms in Ann Arbor.

According to Michael, the cattle at Vestergaard Farms are raised on open pasture, with year-round access to grass. At Vestergaard Farms, “we invite anyone to come to the farm and see how we care for our animals. We can all open the television and see the many ways that animals in the mainstream food system are treated poorly. But there are local producers who do things responsibly and safely. We’re passionate about providing an opportunity for customers to see our practices with their own eyes.”