



CLIMBING STUMP FARM

## Beef Pot Roast

3 to 4 pound beef roast  
2 medium onions, diced  
3 ribs celery, chopped  
2 carrots, sliced  
2 cloves garlic, minced  
1 Tbsp. tomato paste  
1/4 cup flour  
1 cup dry red wine, optional  
2 cup beef broth  
1 bay leaf  
4 sprigs fresh thyme  
Salt and pepper

Preheat oven to 325 degrees. Pat roast dry. Season with salt and pepper. Sear roast on all sides in olive oil until well browned. Remove from pan. Saute vegetables until onions start to soften. Add tomato paste and flour. Stir to blend. Deglaze pan with wine (or substitute additional broth) and broth and bring to a boil. Transfer roast, vegetables and liquid to an oven proof pan. Cover and bake until fully tender, 3 1/2 to 4 hours, turning halfway through.

Remove roast, bay leaf and stems from thyme. Blend liquid and vegetables to get a smooth gravy.

Serve with boiled or mashed potatoes.