

# BASIC POT ROAST

**Serves 6**

## Ingredients:

[Stryker Farm Grass Fed Beef Rump Roast](#)

- 1 large onion
- 3 carrots
- 1/2 LB of baby potatoes
- 4 cloves of garlic
- 1 cup of red wine
- 1 cup of beef stock
- 1 bundle of fresh rosemary
- 2 CUPS flour
- 1 TBSP salt
- 1 TBSP of pepper



This pot roast is extraordinarily simply to pull off, all you need is a some time and a dutch oven! A one pot meal of delicious proportions.

## Instructions:

1. Preheat the oven to 350°F.
2. Remove the netting from the rump and pat dry.
3. Mix the salt and pepper into the flour. Using the back of a plate, or your hands, press flour into all the nooks and crannies of the beef.
4. Using a little oil or fat of your choice in a dutch oven, brown the beef on all sides. It takes only a few minutes on each side to get a good sear. Take off the heat.
5. Section the onion into 6 chunks and add it, along with the garlic, into the pan. Add the wine and rosemary as well.
6. Cover with the lid and put in the oven.
7. Now we let it do it's magic! Figure at least an hour of cooking per pound of beef, but more time is always better.
8. After 2 hours, flip the beef and return to the oven.

9. One hour before you plan to serve, add the potatoes whole, peeled chunked carrots, and a cup of beef broth.
10. When the veggies are tender, take it out of the oven. Slice the roast against the grain and watch it fall apart into the gravy below.