

LAKE SIDE COOKS RECIPES

# Pot Roast Stew

LOW AND SLOW





## POT ROAST STEW

- 2 lbs. chuck roast, trimmed, cut into 1" to 2" pieces
- 4 medium carrots, peeled and cut into 1" diagonal slices
- 4 medium potatoes, cut into 1 ½" cubes (peeling optional)
- 1 medium yellow onion, quartered or coarsely chopped
- 1 large celery stalk (or 2 small), cut into ½" diagonal slices
- Add above ingredients into a covered casserole dish or 10 X 12 aluminum pan.







- $\frac{1}{4}$  cup tomato paste
  - $\frac{1}{2}$  cup red wine
  - $\frac{1}{2}$  cup water
  - 2 teaspoons beef base  
(I use Better than Bouillon brand)
  - 1 teaspoon dried Italian seasoning  
(chopped fine)
  - 1 teaspoon salt
  - $\frac{1}{4}$  teaspoon black pepper
  - $\frac{1}{4}$  cup all-purpose flour
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- Whisk together above ingredients until smooth and pour over beef and vegetables. Stir until ingredients are coated with sauce.
  - Cover and bake at 275 degrees for 4 to 5 hours
  - 4 Servings