

american pot roast

3 pounds boneless chuck roast
2 cups beef broth
1/2 cup wine vinegar
3 cloves garlic, minced
1 onion, sliced
1/4 cup mustard
2 tablespoons Worcestershire sauce
2 teaspoons dried thyme
6 new potatoes
1 pound carrots
1 pound green beans
1 1/2 tablespoon flour
1/2 cup water

Place roast in glass bowl; mix next 7 ingredients. Pour over beef; cover. Refrigerate 24 hours. Place roast and marinade in pot; heat to boiling. Reduce heat and simmer 2-1/2 hours or until beef is tender. Remove beef from liquid; let stand 10 minutes before slicing. In the meantime, cook vegetables separately just until tender. Strain cooking liquid from beef into pan. Blend flour and water. Heat liquid to boiling, stir in flour and water mixture. Cook and stir until thickened; cook 2 minutes longer. Arrange beef slices and vegetables on platter. Spoon gravy over beef. Serve remaining gravy in sauceboat.

This recipe is from CDKitchen <http://www.cdkitchen.com>
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PAIR WITH *Chrismont Merlot 2003*

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