

## *The Marv's Meats Recipe Collection #46*

### **Beef Pot Roast**

- 1 – boneless English roast
- 2 TBS – garlic, minced
- flour seasoned with salt & pepper (for dredging)
- 2 TBS – olive oil
- 1 – carrot, small chop
- 1 stalk – celery, small chop
- 1 large – potato, small chop
- 1 small – turnip, diced
- ¼ cup – green pepper, diced
- 1 small – onion, peeled & studded with 3 cloves
- 1 – bay leaf
- 1 cup – dry red wine
- 2-3 cups – beef stock

Rub the roast with the minced garlic & dredge in seasoned flour. Heat the oil in a large oven-proof skillet & brown on both sides. Add the vegetables to the pan as the roast is browning. When the roast has browned thoroughly add the wine & 2 cups of stock. Cover & either roast 3-4 hours in a pre-heated 325° oven or simmer on top of the stove. Turn the roast several times while cooking & add more stock if necessary. When meat is tender remove it to a platter & cover with foil to keep warm. Skim any excess fat out of the pan, discard onion, cloves & bay leaf & vigorously boil remaining pan juices 4-5 minutes to reduce (pan juices & vegetables can be puréed in a food processor if desired before reducing). Serve roast with pan juices. Bon appetite!



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