

- Prep Time: 20 minutes
- Cook Time: 3 hours 30 minutes
- Total Time: 3 hours 50 minutes
- Yield: 6-8 servings
- Intensity: Beginner to Intermediate

Table of Contents

- [Ingredients](#)
- [Step-by-Step Instructions](#)
- [Nutritional Information \(Per Serving\)](#)

Ingredients

For the Beef:

- 1 (3 to 4-pound) beef chuck roast
- 2 tablespoons olive oil

- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1 large yellow onion, roughly chopped
- 4 cloves garlic, smashed
- 3 tablespoons tomato paste

For the Braising Liquid & Vegetables:

- 1 cup dry red wine (like Cabernet Sauvignon or Merlot)
- 2 cups low-sodium beef broth
- 1 tablespoon Worcestershire sauce
- 4 large carrots, peeled and cut into 2-inch chunks
- 1 pound baby Yukon Gold potatoes, halved if large
- 4 sprigs fresh thyme

- 2 bay leaves
- 2 tablespoons cornstarch mixed with 2 tablespoons cold water (for a slurry, optional)

Step-by-Step Instructions

Step 1: Prepare the Oven and the Beef

Preheat your oven to 325°F (165°C). This low, steady temperature is the key to a tender roast. Take your beef chuck roast out of the refrigerator about 30 minutes before cooking to let it come closer to room temperature. Pat it completely dry with paper towels—this is crucial for getting a good sear. Season the roast generously and evenly on all sides with the kosher salt and black pepper.

Step 2: Sear the Roast

Heat the olive oil in a large Dutch oven or a heavy-bottomed oven-safe pot over medium-high heat until it shimmers. Carefully place the seasoned roast into the hot pot. Sear it for 3-5 minutes per side, without moving it, until a deep, dark brown crust forms. This Maillard reaction is where a ton of flavor is built. Once seared, transfer the roast to a large plate and set it aside.

Step 3: Sauté the Aromatics

Reduce the heat to medium. Add the chopped onion to the pot and cook for 5-7 minutes, scraping up any browned bits from the bottom of the pan. These bits are pure flavor. Add the smashed garlic cloves and cook for another minute until fragrant. Stir in the tomato paste and cook for 1-2 minutes, allowing it to darken slightly. This concentrates its sweetness and removes the raw tomato taste.

Step 4: Deglaze and Build the Braise

Pour in the red wine. While the wine bubbles, use a wooden spoon to vigorously scrape the bottom of the pot, lifting all those flavorful browned bits (the *fond*). Let the wine reduce by about half, which takes about 3-4 minutes. Stir in the beef broth and Worcestershire sauce.

Step 5: The Slow Braise

Return the seared roast to the pot, nestling it into the liquid. The liquid should come about halfway up the sides of the meat; if it doesn't, add a little more broth. Add the fresh thyme sprigs and bay leaves. Bring the liquid to a simmer, then cover the pot with a tight-fitting lid.

Step 6: Into the Oven

Transfer the covered pot to the preheated oven. Cook for 2 hours and 30 minutes. The low and slow oven environment (325°F / 165°C) provides even, gentle heat, which is ideal for breaking down the tough fibers of the chuck roast without drying it out. Intensity: Low and Steady.

Step 7: Add the Vegetables

After 2.5 hours, carefully remove the pot from the oven. The roast should be starting to become tender. Add the chunky carrots and halved potatoes to the pot, arranging them around the meat. Cover and return to the oven for another 45 to 60 minutes, or until both the meat and vegetables are fork-tender.

Step 8: Rest and Make the Gravy (Optional)

Carefully transfer the roast to a large serving platter and cover it loosely with foil to rest for 15 minutes. Use a slotted spoon to transfer the cooked carrots and potatoes to a serving bowl. Tent them with foil to keep warm.

While the meat rests, strain the braising liquid from the pot through a fine-mesh sieve into a saucepan. Press on the solids to extract all the juices. Skim off any excess fat that rises to the top. If you prefer a thicker gravy, bring the liquid to a simmer and whisk in the cornstarch slurry. Simmer for 1-2 minutes until it thickens to your desired consistency. Season with salt and pepper to taste.

Step 9: Serve

Use two forks to gently shred or slice the rested pot roast against the grain (the natural lines in the meat). Serve the beef with the roasted vegetables and generously ladle the hot gravy over everything.

Nutritional Information (Per Serving)

Disclaimer: Nutritional information is an estimate and will vary based on the exact ingredients and portion sizes used.

- Calories: 550 kcal
- Protein: 45g
- Fat: 35g
- Carbohydrates: 15g
- Fiber: 3g
- Sugar: 5g