

STOVESTOP POT ROAST

INGREDIENTS

1-2.5 kg	beef blade roast
1 cup	water
½ cup	red wine
3 tbs	olive oil
3	garlic cloves
3	thyme sprigs
4	bay leaves
1 can	diced tomatoes
3 cups	diced onions, peppers, celery

(Optional thick cut bacon cut into cubes)



PREPARATION

Rub meat with kosher salt and pepper.

Put oil in a deep frypan and heat on high until almost smoking. Add meat and sear on all sides.

Add vegetables and stir until the onions have a little browning.

Add the rest of the ingredients and set on low heat (Induction 3) for 6 to 8 hours.

Remove bay leaves and thyme sprigs.

Serve with mashed potatoes, polenta or orzo.