

Beef Ragu

Ingredients:

- 2 pounds chuck roast
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme leaves
- 1 tablespoon minced garlic
- 1 large onion (diced)
- 2 medium carrots (peeled and diced)
- 2 celery stalks (chopped)
- 1 can crushed tomatoes (28 ounces)
- 2 cups beef broth
- 1 cup red wine
- salt and pepper (to taste)
- 8 ounces Pasta (such as tagliatelle, pappardelle, or fettuccine),

Directions

1. Season the chuck roast with salt, pepper, oregano, basil, and thyme.
2. In the crock pot, layer the minced garlic, diced onion, chopped carrots, and celery.
3. Place the seasoned roast on top of the vegetables.
4. Pour in the beef broth, red wine and then add the crushed tomatoes over the roast.
5. Cover and cook on low for 8 hours or on high for 4-5 hours, until the beef is tender.
6. Once cooked, remove the beef, shred it with forks, or use a mixer- this is my preference. I use my flat beater and shred on speed 2 until I get my desired consistency. discard any large fat pieces
7. If available on your crockpot, turn the setting to saute and bring the liquid to a boil. Once boiling, add in uncooked pasta, and return beef to crockpot. Cook for about 10 minutes covered or until pasta is tender. Remove lid, and let simmer for about 5 minutes.
8. If you don't have that setting on your crockpot, you have a few options! You can pour the liquid into a medium sized saucepan, place it on the stove and bring to a boil and cook your noodles. After they are cooked, return the noodles, liquid and beef to the crockpot and let the flavors marinate together for about 15 minutes on high. If you aren't using an egg noodle like pappardelle, you can simply add the uncooked pasta and meat to your crockpot with the liquid, and cook on high for about 45-60 minutes, or until pasta is tender. **If you add an egg noodle like pappardelle to a liquid that is not boiling, it will dissolve! For the easiest option, I would use fettuccine noodles if you don't have a saute setting on your crockpot
9. Once cooked, serve with fresh parmesan cheese and enjoy!