

# Dutch Oven Chuck Roast

## INGREDIENTS

- 3-4 lb chuck roast, patted dry
- 4 TBS olive oil, divided
- 2 tsp Dijon mustard
- 1 TBS tomato paste
- 2 TBS apple cider vinegar
- 1 cup beef broth (add more if needed while cooking)
- 3-4 sprigs fresh rosemary
- 3-4 sprigs fresh thyme
- 2 bay leaves

### Meat seasoning:

- 2 tsp coconut sugar (or brown sugar)
- 1 tsp each: salt, garlic powder, onion powder, chili powder, paprika
- ½ tsp black pepper
- 2 cloves garlic, minced

## DIRECTIONS

1. Preheat oven: Set to 300°F.
2. Season roast: Mix the seasoning ingredients and rub evenly over the chuck roast.
3. Sear: Heat 3 TBS olive oil in a Dutch oven over medium-high heat. Sear roast on all sides until browned (about 3-4 minutes per side).
4. Deglaze & build liquid: Push roast slightly to the side (no need to remove). Add remaining 1 TBS olive oil and garlic; sauté for 1 minute. Stir in vinegar, tomato paste, and Dijon. Add beef broth, scraping up browned bits.
5. Braise: Nestle rosemary, thyme, and bay leaves around the roast. Cover tightly with the lid and transfer to the oven.
6. Cook: Braise at 300°F for 3-3½ hours, until the roast is fork-tender.
7. Tip: If the roast is still tough and doesn't shred easily, it simply needs more time. Keep cooking in 30-45 minute increments until tender.
8. Finish: Remove roast to a platter. Skim fat from the cooking liquid. If desired, simmer liquid on stovetop 5-10 minutes to reduce into a richer sauce to spoon over the meat.