

My Pot Roast with Sweet Onion Gravy

Anne Byrn/Between the Layers

This miraculous pot roast makes its own onion gravy!

Makes 8 servings

Prep: 10 to 15 minutes

Cook: 3 to 3 1/2 hours

1 boneless beef chuck roast (about 4 pounds)

1/4 cup all-purpose flour

Salt and freshly ground black pepper

Seasoning salt of your choice, if desired

2 tablespoons vegetable oil

3 large sweet onions, peeled and cut in half crosswise

4 cups chopped carrots

4 cups chopped, peeled potatoes, parsnips, or turnips

1. Place a rack in the center of the oven, and preheat the oven to 300 degrees.
2. Pat the roast dry with paper towels. Place the flour in a shallow dish and stir in salt pepper, and seasoning salt to taste. Dredge the roast on all sides in the seasoned flour and set aside.
3. Place the oil in a 5- to 6-quart heavy casserole or Dutch oven over high heat. Add the roast and brown on each side until well seared, about 3 to 4 minutes per side. Remove the casserole from the heat. Transfer the roast to a plate. Place the onion halves cut-side down in the bottom of the casserole. Place the roast on top of the onions, and cover the casserole.
4. Place the casserole in the oven, and bake until it is tender and the juices have thickened, about 3 to 3 1/2 hours. About 1 hour before doneness, add the carrots, potatoes or other root vegetables to the casserole. Spoon juices over the vegetables to baste them. Place the lid on the casserole and return to the oven.
5. To serve, remove the roast from the casserole and slice it. Arrange slices of beef on plates with carrots, onions, and veggies. Spoon the pan juices - gravy - over the top.