



Red Wine Braised Beef Chuck with Root Vegetables

Protein: Beef Chuck Roast | Method: Oven

This Sunday supper classic, slow-braised until tender, eases a chore-filled Sunday into dinner time.

Ingredients:

- 3–4 lb chuck roast
- 2 tbsp olive oil
- 2 onions, quartered
- 4 carrots, cut into chunks
- 2 parsnips, cut into chunks
- 3 garlic cloves, smashed
- 2 cups red wine
- 2 cups beef stock
- 2 sprigs rosemary
- 3 sprigs thyme
- Salt & pepper



Instructions:

1. Preheat oven 325°F.
2. Season with salt and pepper and sear the roast in a large skillet or pot. Remove from skillet. Cut the roast into chunks and place in a Dutch oven.
3. Add vegetables to the skillet and cook briefly.
4. Deglaze with wine, scraping bits off the bottom; add stock and herbs. Simmer for 10 minutes.
5. Pour stock, veggies and herbs into the Dutch oven. Cover and braise 3–4 hours until tender.

No Dutch oven? You can also slow cook in a crock pot! At step 5, dump it all in the crock pot and let it cook on low 6 to 8 hours or on high for 4 hours.

Serving Tip: Spoon over mashed potatoes or polenta.

Nevada Farm Fact: Nearly 85% of Nevada's land is federally owned. Ranchers lease much of it for grazing, allowing cattle to roam the wide-open desert and mountain ranges.

