



Beef Pot Roast with Vegetables (8 servings)

Contributed by Chef Kamal Hammouda

2 pounds of bone-in beef chuck roast or arm roast
Seasonings: ½ teaspoon salt, ½ teaspoon black or white pepper, and 1 teaspoon cinnamon
2 tablespoons of fat (cooking oil or bacon grease) for searing/sautéing
1 head of celery – 5-6 stalks, washed and sliced
1 pound of carrots, washed with peels on
1 pound of onion, cut in half and then sliced
2 pounds of potatoes, scrubbed clean with skins left on
1 teaspoon of minced or chopped garlic
¾ cup of water or 6 oz. of beef broth, beer or wine

Optional additional seasonings: Tabasco sauce, turmeric, and/or tomato juice

Instructions for preparing in oven or slow cooker:

1. Preheat oven to 325 degrees.
2. Season one side of the roast with salt, pepper and cinnamon.
3. Add oil to a large frying pan and heat to medium heat. Add the meat (spices down) and sear/sauté in the hot fat on both sides until it is not pink on the outside (about 10 minutes). Remove the meat from the fat and place in an oven-safe baking pan (or a slow cooker for tender results).
4. Wash the potatoes and cut into ½ inch chunks. Toss the sliced potato in a little oil and fry over medium high heat for 3-5 minutes. Place potatoes on top of the meat in the baking pan or slow cooker.
5. Wash the celery and cut off any brown parts. Slice into ½ inch pieces. Set aside.
6. Wash the carrots and cut off the ends. Slice into ½ inch pieces. Set aside.
7. Cut the onions in half and then slice them. Set aside.
8. Combine and fry the celery, carrots, onions and garlic for 3-5 minutes on medium high heat, stirring occasionally. Place on top of potatoes in the oven-safe pan or slow cooker.
9. Add liquid to the frying pan used to cook the beef and vegetables. The liquid could be water, beef broth, wine or beer. Bring the liquid to a boil. Optionally, add additional seasonings like Tabasco sauce, turmeric or tomato juice to taste. Cook for a few minutes, scraping the pan with a spatula. Pour the liquid over the beef and vegetables.
10. Seal the pan with foil and bake in an oven at 325 degrees for 1 ½ hours or slow cook the entire mixture in a crock pot on low for 6-8 hours.

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