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Reduced Sodium Beef Pot Roast

Serves 6 to 8

Ingredients:

3 to 4 lbs. beef Shoulder, chuck, blade, or brisket
4 garlic cloves, peeled, cut in halves
all-purpose flour
sea salt **or** kosher salt, and ground black pepper
2 TBSP olive oil
1 cup carrot, chopped
1 stalk celery, diced
2 TBSP green bell pepper, chopped (optional)
3 garlic cloves, minced
1 small onion, stick in 2 whole cloves
2 cups boiling low sodium vegetable or beef stock/ or part stock and part dry red wine

Preparation:

1. Preheat the oven to 300°. Rub beef with cut sides of garlic, then lightly salt and pepper both sides, then dredge in flour.
2. Heat olive oil in a large, deep skillet, or Dutch oven and brown beef on one side. Do not let it scorch. When meat has browned on one side, turn, and add carrots, celery, and green pepper (if using), and the minced garlic. After both sides of meat have browned, skim off excess fat. Add the onion and 2 cups of boiling stock, or stock/wine mixture.
3. Cover and place in the oven for 2 to 3 hours, turning the meat several times and, if necessary, add additional hot stock/wine.
4. When the meat is fork tender, skim off excess fat, and serve with pot liquid as is, or thicken with “kneaded butter.”

Kneaded butter: rub together 2 tablespoons of butter with 2 tablespoons of all-purpose flour. Drop small amounts into hot liquid, stirring constantly until well blended and sauce thickens. Do not boil the sauce. Simmer only long enough to dispel the taste of the flour.



Food Fairy Note: You may want to add additional carrots and potatoes. Brown them first and cook in the pot with the roast.

Adapted from: *Beef Pot Roast*, Joy of Cooking

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