

## Pot Roast

### INGREDIENTS

- Chuck roast (3LBS)
- 3C Beet & Sweet Potato Bone Broth
- 2TBS Worchester sauce
- 4TBS oil (divided in half)
- 3 medium carrots
- 1 yellow onion
- 2 fennel bulbs
- 2 rosemary sprigs
- 2 thyme sprigs
- 1tsp sea salt
- 1/2tsp black pepper

1. Preheat oven to 275°F. Heat 2TBS oil in Dutch oven. Meanwhile, season pot roast on both sides.
2. Sear roast for about 3-4 minutes each side to lock in flavor and juices.
3. Remove roast from pot and set aside.
4. Add 2TBS oil to pan and sauté veggies until they begin to sweat.
5. Remove veggies and add broth and Worchester sauce, whisk to incorporate all the flavors.
6. Add back in veggies then place meat over veggies.
7. Top with herbs and cover. Place in oven for 3-4 hours.