

## **Port Wine Braised Pot Roast - Anthony Salemme**

Serves 6

*A savory satisfying comfort food meal. Cut Perfect for Sunday lunch or Valentine's Day dinner*

1 2 ½ - 3 pound Beef chuck roast (aka Pot roast)  
8 carrots, peeled (2 chopped and 6 sliced and reserved for later on)  
2 medium onions, peeled and sliced  
2 celery stalks, chopped  
1 8-ounce baby Bella mushrooms, quartered  
2 Tablespoons olive oil  
2 Tablespoons butter  
4 Tablespoons flour mixed with salt and pepper  
3 cups Port Wine  
2 cups beef broth  
2 Tablespoons tomato paste

### **Preheat oven 300F**

Slice the chuck roast in half lengthways then cut each half into thirds. You will have 6 pieces.

Dredge the meat in the flour salt and pepper.

In a braising pan heat olive oil then add the beef and brown on each side about 3-5 minutes.

Remove meat from pan and add 2 chopped carrots, celery, and onions. Cook until tender about 7-10 minutes.

Stir in the tomato paste and sauté for 2 minutes. Add the beef back to the pan.

Deglaze with Port Wine, bring to a simmer and add the beef stock. Cover pan tightly with the lid or foil. Braise for 2 hours.

Meanwhile sauté the mushrooms with butter until tender.

After 2 hours, remove the meat pieces from the pan and puree the sauce.

Add the sauce, meat, mushrooms, and remaining carrots back to pan and braise 1 hour longer until sauce is thick, and carrots are tender.

Serve with mashed potatoes.