

## Slow Cooked Beef

Serves: 6-8

### INGREDIENTS

1 T	Olive oil
4 #	roast
2	onions
2 stalks	celery
2	carrots
3 cloves	garlic
3 C	Beef stock
0.5 C	wine
	Salt and Pepper

- 1 Heat the oil in a heavy three-quart casserole, add the beef and brown it on all sides. Remove the meat from the casserole and add the onions, carrots and celery and cook over medium-low heat until tender and lightly browned. Stir in the garlic, then add the stock.
- 2 Bring to a simmer, scraping the bottom of the pan. Stir in salt and pepper to taste, the thyme and the bay leaf.
- 3 Line bottom of slow cooker/heavy covered pot for oven- with half the sautéed veggies- then put in roast on top of those.
- 4 Add wine and stock.
- 5 Slow cook in crock pot for 3 hours on high...then 4 hours on low....OR cook covered in heavy pot in oven at 240 degrees for 6 plus hours until roast cuts with simply a fork. Check to make sure there is good moisture if using pot, every 2 hours or so- add a little stock to bottom if needed.
- 6 Slice the meat and arrange on a platter. Spoon some of the hot sauce over the slices and pass the rest alongside.
- 7 Refrigerate overnight in the cooking liquid. Doing this will improve both the flavor and texture of the meat and will also allow the layer of chilled fat on the surface of the liquid to be removed and discarded.
- 8 Strain the cooking liquid and puree the vegetables in a food processor or a blender.
- 9 Slice the meat and arrange on a platter. Spoon some of the hot sauce over the slices and pass the rest alongside.