

# Braised Chuck Roast with Potatoes

## Ingredients

4 lb. boneless beef chuck roast, trimmed of excess fat  
1 tablespoon allspice seasoning  
Salt to taste  
2 tablespoons olive oil  
3 onions peeled, halved then sliced  
2 bell peppers, rinsed, dried, cored, seeded and chopped  
8 oz. whole mushrooms, cleaned and dried  
1 cup beef broth  
1 cup red wine  
2 1/2 lb. red potatoes rinsed, dried, peeled then halved  
Ground black pepper to taste

## Directions

Rub roast all over with Cajun seasoning then sprinkle with salt and pepper. Place roast in a large, heavy-duty food storage bag; seal bag then refrigerate for 1 hour.

Heat olive oil over medium-low heat in a large Dutch oven. Add onions, cooking and stirring until onions are browned and tender, about 20 minutes.

Add peppers and mushrooms; cook for 3 minutes. Remove vegetables to a plate then turn the heat up to medium high.

Add roast to Dutch oven and sear on all sides. Add cooked vegetables back to Dutch oven, along with broth and wine. Bring ingredients to a boil then reduce heat to medium; cook for 10 to 15 minutes, uncovered, until reduced by about one-third.

Cover Dutch oven then reduce heat to low. Simmer roast for 3 1/2 hours. Add potatoes and cook until potatoes are tender and meat is tender and fully cooked, about 30 to 45 minutes longer.