

Italian Pot Roast: A Hearty and Flavorful One-Pot Dinner

What's not to love about a one-pot meal that's this good? This



OVEN
325°F

TIME
5 min

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INGREDIENTS

- 3 lbs (1.4 kg) beef chuck roast
- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 cup red wine
- 1 cup beef broth
- 1 can (14.5 oz) crushed tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 2 bay leaves
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Swaps and Notes:

Beef Chuck Roast: This cut of meat is ideal for pot roast because it has enough fat and connective tissue to become incredibly tender when slow-cooked. Don't substitute it with a leaner cut like a sirloin roast, or it will be dry and tough.

Red Wine: A dry red wine like a Merlot, Cabernet Sauvignon, or Pinot Noir works best. Use a wine you would actually drink. If you prefer not to use wine, you can substitute it with an additional cup of beef broth, but you will lose some of the depth of flavor.

Herbs: Fresh herbs are always a great option if you have them. You can use 1 tablespoon of fresh thyme and 1 tablespoon of fresh rosemary instead of the dried versions.

Vegetables: Feel free to add other root vegetables like potatoes or parsnips. Add them in at the beginning with the carrots and celery, and they will cook along with the roast.

Directions:

Prep and Sear the Beef: Preheat your oven to 325°F (160°C). Season the beef roast generously on all sides with salt and pepper. In a large ovenproof pot or Dutch oven, heat the olive oil over medium-high heat. Sear the beef on all sides until a deep brown crust forms, about 5 minutes per side. This step is crucial for developing flavor. Remove the beef from the pot and set it aside.

Sautø the Vegetables: In the same pot, add the chopped onion, carrots, and celery. Sautø for 5-7 minutes until they begin to soften. Add the minced garlic and cook for another minute until fragrant.

Deglaze and Build the Sauce: Pour in the red wine, scraping up any browned bits from the bottom of the pot with a wooden spoon. This is where a lot of the flavor is. Let it simmer for 3 minutes to reduce slightly.

Add Remaining Ingredients: Stir in the beef broth, crushed tomatoes, tomato paste, dried thyme, dried rosemary, and bay leaves. Mix everything together well.

Roast: Return the seared beef to the pot, nestling it into the sauce and vegetables. Spoon some of the sauce over the top of the beef.

Cover and Cook: Cover the pot with a tight-fitting lid and transfer it to the preheated oven. Roast for 3 to 3.5 hours, or until the meat is fork-tender and easily shreds.

Rest and Serve: Carefully remove the pot from the oven. Let the pot roast rest, covered, for at least 10 minutes before slicing or shredding. This allows the juices to redistribute. Garnish with fresh chopped parsley and serve warm.

Tips for Success:

Don't Skip the Sear: Searing the beef is a non-negotiable step. It creates the rich, caramelized crust that adds incredible depth of flavor to the entire dish.

Low and Slow: Patience is a virtue with pot roast. The low oven temperature and long cooking time are what make the beef so tender. Don't try to rush it.

Use a Dutch Oven: A heavy-bottomed Dutch oven is perfect for this recipe. Its ability to retain and distribute heat evenly ensures that the beef cooks perfectly without any hot spots.

Let it Rest: Resting the meat for 10 minutes after

cooking is important. It locks in the juices, ensuring a tender and moist final product.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

DIRECTIONS

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12. **Serving Suggestions and Pairings:** This Italian Pot Roast is fantastic with creamy mashed potatoes or a bowl of rich polenta, which are perfect for soaking up all that delicious sauce. For a simple side, a crusty loaf of Italian bread or a light green salad would be excellent.
13. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
14. **Calories:** Approximately 550
15. **Protein:** 45g
16. **Fat:** 30g
17. **Carbohydrates:** 15g
18. This is a hearty, protein-rich meal that's both satisfying and full of nourishing ingredients.
19. **Storage and Leftover Tips:** Leftover Italian Pot Roast is a true treasure. It often tastes even better the next day as the flavors have more time to meld together. Store any leftovers in an airtight container in the refrigerator for up to 3-4 days. To reheat, you can warm it gently in a pot on the stove or in the microwave.
20. **More Recipes You Will Love:** If you're a fan of comforting, hearty meals, I've got a few more recipes you'll want to check out. For another fantastic slow-cooked dish, my recipe for This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort is a must-try. For a quicker weeknight dinner that still delivers on flavor, you might enjoy my These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners. And if you love a good Italian meal but need it fast, my This Instant Pot Lasagna is My Favorite Way to Make Comfort Food Fast is a lifesaver.
21. **Final Thoughts:** This Italian Pot Roast is the perfect meal to gather your family around the table. It's full of rich flavors, and the tender beef is pure comfort in every bite. I hope this recipe brings a little warmth and joy to your dinner table.
22. I'd love to know what you think! Let me know if you make any fun additions or changes to this recipe in the comments below. And be sure to follow me for more delicious, easy recipes. Happy cooking!

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/italian-pot-roast-a-hearty-and-flavorful-one-pot-dinner/>