

Big Green Egg Pot Roast With Vegetables



** Recipe and image courtesy of Big Green Egg*

Ingredients

1.4 kg boneless beef chuck roast	1/2 cup red wine
2 tbsp plain flour	1 tsp dried basil
2 tbsp olive oil	1 tsp dried oregano
2 potatoes, skin on, washed and cut into 5cm chunks	1/2 tsp dried thyme
6 carrots, peeled and cut into 5cm lengths	1 tsp salt
10 brussels sprouts, cut in half	1/2 tsp ground black pepper
1 large onion, peeled and cut into 2cm chunks	3 cloves garlic, minced
1/2 cup vegetable stock	1 onion, sliced

Directions

Step 1 – Set the EGG for direct cooking without the ConvEGGtor at 350°F/177°C.

Step 2 – Coat the roast evenly with the flour and set aside. Heat the olive oil in the Dutch Oven. Brown the roast on all sides, about 10 minutes total; remove from the heat.

Step 3 – Add the vegetables to the cooking grid and cook until slightly charred and tender.

Step 4 – Add the potatoes to the Dutch oven and pour in the stock and wine. Sprinkle with the basil, oregano, thyme, salt and pepper. Add the garlic, onion slices and the roast.

Step 5 – Cover and cook in the EGG for 2½ hours. Add the carrots, Brussel sprouts and onion chunks and additional stock if needed. Continue roasting, covered, until the roast pulls apart easily with a fork, about 1 hour longer. Serves 6.

