

# Rocky's New Mexican Pot Roast

Servings : 6

Amount	Measure	Ingredient - Preparation Method
5	pounds	rump roast
1	tablespoon	salt
1/4	cup	flour
1/4	cup	Chimayo chile powder
1	tablespoon	black pepper
3	tablespoons	oil
2		yellow onion - diced
3		celery ribs - diced
3	large	baking potato - diced
		wine for deglazing
6	cloves	garlic - peeled and crushed
6	sprigs	fresh thyme
10	ounces	can crushed tomatoes
3	cups	beef stock
1 1/2	cups	hearty red wine

Season the beef on all sides with salt. Combine flour, chile and black pepper and then dredge beef in dry mixture.

Heat oil in a large, heavy-bottomed, oven-safe pan and sear meat on all sides and then remove from pan. Add vegetables to the pan and saute for 8 to 10 minutes, stirring occasionally. Deglaze pan with wine and simmer for 3 to 4 minutes. Add remaining ingredients and return beef to pan. Cover and place in a 375 preheated oven for 3.5 to 4.5 hours.

Cut roast against the grain in thick slices. Serve meat and veges with braising sauce spooned over top.