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**BEEF MADE EASY® AD PLANNER  
POT ROASTS**



**YANKEE POT ROAST – 3 to 3-1/2 hours**

**1 boneless beef chuck pot roast (arm, shoulder or blade) (2-1/2 lb)**

**1/3 cup all-purpose flour**

**1 Tbsp vegetable oil**

**1 can (14 to 14-1/2 oz) beef broth**

**1/2 cup dry red wine**

**1-1/2 tsp dried thyme**

**2 pkg (16 oz each) frozen stew vegetable mixture**

1. Combine flour and 3/4 tsp each salt and pepper. Lightly coat beef pot roast with 2 Tbsp flour mixture. Heat oil in stockpot over medium heat until hot; brown pot roast.
2. Mix remaining flour mixture with broth, wine and thyme until smooth. Add to pot; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; bring to a boil. Reduce heat; simmer, covered, 30 to 45 minutes or until beef and vegetables are fork-tender. Skim fat.
3. Carve pot roast; season with salt. Serve with vegetables and sauce.

**6 servings**

*Courtesy Cattlemen's Beef Board*