



100% Grass Fed Beef and Natural Vegetables

Yoder, WY

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Italian Chuck Roast and Pasta

Customers Toni and Rick Atkinson contributed this terrific recipe for an Italian twist on chuck roast. Simmer your chuck roast in a delicious marinara all day. Cook pasta or spaghetti squash at the end.

In a hurry? Skip the browning step and use pre-made spaghetti or marinara sauce. Place the chuck roast and about 32 oz. of sauce in the crock pot or Dutch oven. Cover and cook in the Dutch Oven or crock pot as directed. Still tasty and very quick and easy prep work!

Ingredients

2 Tbsp. olive oil
1 grassfed beef chuck roast
1 large onion, diced
Optional: 1 cup assorted fresh or dried mushrooms
1 cup beef broth or water (or soaking liquid from mushrooms)
1 cup Chianti or other red wine
2 small cans tomato paste
1 tall narrow can tomato sauce
1 tsp. salt
1 Tbsp. chopped fresh basil or 2 Tbsp. basil pesto
Grated Parmesan or Romano cheese
Pasta: spaghetti, fettucini, rotini, ravioli - or spaghetti squash - your choice!

Directions

If using dried mushrooms, soak them in 1 cup of warm water while preparing other ingredients.

In a medium-sized frying pan, brown meat in hot oil. Remove meat to crock pot or Dutch oven. In the same frying pan, saute onions and garlic until onions are slightly brown. Add the garlic and onions to the meat pot.

If using dried mushrooms, add the mushrooms with their soaking liquid to the pot. Otherwise, add the broth or water to pot.

Combine wine, tomato paste, tomato sauce, salt, and basil or pesto. Add to meat pot. Cover and cook.

For Crock Pot: cook on low setting 8-10 hours.

For Dutch Oven: simmer gently in a 250° oven for about 6 hours, until chuck roast is fall-apart tender, checking occasionally to be sure pan is not drying out. Add a little water, if necessary.

When the meat is very tender, remove it from the pot and check consistency of the sauce. If the sauce is too thick, stir in liquid (water, broth, or wine). If too thin, transfer to a saucepan and cook down to a spaghetti sauce consistency, being careful not to let it burn. Keep the meat warm in a warm oven, or place back into the crock pot. Meanwhile, cook some pasta or spaghetti squash.

Serve the sauce over cooked pasta or spaghetti squash with the beef on the side, or shred the beef into the sauce. Also serve plenty of grated cheese, and perhaps a green salad.