

Moody's Quality Meats

Moody's Old Fashion Bone-In Shoulder Roast (Pot Roast)



Prep Time: 5 mins.

Cook Time: 4-5 hours depending on size of roast

Ingredients:

- Moody's Old Fashion Bone-In Shoulder Roast (3-5 pounds)
- Kosher Salt
- Pepper
- Garlic Powder
- 2 Tbsp. butter
- 1-2 Tbsp. olive oil
- Carrots (cut or bag of baby carrots)
- 3 Fresh Rosemary Sprigs
- 3 Fresh Thyme Sprigs
- 4 C. Beef Broth (low sodium)

Preheat oven to 275 degrees

Step 1: Heat Dutch oven (or large pot with lid) on high heat, add butter and olive oil

Step 2: Season both sides of roast with salt, pepper, and garlic powder. Amounts are based on your personal taste.

Step 3: On the stove, in the very, hot Dutch oven, sear both sides of the roast. This typically takes about 3 minutes per side. You are looking for a nice browning on each side.

Step 4: Add carrots and beef broth. You may not need all 4 cups of broth, but you want to make sure your roast is completely covered in liquid.

Step 5: Add rosemary and thyme sprigs (lay them directly on top of roast, no need to chop)

Step 6: Allow liquid to come to a boil, remove from heat, place lid on pot, place in oven at 275 degrees for 4-5 hours.

*Try not to disturb the roast during the 4-5 hours. If you can't resist and have to take a peek to check the level of the beef broth, make it quick! If the liquid level has gone down add more broth or water, replace the lid and continue oven time. As long as your liquid is covering the roast, you can leave it in the oven a little past the 5 hour mark.

*Your roast is done when it is fork tender. It should fall apart easily. Remove the skewers from the meat, remove rosemary and thyme sprigs, pull meat apart with two forks. Serve over mashed potatoes with a side of warm, buttered bread.

Extra Tidbits

- Add chopped and peeled potatoes when adding the carrots.
- Quartered & seared onions are also great. Sear onions before searing roast then add back into pot with carrots and potatoes.
- Instead of using salt, pepper, and garlic powder, select one of the following for your seasoning:
 - Moody's Ultimate Steak Rub
 - 1 pkg. Zach's Irish Stew Seasoning (sold at Moody's)
 - 1 pkg. Lipton Onion or Vegetable Soup Mix