**Ingredients**
- 2-3 tablespoons vegetable or canola oil
- 4 pounds Chuck Roast
- 1 medium to large yellow onion, chopped
- 1/3 cup balsamic vinegar
- 2-3 tablespoons Dijon mustard
- 5 sprigs fresh thyme
- 2 cups reduced-sodium beef broth
- 2 bunches small carrots, with tops (cut off tops leaving a small stub)
- 1 pound very small baby potatoes, white or red
- kosher salt & freshly ground black pepper

**Culinary Corner**

**Chuck Roast with Balsamic and Dijon**

**Directions**

1. Preheat oven to 300F.
2. Heat oil in a large dutch oven over high heat. Season chuck roast well with salt and pepper, add to pan and brown well on all sides (a few minutes a side). Remove roast and set aside.
3. Add chopped onion to drippings in pot and reduce heat to medium. Saute onions until soft, about 5 minutes. Stir in balsamic vinegar, increase heat to medium-high and boil until reduced and slightly syrupy, about 4-5 more minutes. Stir in Dijon.
4. Set roast on top of onions in pot. Pour in 2 cups beef broth and add thyme sprigs. Cover and place in oven for 2 1/2 - 3 hours or until very tender.
5. Add carrots and potatoes to pot and return to oven. Continue cooking until carrots and potatoes are tender, 30-60 minutes more. Season well then serve and enjoy!

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**Culinary corner**

**Chuck Roast with Balsamic and Dijon Crock Pot**

**Directions**

-When using a Crock pot-
  1. Chop onions and layer on bottom of crock pot.
  2. Rub salt and pepper over whole roast and put on top of onions.
  3. Add beef broth and balsamic vinegar into a small pot and bring to a simmer, add in Dijon mustard. Bring to boil and whisk until smooth.
  4. Chop potatoes into quarters and peel and cut carrots into small pieces. Spread around roast.
  5. Dump the liquid mixture over roast and vegetables and leave on high for 4 hours. Or until Roast and vegetables are tender. Serve and ENJOY!