



## Garlic-Studded Pot Roast with Burgundy Vegetables

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prep time:  
15 minutes

cook time:  
2 hours

makes 10 servings

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### grocery list

1 (3½-lb.) boneless beef eye of round roast  
fresh garlic  
**Morton & Bassett Thyme**  
garlic pepper seasoning  
**Filippo Berio Extra Virgin Olive Oil**  
fresh onion  
beef broth and **Maggi Beef Bouillon** cube  
fresh baby carrots, fresh white  
mushrooms, fresh celery, and fresh leek  
burgundy wine  
cornstarch

## garlic-studded pot roast with burgundy vegetables

1 (3½-lb.) boneless beef eye of round roast

8 cloves fresh garlic

$\frac{3}{4}$  tsp. **Morton & Bassett Thyme**

$\frac{1}{2}$  tsp. garlic pepper seasoning

3 tbsp. **Filippo Berio Extra Virgin Olive Oil**

1 small onion, cut into thin wedges

1 cup beef broth

1 **Maggi Beef Bouillon** cube, broken

1½ cups baby carrots, halved lengthwise

8 oz. fresh white mushrooms, halved

2 ribs fresh celery, sliced

1 large leek, trimmed and sliced  
(white and light green portion only)

1 cup burgundy wine

2 tbsp. cornstarch

1. Cut 4 cloves garlic into thin slivers. Finely chop remaining 4 cloves; set aside. With sharp knife, make deep slits in roast, inserting a sliver of garlic into each. Sprinkle roast evenly with thyme and garlic pepper.
2. Heat 2 tablespoons olive oil in Dutch oven over medium-high heat. Add roast; brown evenly on all sides.
3. Add onion, chopped garlic, beef broth, and bouillon cube to roast. Bring to a boil. Cover; reduce heat to simmer. Simmer 2 hours or until meat is tender.
4. During last 30 minutes of cooking time, heat remaining 1 tablespoon olive oil in large skillet over medium heat. Add carrots; cover and cook 5 minutes. Add mushrooms, celery, and leek. Cook and stir 5 minutes or until crisp-tender.
5. Blend cornstarch into wine; stir into vegetables. Cook and stir until slightly thickened. Blend vegetable mixture into pot roast liquid; cook and stir until bubbly. Slice or break beef into serving pieces. Sprinkle with kosher salt and freshly ground black pepper to taste.

Per Serving: 319 calories, 8g carbohydrate,  
42g protein, 14g fat, 2g fiber, 115mg cholesterol,  
473mg sodium

## kitchen tools

measuring spoons

liquid measuring  
cup

dry measuring  
cups

cutting board

chef's knife

Dutch oven

large skillet with  
cover

wooden spoon

## recipe note

Grape juice diluted with red wine vinegar can be substituted for burgundy in this and other recipes.

## a good idea

Try preparing this recipe with other root vegetables, such as turnips, parsnips, or rutabaga.

