

Miso Pot Roast with Vegetables

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Growing up in the Midwest, I loved Sunday pot roast, especially when the meat pulled apart into tasty strings. Miso is a Japanese soybean paste typically used for soup. It's a very salty substitute for stock and gives the sauce a nice, rich flavor.

Preheat oven to 325 degrees

Rinse and dry a 3-5 lb roast (arm, shoulder, rump, chuck)

Heat Dutch oven on stovetop, high

Add 2 tb oil

Sear all sides of roast, 2-3 min. each side

Season with salt & pepper

Combine liquid: 2-3 cups total

Mix 2 c hot water with ½ cup miso soup paste, mix well

Optional: 1/2 c chicken or beef broth, red wine, other stock you have on hand

Add liquid to pot, should fill between halfway and just to top of roast

Bring to boil

Remove from heat; cover with foil and Dutch oven lid tightly

Bake between 2 and 3 1/2 hours. The longer, the more "fall-apart" the meat.

Prep vegetables:

1-2 cups quartered potatoes

5-8 garlic cloves

large chunks of onion, carrots, celery

We sometimes add green beans or other veggies we have on hand

Remove meat to platter, cover with foil from pot

Add vegetables to stock in pot

Place on range on high

Bring to boil again, add more liquid if needed

Replace lid

Bake another 20-25 minutes until potatoes and carrots are done