



Dr. Pepper Pot Roast

Ingredients

- 2-3 lbs beef chuck roast (look for bright red color and good marbling(little bits of white/fat) without big hunks of fat)
- 1 yellow onion
- 1 bunch of fresh rosemary
- 2 12 oz cans of Dr. Pepper
- 2 1/2 tablespoons olive oil (this is an irrelevant measurement but it looks better doesn't it)
- 4 cloves garlic
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon sea salt or garlic salt or season salt...I think you get the hint any salt will do whatever makes you feel fancy

Preparation

- **Step 1:** Let the roast sit out covered until it is no longer cold to the touch. Rule of thumb this will take roughly 1 hour per lb. This makes it more tender.
- **Step 2:** Rub the meat liberally with salt and pepper.
- **Step 3:** Drizzle some oil around the sides of a large (3-5 qt) dutch oven, oven safe pot or covered roasting dish.
- **Step 4:** Peel and cut onion in half, then place the flat side down on the bottom of the pot. If the onion is small use both halves to make a base for the meat to sit on. If one half is enough light the other half on fire because onions give people gas. Also place the small bunch of rosemary and cloves of garlic on top of the onion. You probably won't actually eat this unless you use the braising liquid to make gravy but it does flavor the meat and makes your house smell amazing for up to 24 hours or until whoever actually eats said onion makes everything terrible.
- **Step 5:** Meanwhile, heat a large (12-inch), heavy-bottomed pan to sear the roast. Many people say this isn't necessary but don't listen to those people they are probably the type of people that don't put butter on popcorn. When the pan is hot put a little olive oil in it and sear the roast about 5 minutes per side.
- **Step 6:** When the roast is seared place directly into the dutch oven/pot on top of the onion. If the roast is too large for the pot cut it in half and cram it in the pot.
- **Step 7:** Then fill the pot up about $\frac{3}{4}$ of the way with the Dr. Pepper to use as braising liquid. Be careful not to over fill because the roast itself will produce a good bit of liquid.
- **Step 8:** Place in a preheated oven at 350 degrees F for roughly 1 hour per lb.
- **Step 9:** When the roast has about an hour left place some roughly cut carrots and potatoes in the pot with with roast.
- **Step 10:** When the roast and veggies are fork tender remove everything from the pot and place on a plate....you can use the braising liquid and onion to make an amazing gravy or just drink it with a straw. We suggest gravy but we make no judgements.