

Home Style Braised Pot Roast

COP Recipe Suggestion

Serves: 10

Ingredients

- 2.5 pounds chuck roll (pot roast)
- 2 cups medium diced yellow onion
- 1 cup medium diced celery
- 1 cup medium diced carrots
- 8 medium size new potatoes peeled
- 2 tablespoons minced garlic
- 2 cups of diced tomato
- 2 tablespoons dry thyme
- 2 tablespoons dry basil
- 2 tablespoons salt
- 1 tablespoon pepper
- 2 quarts beef stock
- 6 tablespoons vegetable oil



Season the roast with all the dry herbs, salt and pepper. Then coat with 2 tablespoons of the salad oil. Sear in a 6 quart pot or a braising pan on all sides 'till seared. Remove from the pot and add the remaining oil (4 tablespoons). Let the oil get to a medium heat then add the vegetables with the garlic. Sweat the vegetables for 3 minutes then deglaze with the beef stock. Add the roast back to the pot, cover and braise in the oven at 350° F for 2 to 3 hours. After one hour of cooking add the potatoes. Make sure that the liquid never goes below half of the roast. Slice and serve with pot drippings, vegetables and potatoes. You can thicken the liquid to your likeness with slurry.

SYSCO Menu Item Report

050 - Sysco San Francisco Inc
510 226-3000

Menu Type Name: **Dinner**

Menu Item Name: **Braised Pot Roast**

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Serves - 10 for \$199.50

	Plate/Serving	Total	%
Price:	\$19.95	\$199.50	
Cost:	\$1.15	\$11.45	5.74
Profit:	\$18.80	\$188.05	94.26

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	XCost	Mrgn
5643208		BEEF CHUCK ROLL N/O CH ANGUS	BCH RSV	1	10.00	EA	\$0.87	\$8.69	0.76
5568233		BROTH BEEF	SYS CLS	2	2.00	QT	\$0.25	\$0.50	0.04
5782917		OIL SALAD PURE VEGETABLE	CITATN	3	6.00	TB	\$0.01	\$0.04	0.00
6040760		SALT KOSHER	SYS CLS	4	2.00	TB	\$0.00	\$0.01	0.00
5913504	S	SPICE THYME LEAVES WHL	IMP/MCC	5	2.00	TB	\$0.08	\$0.16	0.01
5228333	S	SPICE BASIL GRND SWEET	IMP/MCC	6	2.00	TB	\$0.07	\$0.13	0.01
5229273	S	SPICE PEPPER BLACK COARSE GRND	IMP/MCC	7	1.00	TB	\$0.06	\$0.06	0.00
7098627		CARROT DICED 1/2"	SYS IMP	8	1.00	CP	\$0.23	\$0.23	0.02
6629992		CELERY DICED 1/2" FRSH	SYS IMP	9	1.00	CP	\$0.23	\$0.23	0.02
1821537		GARLIC PEELED FRESH JAR	SYS NAT	10	2.00	TB	\$0.01	\$0.02	0.00
5279009		ONION YELLOW DICED 1"	SYS IMP	11	2.00	CP	\$0.14	\$0.28	0.02
2539302		POTATO CHUNK 1 IN STEW CUT	SYS IMP	12	3.00	CP	\$0.11	\$0.32	0.03
7143779		TOMATO DICED 1/4"	SYS IMP	13	2.00	CP	\$0.39	\$0.77	0.07

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