**All American Quick Roasted Beef that answers the question, “What’s for dinner? “**

This is a quick inexpensive dinner that I use to feed my family for 2 nights-once as a hot entrée and then as a Steakhouse quality Salad.

Main Dish Ingredients:

1. One 3 – 5 pound chuck Roast
2. Salt
3. Pepper
4. fresh basil, slightly bruised
5. 3 large cloves Garlic, smashed Flat
6. 3 – 4 slices Country or Sourdough Bread
7. Olive Oil
8. 2 – 3 potatoes of your choice
9. Onions, red pepper, zucchini or whatever vegetables you have on hand.
10. 4 eggs

**Roast:**

1. Cut the roast in half lengthwise, making the roast long and thin. Sorta like I wanted to be when I grew up.
2. Cut off any excess fat/cartilage
3. Place the sliced roasts into a roasting pan with the garlic and basil. If you need to use 2, that’s allowed.
4. Sprinkle the salt, pepper on the roast (all sides). Cover and allow to sit in the refrigerator for 1 – 4 hours.
5. Preheat the oven to 500 degrees. It helps if your oven is clean at this point. But trust in the process.
6. Place the bread in a single layer in a cast iron pan. If you need to use 2 again, that’s allowed. If you don’t have cast iron-buy some. Or use a safe alternative that can withstand high heat.
7. Place the roast, less the garlic and basil on top of the bread and drizzle olive oil over the roast and bread.
8. Place in oven for 10 minutes. Turn meat and continue cooking for another 10 minutes. It’s ok to dance around a little bit at this point, the smell will be AMAZING. But, don’t forget to start on the potatoes and vegetables (see below).
9. After 20 minutes, remove the meat from the oven and allow it to rest. No cheating, no matter how much you want to cut off a piece and eat right away.

**Potato/Vegetable Medley:**

1. While the meat is cooking slice up potatoes. You can chunk them, slice them thin, however you like your fried potatoes. Place in a hot pan with ½ olive oil and ½ butter. Begin to sauté until they are soft.
2. Add onions, red pepper, Zucchini (or any other vegetables your family likes) and cook until done.
3. Add Salt and Pepper.
4. Just before serving, fry eggs.

**Serving:**

1. Chop up bread and put half in the fridge for tomorrow night. It’s going to be a little charred and infused with an amazing beef flavor. I do cheat here and pop a little piece into my mouth.
2. Wrap and place one of the roast halves in the fridge for tomorrow night. (Busy home cooks unite!)
3. Place Potato/Vegetable medley on a warm plate, unless you don’t want to then any plate will do.
4. Slice 1 roast into long beautiful, glistening, strips of beef and place over the medley.
5. Place a fried egg on top.
6. Sprinkle with the chopped up bread, a little chiffonade Basil, and a small sprinkle of salt.

**Tomorrow Night:**

I enjoy cooking, but really every night? So, what’s for dinner. . . . . (**You** know the answer to that):

1. Cut up lettuce, tomatoes, green onions, carrots and place in a bowl.
2. Slice up that second half of the delicious roast from last night.
3. Drizzle your favorite dressing over the top. My go to dressing for this meal is:
   * 4 caps of good olive oil (sorry, that’s how my mom measured it)
   * 2 caps, using the same olive oil cap, of red wine vinegar
   * ½ tsp minced garlic
   * ½ tsp Oregano
   * Whisk
4. Don’t forget to top with that amazing, slightly charred bread that we saved from last night.

Personal Details

Cut of Beef: Chuck Roast

Recipe Name: All American Quick Roasted Beef

Submitted by: Anna Maria Freeman

Number: 801-663-6815

Email: [Anna.maria.freeman@convergys.com](mailto:Anna.maria.freeman@convergys.com)

Alternate Email Address: frog.conspiracy@yahoo.com

Address: 16 West 550 North

Centerville, Utah 84123