

## **CHUCK ROASTS**

### Guidelines for Cooking CHUCK ROASTS

Cooking super tender chuck roasts is easy in a crock pot or the oven. The best luck I have had has been in a crock pot, but a Dutch oven with a lid will work just as well.

Season the meat as desired and sear in a pan. Place meat in crock pot and add a cup of liquid. Using half a cup of wine or seasoned vinegar and a half cup of water is superb.

Cover and place crock pot on low. Cook for 4 to 6 hours.

If you are cooking in a oven preheat to 500°. Immediately turn down to 250° for 4 to 6 hours.

Test the meat after 4 hours and, if you want a more tender roast, simply return it to the oven for another hour or two.

Roasts should just flake apart when tested with a fork!