



FOOD FRESH PROJECT



ROAST BEEF DINNER WITH VEGGIES

2 lb Beef Sirloin Tip Roast - *any roast that comes from the chuck or round*

3/4 lb Baby Potatoes - *left whole or cut in half*

1/2 lb Carrots - *cut into sticks or large rounds*

1/2 lb Cabbage - *cut into wedges or a large dice*

2 Onions - *sliced of large dice*

4 Cloves Garlic

2 tbsp Cornstarch - *more or less depending on the amount of gravy*

1 Cup Water

Dry Thyme

Salt and Pepper

Start by preheating your oven to 450°F; while the oven is heating, place your roast in the roasting pan and season with salt, pepper and thyme all over, making sure to cover all sides evenly. When your oven is ready, pop the roast in for 30 minutes or until the meat starts to colour and brown golden around the edges.

I recommend chopping all your vegetables while the meat is searing in the oven, make sure they are all a similar size, so they cook evenly while in the oven. The roast will be cooking for 3 hours so we don't want anything super small that'll turn into mush by the time it's cooked.

Once your beef is done searing in the oven, turn the oven down to 300°F, remove your beef from the pan and begin arranging your vegetables in the bottom of the pan. Start with the onions and garlic, then add the cabbage, placing the beef on top and filling in the sides with

the carrots and potatoes. Make sure to season your vegetables with salt, pepper and your herbs + spices if you would like! Once everyone is in the pan, add about 1 cup of water, so everything stays nice and moist and isn't at risk of drying out; this will also start the gravy we will be putting together later!

Cover your pan with foil, and put it back in the 300°F oven for 2 - 3 hours. Don't be too worried about how much time it spends in the oven; 30 minutes give or take is ok with this one!

Once time is up in the oven, pull your pan out and do your best to drain all the juice from the bottom of the pan into a separate small pot, were going to put together our pan gravy! In a small bowl mix your cornstarch with a few tablespoons of water to make a slurry, stir that into the pan drippings and place over medium/high heat until it comes to a boil and thickens. If its not thick enough for your liking add some more of the slurry and repeat the steps until its as thick as you would like, I never learned proper amounts when it comes to thickening things with a slurry and I always find its best to eyeball it anyways! Once its thickened to your liking, season it with salt and pepper, maybe a bit of gravy browning or herbs and that's the last step! You shouldn't have to check the temperature of your beef like we did with the chicken as it should be cooked well enough to be super tender and pull apart with a fork.

This recipe could also be made in a slow cooker set on medium/high for 3 - 4 hours, you could also make an easy pulled beef with this recipe, just remove the vegetables and add an extra 30 - 60 minutes of cooking time. Another way to cook this would be to add some taco spice or bbq spice, or add bbq sauce in the bottom of the pan along with your water to make a BBQ pulled beef for sandwiches (also would work with a pork roast for pulled pork easily).

Thanks for coming along with this recipe!

ENJOY!