



<http://TheFrugalChef.com>

4 to 5 pound chuck roast
Flour
2 large yellow onions, sliced
1 tablespoon paprika
4 carrots, peeled and sliced
5 sprigs thyme
3 tomatoes, peeled and diced
3 cups beef broth
Olive oil
Salt & Pepper

Rinse and pat dry the meat. Season generously with salt and pepper. Cover with a thin layer of flour.

Heat a large braising pan with olive oil. Add the onions and cook for about 30 minutes, until nicely caramelized. Remove from pan. Add paprika to cooked onions and set aside.

Wipe the pan and add more olive oil. Brown the meat, evenly, on all sides. Remove all but 2 tablespoons of rendered fat. Add the carrots, tomatoes and thyme. Return the onions to the pan. Add the beef broth and season with more pepper. Bring to a boil, cover and reduce the heat. Simmer slowly for 2 to 2 ½ hours, until meat is tender.

Serve with mashed potatoes.