

THE PERFECT FRENCH ROAST

Prep Time

10 min

Inactive Prep Time

30 min

Cook Time

4 hours

Level

Easy

Servings

4-6



Ingredients

4 to 5 pound French Roast
(may substitute with Brisket)
1 large onion chopped
4 cloves of garlic minced
2 tablespoons olive oil
1 cup cooking red wine
1 four ounce can of tomato sauce
1 tablespoon kosher salt

Directions

1. Remove roast from the refrigerator and let stand at room temperature for approx. 30 min.
2. Pour olive oil into cast iron skillet (or large pan) and bring to medium heat on stove top.
3. Add chopped onions and sauté until onions are translucent.
4. Add minced garlic (fresh preferred) and mix with sautéed onions.
5. Place roast on top of garlic and onions - brown both sides.
6. Add remaining ingredients to a bowl and mix. Pour mixture over roast.
7. Cook on stove top for about an hour on medium heat.
8. Preheat oven to 275° F.
9. Remove the roast from the skillet/pan and place into a 9x13 foil pan. Pour sauce over roast.
10. Cover pan tightly with aluminum foil and place in oven.
11. Cook at 275° F for 3 hours.
12. Remove from oven and let stand until roast cools. Slice and enjoy!