



## CHUCK ARM ROAST

### Pot Roast

Prep Time: 20 minutes

Cook Time: 2 hours

Total Time: 2 hours and 20 minutes

Servings: 4

## INGREDIENTS

1-2 pounds Grass Run Farms® chuck arm roast

1/4 cup olive oil

Salt and pepper to taste

1 cup Idaho potatoes, chopped

1/2 cup white onion, sliced

1 tablespoon chili flakes

Fresh sprigs of thyme

2 bay leaves

1 cup chopped carrots

1-2 cups beef stock

Chopped fresh chives (optional)

## PREPARATION

1. Preheat skillet to high heat. Add in oil.
2. Season and place the grass fed chuck arm roast in the skillet.
3. Sear for approximately 4 minutes on each side.
4. Add in the potatoes, onion, chili flakes, salt, pepper, fresh thyme, bay leaves, carrots and beef stock. Bring the stock halfway up on the side of the roast.
5. Cover with tinfoil and place in 350-degree Fahrenheit, pre-heated oven.
6. Bake for around 1 hour and 45 min.
7. Take the roast out of the oven and serve with mashed potatoes.
8. Top with fresh chopped chives (optional), salt, and pepper.

*Recipe Courtesy of Chef Cory Bahr for Grass Run Farms*  
[www.grassrunfarms.com](http://www.grassrunfarms.com)