

# Saw Mill Beef

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*A rustic, country inspired roast that is earthy and delicious. A few simple ingredients are combined and simmered over a very low heat until the beef is tender and falling apart. This delicious roast pairs perfectly with roasted potatoes or coleslaw.*

## **Ingredients:**

5 lb boneless chuck roast  
1 large onion, chopped  
2 large tomatoes, chopped  
1 c. chicken stock or water  
salt and pepper, to taste

## **Directions:**

1. Place roast in a heavy saucepan or dutch oven. Cover with onion and tomato.
2. Pour chicken broth over roast. Sprinkle with salt and pepper.
3. Cover and simmer over low heat for 4-5 hours, adding more water if necessary.

*Author: Catherine Herzog*