



EASIEST CHUCK ROAST

3-4 pounds chuck roast

Oil for browning

½ cup seasoned flour such as Bloomfield Farms (Bloomfield, KY) or Kentucky Kernel

½ cup, each, chopped parsley, green onion tops, and celery leaves or lovage leaves

Dredge the roast in flour and brown on both sides. Place in a covered Dutch oven. Cover with a large handful of “Plus 3 Seasoning” (equal parts parsley, green onion, and celery leaves.) Season lightly with salt & pepper to taste, but know that the seasoned flour has both salt & pepper. Cover and place in a 300 degree oven for about 2 hours, or until tender. You may add cut up potatoes, onions, and carrots or turnips the last hour or so, if desired. Serves 6 or more.