

## **POT-ROASTED BEEF WITH PUMPKIN**

*[From Greene on Greens]*

2½ to 3-pound boneless chuck roast  
1 large clove garlic, bruised  
2 tablespoons unsalted butter  
1½ tablespoons vegetable oil  
1 medium onion, finely chopped  
3 peeled carrots, 1 chopped and 2 quartered  
1 small tomato, peeled, seeded, chopped  
½ teaspoon chopped fresh thyme, or a pinch of dried  
1 teaspoon chopped fresh basil, or ¼ teaspoon dried  
1 teaspoon chopped fresh parsley, plus extra for garnish  
1½ cups string beef broth  
4 small potatoes, peeled, halved  
1 pound fresh pumpkin, peeled, cut into 1½-inch cubes

Preheat the oven to 350°F. Rub the roast well with the bruised garlic. Mince the garlic and reserve. Heat 1 tablespoon of the butter with half the oil in a large heavy skillet over medium heat. Brown the meat on all sides. Transfer to a Dutch oven.

Add the remaining butter and oil to the skillet. Add the onion; cook 1 minute. Add the reserved garlic and the chopped carrot and tomato. Cook 3 minutes. Sprinkle with the thyme, basil, and parsley. Stir in the beef broth. Heat to boiling, scraping the sides and bottom of the pan with a wooden spoon. Pour over the meat. Bake, covered, until the meat is not quite tender, about 2 ½ hours. Add the potatoes, quartered carrots, and pumpkin. Continue to cook, covered, until the vegetables and meat are very tender, about 45 minutes longer. Sprinkle with parsley.

*Serves 4-6.*