

Buttermilk Pot Roast

2 tablespoons vegetable oil
1 boneless beef chuck pot roast or shoulder roast (about 3 1/2 pounds)
2 tablespoons Dijon style mustard
4 1/2 teaspoons onion soup mix
1/4 teaspoon black pepper
16 small round white or gold potatoes
2 onions, cut into wedges
1 cup buttermilk
12 baby carrots

In an oven proof Dutch oven, sear roast in oil over high heat until browned on all sides. Spread mustard over roast and sprinkle with soup mix and pepper. Arrange potatoes and onions around roast pour buttermilk over the top. Cover and bake at 350 degrees for 1 hour. Add carrots and bake another 1 1/4 - 1 3/4 hours or until meat and vegetables are tender. Add a little water, if necessary, as it bakes. Transfer meat and vegetables to a platter and serve with drippings from pan.