

Choco Fever Dream

French Onion Pot Roast – Tender & Savory

20 min Prep time	**2 h** Cook time	**2 h 20 min** Total time
6 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lb beef chuck roast, cut into 2-inch cubes
- [ ] 4 large yellow onions, thinly sliced
- [ ] 3 tbsp unsalted butter
- [ ] 2 tbsp olive oil
- [ ] 4 cups low-sodium beef broth
- [ ] 1 cup dry red wine (optional)
- [ ] 2 tsp fresh thyme leaves
- [ ] 1 bay leaf
- [ ] Salt and freshly ground black pepper to taste
- [ ] 4 slices crusty baguette
- [ ] 1 cup grated Gruyère cheese

Instructions

1. Pat the beef cubes dry, season generously with salt and pepper, then sear in a hot Dutch oven with olive oil until browned on all sides; remove and set aside.
2. In the same pot, melt butter over medium-low heat, add the sliced onions, and cook slowly, stirring occasionally, for about 30-40 minutes until they turn a deep amber and exude a sweet perfume.
3. Deglaze the pot with the red wine (or extra broth), scraping up the browned bits; let the liquid reduce by half, then return the seared beef to the pot.
4. Pour in the beef broth, add thyme and bay leaf, bring to a gentle simmer, cover, and let cook for 1½-2 hours until the meat is fork-tender.
5. Preheat the broiler. Place baguette slices on top of the stew, sprinkle generously with Gruyère, and broil for 2-3 minutes until the cheese bubbles and turns golden. Serve hot, ladling broth into bowls.

Nutrition per serving

420 kcal	32 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth reduces too much, add a splash of water or extra broth.
- For a richer flavor, roast the onions in the oven at 375°F for 20 minutes before adding to the pot.
- Feel free to add sliced carrots or potatoes in step 4 for extra heartiness.