

# Lazy Sunday Pot Roast

John "Doc" Willoughby, from his grandmother Schwyhart



4 pounds boneless beef chuck eye roast  
Salt and freshly cracked black pepper to taste  
2 tablespoons oil  
2 medium onions, halved and thinly sliced  
3 bay leaves  
1 tablespoon caraway seeds  
1/4 cup brown sugar  
1/4 cup fresh marjoram, or 2 tablespoons dried  
1/2 cup apple cider vinegar  
2 cups low sodium beef broth, or chicken stock (2 to 2 1/2)  
3 Granny Smith apples, or other tart apples such as Cortlands or Baldwins, quartered, cored, and peeled

**Yield:** Yield

*Per Serving (excluding unknown items): 490 Calories; 20g Fat (35.7% calories from fat); 65g Protein; 15g Carbohydrate; 2g Dietary Fiber; 184mg Cholesterol; 199mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 8

I found this recipe written in pencil on a 3 x 5 card tucked inside my Grandmother Schwyhart's old, worn cookbook. The apples are particularly nice in this dish; they puff up as they cook, and they really soak up the other flavors. Like most pot roasts, this one is even better if prepared in advance. To do so, follow the recipe through step 3, then cool to room temperature and refrigerate for up to 2 days. Bring the meat to room temperature before proceeding with step 4.

Chopping up the apples is the hardest thing you have to do. Then you set it in the oven for three hours, and you're done. It was amazing. It's got the sweetness from the apples. Marjoram is a lot more aromatic. People say you can use oregano instead, but it's not the same. Marjoram is sweeter, more floral and aromatic. And then you've got the caraway seeds, which are earthy and kind of licorice-y. Not the tastes you usually associate with pot roast, right? But I can't even tell you how many times I've made it since then. It's been my go-to dish for when I want to make something that feeds a crowd, something that I know everybody will like. It was probably the nicest gift my grandmother could have given me.

<https://www.splendidtable.org/story/doc-willoughby-s-unexpected-crowd-pleaser-lazy-sunday-pot-roast>

1. Preheat oven to 300°F.

2. Dry the roast well with paper towels, sprinkle it very generously with salt and pepper. Heat the oil in a Dutch oven or other large, ovenproof pot over medium high heat until shimmering. Add the roast and brown well on all sides—this should take at least 10 or 12 minutes—then remove to a platter and set aside.

3. Add the onions to the pot and saute, stirring frequently, until translucent, 7 to 9 minutes. Put the meat back in the pot, add the bay leaves, caraway seeds, brown sugar, marjoram, vinegar, and enough stock so that the liquid comes just halfway up the sides of the meat. Bring just to a simmer then cover, put in the preheated oven, and cook for 2-1/2 hours, turning over once or twice during this time.

4. Add the apples to the pot and continue to cook until the apples are soft and puffed up and the meat is very tender, about 15 minutes. To check the meat for doneness: Plunge a fork straight down into the meat and try to pull the fork out; if the fork slides out easily, the meat is done; if the meat hangs on to the fork, give it more time.

5. Remove meat, cover it loosely with foil, and let it rest for at least 10 minutes. Skim the fat from the braising liquid and season to taste with salt and pepper. Cut the meat into thick slices and serve, accompanied by the apples, onions and the braising liquid. Strain some of the broth, if possible, and pass it at the table.