

THE BEST INSTANT POT POT ROAST

START TO FINISH TIME:
90 MINUTES

SERVINGS: 4-6

INGREDIENTS

- 1 (3 - 4 lb.) Beef Roast, excess fat trimmed (My favorite cut is Chuckeye Roast)
- 1 - 15 oz Can No Salt Added Tomato Sauce, pour in measuring cup and then add enough water for at least 2 cups of liquid to generate enough steam for pressure cooking.
- 1 - 0.7 oz. Packet Dry Italian Dressing Seasoning Mix

DIRECTIONS

- Set the cooker to “Saute”, let it heat up, and then add 1 to 2 Tbsp. Canola or Olive Oil
- Add the roast to the cooker and brown on all sides, about 10 minutes.
- Push Cancel to turn off the Saute function.
- Sprinkle Italian Dressing Seasoning Packet on the roast.
- Pour tomato sauce/water over the roast.
- Place lid on the pressure cooker, make sure the vent is set to seal and cook on High Pressure for 60 minutes.

At this point the roast is fully cooked. You can do 1 of 2 things depending on when you want to eat:

Ready to Eat Now: Release the pressure using the quick release method, and remove roast to cutting board to slice or shred.

OR

Want to Eat Later: Let the pot switch to “Keep Warm” and naturally vent until you are ready to eat it. Always make sure the pressure has completely released before opening the pot if you do this. If you are not sure if all the pressure is released, go ahead and use the quick release method before opening the pot. Remove Roast to cutting board to slice or shred.