

PRESSURE COOKER POT ROAST – INSTANT POT

Ingredients

4 lbs chuck roast
Coconut oil for browning
1 white or yellow onion
4 sprigs of fresh thyme
4 sprigs of fresh rosemary
9 whole cloves of garlic
1.5 cups of beef broth
Salt and pepper to taste
6 whole peeled carrots (optional)

Directions

1. Turn your Instant Pot pressure cooker to the Saute setting and allow it to heat up
2. While it is heating up salt and pepper one side of your chuck roast
3. Once the Instant Pot display says hot, add your coconut oil to the pot
4. Immediately put in the chuck roast, seasoned side down
5. Salt and Pepper the other side of the roast while it is browning
6. Brown both sides for about 5 minutes each (please don't skip the browning step – it makes all the difference!)
7. Now add in your broth over the meat
8. Top with onion, thyme, rosemary and garlic
9. Add your whole carrots to the top (they may barely fit but that's ok, we don't want them soaking in the broth)
10. Close and lock your lid
11. Now set your Instant Pot to Meat/Stew and adjust the time to 65 minutes
12. Once the cooking is completed allow for a natural release of about 20-25 minutes
13. Careful removing your chuck roast – it will be falling apart
14. Serve with some mashed potatoes and a green veggie and you have a complete meal