



A Nutrition Resource

Beef Pot Roast with Root Vegetables

Pressure Cooker Recipe

Yield: 8 Servings

Ingredients:

- 3 pounds beef roast (chuck, loin, round, sirloin)
- 3 tablespoons barbeque rub
- 2 tablespoons olive oil
- 1 medium onion, sliced
- 1 cup red wine or water
- 1 cup beef broth
- 2 medium russet potatoes, cubed
- 2 medium sweet potatoes, cubed
- 2 medium turnips, coined
- 3 large carrots, coined

Directions:

- 1) Wash hands and clean surfaces.
- 2) Separate meats from produce and other ready to eat food items.
- 3) Trim fat off of roast and cover with barbeque rub.
- 4) Set pressure cooker to sauté setting.
- 5) Add olive oil and onion and stir to avoid burning.
- 6) Add roast, wine or water, and broth.
- 7) Lock on lid and turn vent knob to seal position.
- 8) Set pressure cooker to high setting for 50 minutes.
- 9) After cooking timer completes, manually (quick) release pressure.

Nutrition Facts

Amount per		
1 serving (14.8 oz)		419 g
Calories 484	From Fat 162	
% Daily Value*		
Total Fat 18.1g		28%
Saturated Fat 6.4g		32%
Trans Fat 0.6g		
Cholesterol 141mg		47%
Sodium 241mg		10%
Total Carbohydrates 32g		11%
Dietary Fiber 4g		15%
Sugars 4g		
Protein 49g		97%
Vitamin A 184% • Vitamin C 25%		
Calcium 9% • Iron 35%		

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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- 10) Open lid carefully.
- 11) Add the remaining ingredients.
- 12) Lock on lid and turn vent knob to seal position.
- 13) Set pressure cooker to high setting for 10 minutes.
- 14) After cooking timer completes, manually (quick) release pressure.
- 15) Open lid carefully.
- 16) Serve immediately or store in an airtight container in the fridge for 4-6 days.

TIPS:

- Include different varieties and colors of vegetables to provide different taste and nutrients to your meal. Include purple potatoes, yellow carrots, and shallots or add some spicy peppers for a new twist on a comfort classic.
- Pot Roast has long been a weekend tradition in some families. Eating meals together not only ensures all have access to a nutritious meal, but it can also promote family communication, encourage less risk-taking behavior, and improve well-being for all attendees!

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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