

[weeknight](#), [beef](#), [cold weather](#), [pressure cooker](#)

Pressure Cooker Pot Roast

2020/09/20



Ingredients

- ~1.5lb Beef Pot Roast
- 2x weight of beef in Potatoes¹⁾ (into 1" rounds)
- 2 Medium Onions (Quartered)
- 3 Carrots (into 3" pieces)
- 1.5 cup Chicken Stock
- 1TBS Worcester sauce
- 1TBS Smoked Paprika
- 1 cup white wine
- 1/4 butter
- Oil (Olive or vegetable)

Method

1. Add 1TBS oil to pressure cooker set to saute function
2. Once pot is hot, add roast and thoroughly season with salt and pepper
3. Brown all possible sides of roast, then set aside
4. Add chicken stock and scrape to de-glaze pot, then add paprika, worcester sauce, and onion. Stir to combine.
5. Place roast on top of onions, seal pressure cooker and cook on high pressure for 45-55 minutes (depending on thickness of roast cut)
6. Vent pressure, then add carrots and potatoes and season with salt, seal and return to high pressure for 10 minutes
7. Vent pressure, remove everything from remaining liquid, reduce liquid by ~1/2.
8. Over heat, add butter and wine to pot, then stir in a slurry of 1 TBS water mixed with 1 TBS corn starch to thicken.
9. Serve meat and vegetables, and top with sauce.

Notes

- Wine should actually get added for deglazing



Recipe adapted from Instant Pot's pack-in-book [Electric Pressure Cooker Recipes](#)

1)

Yukon Gold preferred

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