

Pressure Cooker Roast

CHUCK ROAST SEASONED WITH:

2 TSP. WEBER STEAK N CHOP

OLIVE OIL

WORCESTERSHIRE SAUCE

SALT & PEPPER

1/4 CUP BROWN GRAVY MIX

IF LEAN CUT OF MEAT ADD

1/4 STICK SALTED BUTTER

2-3 CUPS WATER

Let Roast sit out at room temp for 30 min to 1 hour before cooking.

Season your roast by sprinkling well with brown gravy mix, steak n chop, salt, and pepper then Lightly coat your roast with all-purpose flour and sear all sides on Medium/high heat until brown. (if larger roast cut it into two pieces before searing)

To Sear: Coat roast with seasonings and flour. Put 1/8 cup of cooking oil or olive oil in bottom of your pressure cooker and sear meat in oil on high setting. Add 2 -3 cup of water and 3 or 4 shakes of Worcestershire sauce to roast. Bring roast to pressure on medium/high heat. Cook on medium pressure for 30-40 minutes. Let the pressure release from cooker and take the top off cooker.

Serve the roast with your choice of sides.