

# Tomato Pot Roast

## (Instant Pot or Crockpot Recipe)

**2-3 LB. CHUCK TENDER ROAST**  
**SALT & PEPPER**  
**1/2 LARGE ONION, QUARTERED.**  
**3-4 POTATOES, PEELED AND QUARTERED.**  
**1 PACK DRY ONION SOUP MIX**  
**28 OZ. CAN DICED TOMATOES**  
**(USE JUICE AND ALL)**  
**1 TSP. GRANULATED ONION POWDER**  
**2 CUPS WATER**  
**1/4 CUP FLOUR**  
**OLIVE OR CORN OIL**

Turn Instant Pot on Sauté' and wait until the screen reads HOT. Meanwhile, salt & pepper the roast and lightly flour both sides. Once the pot is hot, add about 1/8 cup oil and then add roast and close the lid for 5 minutes. Open the lid and turn roast, then close and sear for 5 minutes on this side. Open the lid and add the onion soup mix on top of the roast. Next, add in water, tomatoes, Worcestershire, and potatoes. (Add onion powder as well if desired). Put the lid on and choose the stew/meat setting (30 min. cook time)

Serve juices over cornbread or rice!

**CROCKPOT RECIPE:** Same recipe as above except you will sear (brown) the roast in a skillet before adding to the pot. Cook for 8 hours on low.