

Elevate a simple soup by making your own stock and filling it with a tender chunk of Pot Roast, roasted vegetables and a crema that adds a burst of citrus flavor and creaminess.

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[illegible]9.00  
Hours

6  
Servings



42 Cal



52g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 teaspoon freshly ground black pepper

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3 tablespoons olive oil, divided

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1 cup Burgundy wine

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[illegible]

[illegible]

1 teaspoon chopped fresh thyme leaves





[illegible]

[illegible]

[illegible]

[illegible]

2-1/2 cups Roasted Beef Stock

2 cups broccoli florets

[illegible]

[illegible]

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1/4 cup butter

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1 tablespoon fresh lemon juice

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1 cup thinly sliced cremini mushrooms  
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1 cup thinly sliced cremini mushrooms  
1 cup thinly sliced cremini mushrooms

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[illegible]

[illegible]

1/2 cup canned french fried onions

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 green onions

1. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. Heat 1 tablespoon olive oil in 12-inch nonstick skillet over medium heat until hot. Add half beef; brown evenly, about 4 minutes per side. Transfer beef to slow cooker; repeat with 1 tablespoon oil and remaining beef.

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1102. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1105. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1106. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1108. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1112. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1115. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1119. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1120. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

1121. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1128. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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1131. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Blade Chuck Roast into 12 equal pieces; season with salt and pepper. In pressure cooker, sear beef on sauté setting in 2 to 3 batches using 1 tablespoon oil per batch. Add wine, onions potatoes, tomatoes, bell pepper, carrot, garlic, oregano, thyme and stock. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 3. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

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# NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		29g	165mg		32g	52g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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