

## Instant Pot Pot Roast (MasonFit.com)

2½ lbs. Eye of Round or Bottom Round Roast, fat trimmed  
1 T. Kosher Salt  
1 t. garlic powder  
1 t. onion powder  
½ - 1 t. black pepper, to taste  
2 T. (32 g) olive oil, divided  
5 (18 oz) medium carrots, peeled and chopped  
1 (18 oz) large daikon radish, peeled and chopped (optional)  
2 T. (30g) tomato paste  
2 T. (30g) red wine vinegar  
1 T. (15g) Worcestershire sauce  
2 c. beef bone broth  
2 sprigs rosemary  
2 bay leaves

### Gravy

2 T. arrowroot or corn starch  
2 T. water

1. Pat the roast dry with a paper towel. Mix the salt, pepper, garlic, and onion powder together and season the roast. Set aside while preparing the vegetables.
2. Turn on the sauté function of your instant pot and fully heat. Once hot, drizzle 1 T. oil over the roast and evenly coat. Add to the pot and sear for 2-3 minutes per side to brown, searing the sides for 30-60 seconds as well. Set aside.
3. Add the remaining 1 t. of oil to the pot and add the carrots and radish. Stir everything together and cook for 2-3 minutes. Add the tomato paste, cooking until fragrant and the vegetables are coated.
4. Add the vinegar and Worcestershire sauce. Fully deglaze the pot and turn off the instant pot once the vegetables are coated in a thick red sauce.
5. Push some of the vegetables in the center slightly to the sides and place the roast on top. Some veggies should still be under the roast. Pour the broth around the edges. Don't stir but make sure the bottom of the roast is submerged in the liquid. Add the rosemary and bay leaves to the broth.
6. Pressure cook for 90 minutes on high and vent immediately. The roast should easily shred. Remove the rosemary stems and bay leaves.
7. Transfer the roast and vegetables to a bowl and use the sauté function to reduce the liquid. Add 2 T. arrowroot and 2 T. water to help thicken.