

# Italian Pot Roast (Pressure Cooker)

Adapted from a recipe in *Pressure Cooking for Everyone* by Rick Rodgers and Arlene Ward, 2000



## Servings: 6

2 tablespoons grapeseed oil  
3 1/2 pounds chuck roast, boneless rump or bottom round  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
1 large onion, peeled, chopped  
3 medium carrots, peeled, chunks  
3 stalks celery, chopped  
3 large garlic cloves, finely chopped  
1/2 cup dry red wine  
28 ounces canned tomatoes  
1/4 cup Italian parsley, chopped  
1/2 pound pasta, your choice of type, or mashed potatoes or rice

1. In a large pressure cooker (5-7 quart), heat one tablespoon of oil over medium-high heat. Dry the roast briefly with paper towels and add to the hot pan. Saute until one side is dark brown, turn over and repeat on second side, about 5 minutes. Transfer meat to a plate and season the meat with salt and pepper.

2. If there is fat in the pan you may pour it off, then add the other tablespoon of oil. Add the onion, carrots, and celery. Saute for a few minutes until the vegetables are nearly limp. Add the garlic and stir, cooking for another minute.

3. Return the meat on top of the vegetables, adding any juices from the plate. Add the red wine and bring to a boil, scraping up the browned bits on the bottom of the pan, using a wooden spoon. Add the chopped tomatoes and their juice. Stir.

Lock the pressure cooker lid in place and bring to high pressure. Reduce heat (using directions for your own pressure cooker) but maintain a steady steam and cook for 1 1/4 hours. Remove from heat and cool, using directions with your unit. Open lid and transfer the meat to a platter and cover lightly with foil.

4. Pour all of the veggie mixture into a food processor and blend until the mixture is pureed. Return to the pressure cooker pan and reheat. Taste for seasonings.

5. Meanwhile, prepare your choice of carbohydrate (1) pasta; (2) mashed potatoes; or (3) rice. Slice the meat across the grain and place beside and partly on top of the carb and pour the sauce over the top. Garnish with Italian parsley.

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Per Serving (excluding unknown items): 802 Calories; 47g Fat (53.9% calories from fat); 49g Protein; 41g Carbohydrate; 4g Dietary Fiber; 153mg Cholesterol; 554mg Sodium. Exchanges: 2 Grain(Starch); 6 Lean Meat; 2 1/2 Vegetable; 5 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>