

Instant Pot Pot Roast & Potatoes

A whole seasoned chuck roast seared in the pot, pressure-cooked with baby potatoes, carrots and onion, then finished with a gravy made from the braising broth.

PREP	COOK	TOTAL	SERVES
20 min	1 hr 20 min	1 hr 40 min	6

INGREDIENTS

3–5 lb beef chuck roast	1 lb baby red potatoes
1 tbsp oil	4 large carrots, cut into large chunks
1 tsp salt	1 large yellow onion, chopped
1 tsp onion powder	4 cups beef broth
1 tsp garlic powder	2 tbsp Worcestershire sauce
½ tsp black pepper	¼ cup water
½ tsp smoked paprika (optional)	2 tbsp cornstarch

METHOD

- 1 Set the pot to sauté. Stir the salt, pepper, garlic powder, onion powder and paprika together and rub over every side of the roast.
- 2 Add the oil, wait 30 seconds, then lower in the roast. Leave it untouched 3–4 minutes per side, turning with tongs, until browned all over.
- 3 Arrange the potatoes, carrots and onion around the roast and pour the broth and Worcestershire sauce over everything. Lock the lid, set the valve to sealing, and pressure cook on high – 60 minutes for a 3 lb roast, up to 80 for 5 lb.
- 4 When the timer ends, leave the pot alone for a 10-minute natural release, then vent the remaining steam and wait for the pin to drop before opening.
- 5 Move the roast and vegetables to a platter and pull the beef into chunks with two forks. Skim any bits from the broth, set the pot to simmer, and whisk in the cornstarch mixed with the water until the gravy thickens. Season to taste.
- 6 Pour the gravy over the beef and vegetables, with fresh thyme or parsley if you have it.

NOTES

Cooking from frozen works: add roughly 20–30 minutes to the pressure time.

If using baby carrots, add them with the potatoes rather than earlier — they turn to mush otherwise.

Per serving — Calories: 133 kcal · Carbs: 23 g · Protein: 4 g · Fat: 3 g · Sodium: 1087 mg · Fiber: 3 g · Sugar: 5 g

Adapted from Creme de la Crumb · <https://www.lecremedelacrumb.com/instant-pot-pot-roast-potatoes/> · Potbelly, typeset