Beef Pot Roast



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Your Key Ingredient:

NESCO Pressure Cooker

Instructions:

3 lb beef pot roast 2 Tbsp vegetable oil 1 medium onion, chopped 3 cup beef broth 1 cup water 1 bay leaf Salt and pepper to taste

Instructions:

- 1. Heat oil in NESCO® Pressure Cooker using the BROWN setting to brown roast on both sides. Place meat on wire rack and add remaining ingredients.
- 2. Cover and lock lid in place. Set regulator knob to SEAL. Program for HIGH pressure and cook for 45 minutes.
- 3. Release pressure by using the natural release method. Cooker will beep and switch automatically to the warm setting when cooking time is completed.