

Mom's Instant Pot Pot Roast and Gravy

What you'll need:

- A beef roast (chuck, tri-tip, bottom round, etc)
- Beef stock or broth
- Garlic
- Cornstarch
- Beef base
- Spices (pepper, onion powder, optional salt, rosemary, thyme)

Time: 60 minutes

Pot roast – it's a classic, it's easy, and that shit slaps. Making your mom's pot roast in an Instant Pot is fool proof, even a goon like you can manage this.

Step 1: Making the broth. You'll want to take a cup of beef stock (or broth) and pour it into Instant Pot. Mince up as much garlic as you can stomach and add it in. Add about a teaspoon of black pepper and onion powder. If you're cooking a chuck roast, do not add salt. If you're cooking a tri-tip roast, add a pinch of salt. If you're cooking a bottom round roast, add a couple pinches of salt. If you want, add a pinch of rosemary and/or thyme. One tablespoon of beef base to round it all off. Mix well.

Step 2: The roast. I prefer chuck roast because it is a fattier cut and it helps make really good gravy at the end, usually around the 2 pound mark in size. I recommend you brown the roast to help lock in the flavors, but it's not totally necessary, it'll still be delicious without. If you choose to brown the roast, get a pan with a tablespoon of olive oil, get it to a higher heat (maybe a 7), place the roast on one side for about 3 minutes, flip, 3 minutes, then add to the Instant Pot. If you don't brown the roast, just put it in the Instant Pot now.

Step 3: Lock the Instant Pot lid and turn the steam release handle on the top to sealed. Turn on Pressure Cook to 45 minutes and wait your happy ass.

Step 4. Now is the time to prepare whatever sides are going with the pot roast. Don't get me wrong, it's delicious, but definitely needs something more than just a protein. I like grilled carrots, maybe some sauteed green beans, a pasta salad, choice is yours.

Step 5: Once the timer goes off, turn the steam release handle to relieve all the pressure, step the fuck back so it doesn't burn your face off (just kidding... or am I?), then once the pressure is relieved, open and set the pot roast on a cutting board. Don't touch it for about 10 minutes.

Step 6: Making the gravy. Take about 2-3 ounces of cold water and put it in a cup. Mix in two tablespoons of cornstarch and mix well. Pour in the cornstarch mix to the broth left over in the pot and whisk the shit out of it. Turn the Instant Pot on to sauté. Stir for a minute, let sit for a minute, flip flop back and forth for about 8-10 minutes, the broth will turn into a gravy towards the end.

Step 7. Turn the Instant Pot off, take a spoon, blow that bitch off because it'll be hot and give it a taste test. If you're using a chuck roast, it's probably salt enough already, but the other two mentioned above might need more. Season to taste.

Step 8: Dice or tear the pot roast up, serve up, pour on the gravy and enjoy.

Step 9: Clean up after your nasty self. Those dishes won't clean themselves.