

Italian Beef

PREP TIME:

10 minutes

COOKING TIME:

Pressure Cook: 60m

Slow Cook:

LOW: 7-8 hours

or

HIGH: 3-4 hours

SERVES:

6

pair with a refreshing
Peroni beer or similar

INGREDIENTS:

1 tbsp olive oil

1 small onion diced

2 tsp garlic minced

3 1/2 lb pound beef chuck roast

salt and pepper to season

1 Multi-Cooker Tuscan blend

2 cups beef broth

Italian rolls and Giardiniera to serve

PREPARE:

Pressure Cook Instructions

- 1.heat the oil in the instant pot on medium sauté
- 2.add the onion and soften for 2-3 minutes
- 3.stir in the garlic and push to the side of the pot
- 4.season the beef with salt and pepper and brown for 2 minutes on each side
- 5.stir in the Mediterranean / Tuscan blend and broth
- 6.secure Instant Pot lid & set pressure valve to Sealing cook on Manual / Pressure Cook for 60 minutes
- 7.once cooked leave to natural pressure release for 15 minutes then turn the dial to Venting
- 8.remove the beef and slice onto Italian rolls and top with giardiniera

Slow Cooker Instructions

- 1.heat the oil in a sauté pan and soften the onion for 2-3 minutes
- 2.stir in the garlic and add the the slow cooker
- 3.season the beef with salt and pepper and add to the sauté pan browning on each side for 2 minutes
- 4.transfer the beef to the slow cooker and stir in the Mediterranean / Tuscan blend and broth
- 5.cover and cook on LOW for 9 hours or HIGH for 4
- 6.remove the beef and slice onto Italian rolls and top with giardiniera

