

Mississippi Roast (Instant Pot)

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Serves 8

3 oz per serving – 8 points on all plans. Can reduce the points to 7 by omitting the butter

- 1 Tbsp olive oil
- 3 pound chuck roast
- 1 pkg ranch dressing mix (1.25 oz)
- 1 pkg au jus gravy seasoning mix (1 oz)
- 6 pepperoncini peppers
- 3/4 cup beef broth
- 1/4 cup pepperoncini juice
- 1/4 cup light butter (can omit or reduce to 2 Tbsp)

1. Set pressure cooker to saute and let heat
2. Add in 1 Tbsp olive oil. Brown roast on all sides
3. Add beef broth and pepperoncini juice to pressure cooker
4. Sprinkle ranch and au jus seasoning packets on top of roast.
5. Place peppers on and around roast
6. Dot butter on top.

7. Close the pressure valve and set pressure cooker to high pressure and cook for 45 minutes.
8. When done, let natural release for 20 minutes.
9. Remove from pot and shred, removing any visible chunks of fat from the roast.
10. Serve over mashed potatoes with juice (I strain the fat off the juice) or thicken juice to gravy
11. OPTIONAL: Heat juice in a saucepan to boiling, add in a slurry of 1-2 Tbsp cornstarch and 2 Tbs water until thickened.