

Grandma's Pot Roast

Total Cook Time: 3 hours
Contains raw meat, cook thoroughly
Cook from Frozen
Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 1 cup (1 cup)* beef broth
- Optional for making gravy: 3 TBSP cornstarch
- Optional toppings and garnishes: mashed potatoes, gravy from drippings, horseradish

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1 cup (1 cup)* of beef broth.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 1 hour and 30 minutes.
3. When pressure cooking is complete, use a natural release.
4. Set beef on a cutting board and slice, shred, or chunk into smaller pieces. Cover and set aside.
5. Optional: Make gravy by combining 3 TBSP cornstarch with 3 TBSP water in a small container and mix. Select sauté and bring the drippings to a simmer and whisk as you pour in the cornstarch slurry. Stir until it is thickened. If needed, season with salt and pepper.
6. Serve hot with desired sides- we suggest mashed potatoes.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours, until the meat easily shreds. Continue with steps 4-6.

Leftover Suggestions:

- French dip sandwiches
- Tacos
- Enchiladas

Notes:

- If you're using this for French dip sandwiches, tacos, or enchiladas, skip setting the meat aside for gravy—instead, return it to the pot juices to keep it tender and flavorful.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 4.5g	6%	Total Carbohydrate 3g	1%
Saturated Fat 2g	10%	Dietary Fiber <1g	3%	
<i>Trans Fat</i> 0g		Total Sugars 0g		
Cholesterol 105mg	35%	Includes 0g Added Sugars	0%	
Sodium 670mg	29%	Protein 40g		
Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 3mg 15% • Potassium 580mg 10% Vitamin A 10mcg 2% • Vitamin C 0mg 0%				

4 servings per container
Serving size
3/4 cup (176g)

Calories per serving **210**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BEEF, SPICE, SALT, GARLIC, ONION