

Italian Pot Roast



Ingredients

- 1 jar/can roasted red bell peppers
- 1 jar/can sun dried tomatoes in olive oil
- 1 jar/can marinated artichokes in water
- 1 whole onion, sliced
- 1 tbsp. flour
- 1 package mushrooms, chopped
- 2 tbsp. Italian seasoning
- 3 lbs. beef rump roast, cut into 2 inch chunks
- 4 cloves garlic, minced
- 4 cups water

Directions:

1. Remove the fat from the roast and cut meat into 2" chunks.
2. Place the meat into the Pressure Pro and pour in 3 and a half cups of the water. Season with salt and pepper.
3. Shut the lid set the **PRESSURE VALVE** to **SEAL**. Use the 1 minute button to set for 10 minutes.
4. Release the pressure carefully and open the lid. Remove the meat and place into a bowl. Discard the water. Rinse the meat to remove any remaining residue and then place the meat back into the Pressure Pro.
5. Add the remaining ingredients in with the meat. Julienne slice the bell peppers, and chop the artichokes.
6. Include all of the olive oil and water from the jars of bell peppers, sun dried tomatoes and artichokes. Do not drain. Pour into the Pressure Pro pot. Add the onions, mushrooms and garlic. Add the Italian seasoning.
7. Lock the lid, set the **PRESSURE VALVE** to **SEAL**, and push the **RICE/RISOTTO** button.
8. Use the cooking juices to make a gravy. Using a slotted spoon, ladle out the meat and vegetables and place onto a separate serving platter. In a small bowl, mix the remaining half cup of water with 1 tbsp. of flour and mix.
9. Press the **RICE/RISOTTO** button on the Pressure Pro to simmer the cooking juices remaining in the pot. Stir while slowly pouring in the flour mixture. Continue to stir until the gravy becomes a thick consistency.
10. Pour the gravy over the meat and serve.