

# Pressure Cooker Roast Beef & Carrots

6 SERVINGS 1 HOUR 45 MINUTES



## INGREDIENTS

- 2 1/4 lbs Top Sirloin Beef Roast
- 1 tsp Sea Salt
- 1 tbsp Avocado Oil
- 1 Yellow Onion (chopped)
- 1 1/2 cups Beef Broth
- 4 Carrot (peeled, chopped)
- 1 1/3 tbsps Water

## NUTRITION

### AMOUNT PER SERVING

Calories	329	Iron	5mg
Fat	11g	Vitamin D	5IU
Carbs	6g	Folate	21µg
Fiber	2g	Magnesium	55mg
Protein	51g	Zinc	14mg
Vitamin C	2mg		

## DIRECTIONS

- 01 Cut the roast into 4 to 5 equal size pieces and season all sides with the salt.
- 02 Turn your pressure cooker to sauté mode and add the avocado oil. Sear the beef 2 to 3 minutes per side, working in batches if needed. Transfer the beef to a plate and set aside.
- 03 Add the onions to the pot along with a splash of the beef broth. Cook the onions for 3 to 5 minutes until the onions have softened. Add the remaining beef broth and stir to combine. Place the beef in the pot in a single even layer. Close the lid.
- 04 Set to “sealing”, then press manual/pressure cooker and cook for 40 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 05 Add the carrots to the pot. Close the lid. Set to “sealing”, then press manual/pressure cooker and continue to cook for another 15 minutes on high pressure. Once it is done, release the pressure manually and remove lid carefully. Enjoy!

## NOTES

### RECIPE ID 118

### CAUTION

This is a heavy meal. Leave out if not tolerating this stage. Instead - make this, add beef gelatin and drink broth.

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO TOP SIRLOIN ROAST

Use another cut of beef instead.