

# Beef and Cheddar Sandwich

*This recipe makes 4 lbs of beef*



## Ingredients

- 4 lb** beef rump roast
- Caribbean Cowboy Meat Rub or your choice of rub
- 1 cup** water
- 1 packet** Ramen seasoning, beef flavor
  
- 8 cups** Freeze Dried Cheese Sauce (See recipe)

**This recipe is contributed by John In Bibs**

## Directions:

1. Allow the roast to come to room temperature, then trim off as much fat as possible.
2. Generously coat the roast with meat rub, ensuring thorough coverage.
3. Place a rack inside your electronic pressure cooker and preheat on the broil setting for 10 minutes. Place the roast on the rack and broil for approximately 50 minutes, or until the internal temperature reaches at least 125°F for a medium-rare to medium doneness. Monitor the temperature closely.
4. Remove the roast from the cooker, let it rest at room temperature, then cover and refrigerate overnight.
5. In the meantime, prepare the broth. Remove the rack from the pressure cooker and add 1 cup of water along with 1 beef Ramen seasoning packet. Stir well, set the pressure cooker to sauté on high, and bring the mixture to a boil. Once boiled, transfer the broth to the refrigerator and let it cool overnight.
6. The next day, slice the roast thinly (a meat slicer works best for uniform slices).
7. Spread the meat out on your trays, paying attention to the suggested weight limit for the tray.
8. Skim off any fat from the chilled drippings, then evenly distribute the broth over your trays.
9. Pre-freeze when possible.
10. Freeze dry.
11. Store in jars for short-term use or in mylar bags for long-term storage. I packaged mine as a single use package with a ½ cup of Freeze Dried Cheese Sauce in a ziploc bag. The roast beef does become quite fragile when it is freeze dried so it is best not to vacuum seal the mylar bags.

## Rehydration:

Pour 1 cup of boiling water over the meat, cover, and let it rest until fully rehydrated. Mix 1/8 cup of warm water with 1/2 cup of cheese sauce, stirring until smooth. Gradually add a little more water as needed to reach your desired consistency. Drain any excess water from the meat, then add it to your sandwich. Drizzle with the prepared cheese sauce and enjoy!

## Nutritional Value Per ¼ lb Roast & ½ cup Cheese Sauce

Calories: 525 Protein: 37 g Fat: 38 g Carbohydrates: 10 g Sugar: 4 g Fiber: 0 g