

# Italian Beef

1~3-4 lb roast will fill a medium tray\*

[Adventures in Freeze Drying: Italian Beef Freeze Dried](#)

## Ingredients:

1 3-4 lb Beef Roast  
(recommend arm or  
sirloin tip)

1 packet Italian  
Dressing  
Seasonings

1 packet Au Jus  
mix

1 cup of beef broth

Olive oil or  
additional broth



## Directions:

1. Prepare roast by trimming fat, gristle and membranes, cut the roast into large chunks.
2. Toss the roast chunks with the dressing mix and Au Jus mix, letting it sit for 1 hour to 24 hours.
3. If going into a crock pot, add meat, pour on 1 cup of beef broth, let cook on low for 6-8 hours.
4. If cooking in an Instant Pot, using olive oil or additional broth and using the saute setting on your Instant Pot to sear each meat chunk on all sides.
5. Use a little bit of broth to deglaze the bottom of your instant pot, add all meat back to the Instant Pot and 1 cup of beef broth (even if doing more than 1 roast, be careful of how much broth you add so you don't have too much moisture).
6. Set to High Pressure and 30 minutes per roast (2 roasts 1 hour etc.) Let Instant Pot natural release.
7. Remove meat from crock pot or Instant Pot and shred with a fork
8. Spread about 1 roast per medium tray
9. Freeze Dry (You can pre freeze but meat if a fast run regardless)
10. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 16 hours

**Rehydration:** Add hot water or hot beef broth, cover for 5-10 minutes, pour off excess water.



Live.  
Life.  
Simple.

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

\*XL Tray = 15 Cups/Tray  
Small = 5 Cups/Tray

Cycle times & rehydration for reference only

Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray