

Sunday Pot Roast

This recipe makes 12 cups of roast, 8 cups of gravy & 6 cups of vegetables



Ingredients

- 6 lbs** top round roast
- 1** onion chopped
- 64 oz** of beef broth
- 1 lb** baby carrots or sliced carrots
- 1-16 oz** bag of frozen peas
- 1 cup** cornstarch

This recipe was contributed by John In Bibs

Directions:

1. Add 6 lbs Top Round Roast, 1 chopped onion, 1 lb baby carrots or sliced carrots, and 64 oz beef broth to the Instant Pressure Cooker. Set to Slow Cook (Crock Pot Mode) for 8 hours.
2. Remove the roast and set it aside. Separate the vegetables and place them in a separate bowl.
3. Cut or shred the roast into smaller portions
4. Preheat the oven to 450°F and broil the roast for 10 minutes.
5. Place the roast on parchment-lined trays. Cover and freeze until solid.
6. Add the cooked carrots, onions, & frozen peas to the instant pot. Bring to a boil for about 5 minutes
7. Transfer the boiled vegetables onto a parchment lined tray, cover, and freeze until solid.
8. For the gravy, Make a slurry with $\frac{2}{3}$ cup of cornstarch and $\frac{1}{2}$ cup of cold water
9. Bring the broth in the instant pot back to a boil
10. Slowly add the slurry mixture to the boiling broth, stirring continuously until thickened.
11. Let the gravy cool, then pour onto parchment lined trays and freeze until solid
12. Freeze dry (my cycle time was 40 hours)
13. Store in mylar bags for long-term storage. -To make a **meal-in-a-bag 2 serving portion** add 1/6 of the roast, 1 $\frac{1}{3}$ cups of gravy powder & 1 cup of vegetables to a mylar bag with an oxygen absorber and seal.

Rehydration:

To rehydrate, add the contents of your meal-in-a-bag (1/6 of the roast, 1 $\frac{1}{3}$ cups of gravy powder and 1 cup of vegetables) to a large bowl or leave it in the mylar bag if there is room to add water. Add 2 cups of hot water and seal or cover for about 5 minutes. Enjoy.

Nutritional Value Per 1 serving (about $\frac{1}{2}$ the meal in a bag 2 serving portion from above)

Calories: 391 Protein: 56 g Fat: 8 g Carbohydrates: 19 g Sugar: 3 g Fiber: 4 g