



Beef Pot Roast Soup

Enjoy all the satisfying flavors of beef Pot Roast in a soup. We are going to take a shortcut with the electric pressure cooker and get this recipe done in about an hour!

Recipe time: 1 Hour 10 Minutes

Makes 6 servings

- 2 ½ to 3 pound beef Chuck Roast Boneless (Any Chuck Roast will work—Shoulder or Arm)
 - 2 cups chopped onions
 - 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions
 - 1 cup reduced-sodium beef broth
 - 1 tablespoon minced garlic
 - 1 teaspoon dried thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 2 cups broccoli slaw
 - 1 cup frozen hash brown potatoes (cubes)
 - 1/2 cup frozen peas
 - 1/2 cup frozen corn
 - Optional wine pairing—Cabernet Sauvignon
1. Cut Beef Roast into 1-inch pieces. Place beef roast in pressure cooker.
 2. Top with chopped onions, canned tomatoes, beef broth, garlic, thyme, salt and pepper.
 3. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 15 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid.
 4. Add broccoli slaw and frozen hashbrowns. Close and lock pressure cooker lid. Use Meat/Stew or high-pressure setting on pressure cooker; program 3 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid.
 5. Add peas and corn and return pressure cooker lid. Let stand 5 minutes.

Nutrition information per serving: 305 Calories; 81 Calories from fat; 9g Total Fat (3 g Saturated Fat; 0 g Trans Fat; 0.6 g Polyunsaturated Fat; 3.8 g Monounsaturated Fat;) 111 mg Cholesterol; 539 mg Sodium; 17 g Total Carbohydrate; 3.8 g Dietary Fiber; 6 g Total Sugars; 39 g Protein; 0 g Added Sugars; 61 mg Calcium; 5.1 mg Iron; 684 mg Potassium; 5.7 mcg Vitamin D; 0.4 mg Riboflavin; 5.8 mg NE Niacin; 0.7 mg Vitamin B₆; 3.8 mcg Vitamin B₁₂; 296 mg Phosphorus; 11 mg Zinc; 62.9 mcg Selenium; 87.7 mg Choline.

This recipe is an excellent source of Protein, Iron, Vitamin D, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.