



Shopping list:

Meat Department

- 2 ½ to 3-pound Beef Shoulder Roast, Chuck Roast, Arm Roast (boneless)

Produce

- 1 large yellow onion
 minced garlic
 2 cups broccoli slaw

Pantry

- 1 can diced tomatoes with green peppers and onions
 1 cup reduced-sodium beef broth
 Dried thyme leaves
 Salt and pepper

Freezer

- 1 cup frozen hash brown potatoes (cubes)
 ½ cup frozen peas
 ½ cup frozen corn

Liquor – Wine Pairing

- Cabernet Sauvignon

Equipment needed:

- 6-quart Electric Pressure Cooker
- Sharp butcher knife
- Large cutting board
- Can opener
- Measuring cups and spoons