

Grandma's Pot Roast

Total Cook Time: 3 hours

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 1 cup (1 cup)* beef broth
- Optional for making gravy: 3 TBSP cornstarch
- Optional toppings and garnishes: mashed potatoes, gravy from drippings, horseradish

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1 cup (1 cup)* of beef broth.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 1 hour and 30 minutes.
3. When pressure cooking is complete, use a natural release.
4. Set beef on a cutting board and slice, shred, or chunk into smaller pieces. Cover and set aside.
5. Optional: Make gravy by combining 3 TBSP cornstarch with 3 TBSP water in a small container and mix. Select sauté and bring the drippings to a simmer and whisk as you pour in the cornstarch slurry. Stir until it is thickened. If needed, season with salt and pepper.
6. Serve hot with desired sides- we suggest mashed potatoes.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours, until the meat easily shreds. Continue with steps 4-6.

Leftover Suggestions:

- French dip sandwiches
- Tacos
- Enchiladas

Notes:

- If you're using this for French dip sandwiches, tacos, or enchiladas, skip setting the meat aside for gravy—instead, return it to the pot juices to keep it tender and flavorful.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (176g)

Calories per serving **210**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	6%	Total Carbohydrate 3g	1%
Saturated Fat 2g	10%	Dietary Fiber <1g	3%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 105mg	35%	Includes 0g Added Sugars	0%
Sodium 670mg	29%	Protein 40g	

Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 3mg 15% • Potassium 580mg 10%
Vitamin A 10mcg 2% • Vitamin C 0mg 0%

INGREDIENTS: BEEF, SPICE, SALT, GARLIC, ONION

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

