



Noreen's Kitchen

Pressure Cooker

Coffee Infused Cowboy Style

Pot Roast

Ingredients

3 pound bottom round or rump roast	6 carrots, cleaned and cut into chunks
2 tablespoons ground coffee	6 parsnips cleaned and cut into chunks
2 tablespoons steak seasoning	6 stalks of celery cut into chunks
2 tablespoons bacon drippings	2 cups brewed coffee
1 pound Crimini mushrooms, sliced	1 cup mushroom stock
2 medium onions, sliced	1 cup beef stock
8 cloves garlic, peeled	

Step by Step Instructions

NOTE: I am using an Elite 10 quart electric pressure cooker. Please consult the manufacturers instruction manual for your model to learn how best to set your particular model of machine for cooking this dish.

Place the ground coffee and the steak seasoning in a coffee grinder or food processor and grind to a fine powder.

Coat the roast with the coffee spice mixture to coat.

Heat bacon drippings in the bottom of your pressure cooker if you have that function and sear off the meat on all sides.

Add the vegetables, stock and brewed coffee.

Place cover on your cooker and set according to your manufacturers instructions for the size roast you are cooking.

Allow the vessel to naturally depressurize do not use the quick release method or you run the risk of your roast being too tough.

When the pressure has released, remove the roast and allow it to sit for 10 minutes before slicing. You can also remove the veggies to a bowl and thicken the gravy if desired.

Serve with mashed potatoes, noodles or rice.

ENJOY!

