



# Noreen's Kitchen

## Pressure Cooker

### Carolina Roast

#### Ingredients

3 to 4 pound chuck roast	2 cups beef stock
1 medium onion sliced thin	1, 16 ounce jar Pepperoncini
4 cloves garlic, minced	1 cup of Pepperoncini juice
1 1/2 cups Italian Dressing*	

#### 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 chuck roast in the bottom of the vessel.

Add remaining ingredients to the vessel on top of the roast.

Set pressure according to your manufacturers instructions. I cooked mine initially for 40 minutes and it was not quite enough, so I added a bit more time. I recommend setting your cooker for 60 minutes on the meat setting this will avoid you having to repressurize your cooker.

Allow for natural release. Do not quick release the pressure, this will result in tough stringy beef. When natural release is used, meaning you allow your pressure cooker to naturally release the pressure inside the vessel, you are also giving the meat more cooking time and allowing the pressure to continue to break down the fibers of the meat ending with a fork tender, fall apart roast that you desire.

I served mine with egg noodles and vegetables, you could easily shred the whole roast and serve this with rolls for sandwiches. This tastes similar to Chicago style beef, but is of course a bit different. If making sandwiches, I recommend having some Gardinera on the side it will be delicious stuffed into a soft Italian style roll.

Leftovers should be stored in an airtight container in the fridge for no longer than one week. You can freeze the shredded beef in it's juice with the peppers for up to 3 months.