

Double-the-Vegetables Pot Roast

From *Instant Family Meals* by Sarah Copeland

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PREP TIME: 20 MINUTES

TOTAL TIME: 1 ½ HOURS (includes curing time)

SERVES 4 TO 6

GLUTEN-FREE

When I was growing up, pot roast was one of my favorite meals. While there was always plenty of meat and jus, it always felt like we were splitting two carrots six ways. I wanted all the carrots, and then some, so my grown-up pot roast has an abundance of them—plus little red or white potatoes that cook to a creamy finish in the pressure cooker. Normally this meal would take 2½ hours to prepare, but using a pressure cooker shaves down the time to under an hour! Feel free to load this up with all the veggies you love, and when it's cooked, sop up the juices with buttered bread. And don't skimp on the flaky salt and tons of fresh herbs at the finish (meat stewed in broth, though spoon-tender, usually needs that pop of herbs and seasoning to really shine). This dish is even better reheated, so even if you're a small family, don't let the quantity scare you off. You'll be meals ahead.

1 (2½- to 3-pound) boneless beef chuck roast or brisket, trimmed of excess fat
1¼ teaspoons fine sea salt, plus more to taste
Freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 large onion, thinly sliced
3 celery stalks, cut into 1-inch pieces
2 garlic cloves, thinly sliced
1 tablespoon harissa paste or tomato paste
1 bay leaf
1 tablespoon all-purpose flour or gluten-free flour
½ cup dry white wine, such as Sauvignon Blanc
5 large carrots, cut into 1-inch pieces
2 cups beef or chicken broth
6 baby potatoes (white or red), halved
4 whole canned San Marzano tomatoes, drained and cut into 1-inch pieces
1 tablespoon apple cider vinegar (optional)

FOR SERVING

1 packed cup fresh mint leaves, dill leaves, or a combination, roughly chopped
Flaky sea salt, such as Maldon
Freshly ground black pepper

1. Season the roast on all sides with 1 teaspoon of the salt and some pepper and leave at room temperature for at least 30 minutes.

2. Pour the olive oil into the inner pot of the pressure cooker and set it to Saute. When the oil is hot, add the roast and brown on all sides, about 8 minutes total. Transfer to a plate.

3. Add the onion and celery to the inner pot, and cook, stirring often, until the onion has softened slightly, 5 to 7 minutes. Add the garlic, harissa, and bay leaf and cook until fragrant, 1 minute more. Sprinkle the flour over all and stir briskly for 30 seconds to coat. Add the wine and stir, about 1 minute.

4. Return the roast to the inner pot and add the carrots, broth, and the remaining $\frac{1}{4}$ teaspoon salt. Lock on the lid and Pressure Cook on high pressure for 45 minutes. Release the pressure manually.

5. Open the lid and add the potatoes and tomatoes to the inner pot. Lock on the lid again and Pressure Cook for 4 minutes on high pressure. Release the pressure manually and open the lid. The potatoes and beef should be tender but hold their shape.

6. Taste and adjust the seasoning, adding more salt and pepper as needed and a splash of vinegar, if desired. Transfer the roast to a cutting board and let it rest for 10 to 15 minutes (to keep the roast juicy).

7. Meanwhile, cook the juices (with the vegetables) in the inner pot on the Saute setting until they thicken slightly, about 3 minutes. Leave on the Keep Warm setting until ready to serve.

8. Thinly slice the roast across the grain. Serve warm, with a generous quantity of vegetables, pouring the juices over the top. Top generously with the fresh herbs and sprinkle each portion with some flaky sea salt and freshly ground pepper.