TENDER BEEF ROAST

This pressure cooker roast can be eaten right away used later in the week for your meal prep. Pair it with noodles, add to tacos or make barbecue sandwiches for lunch!

Ingredients:



- 1 (4 pound) boneless beef chuck roast
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 tablespoon canola oil
- ¾ cup reduced-sodium beef broth

Directions:

1. Trim fat from meat. Cut meat into eight equal pieces. In a small bowl, combine cumin, paprika, garlic powder, pepper, and salt. Sprinkle mixture evenly over meat pieces; rub in with your fingers. In a 6-quart pressure cooker, heat oil over medium-high heat. Brown meat pieces, half at a time, in hot oil, turning to brown on all sides. Remove meat from cooker; set aside. Drain fat from cooker. Cool slightly.
2. Add stock to the cooker. Add the cooking rack to the cooker. Place meat pieces on the rack. Lock lid in place. Bring to pressure over high heat; immediately reduce heat to stabilize and maintain pressure. Cook for 25 minutes. Remove from heat; set aside to depressurize cooker.
3. Transfer meat to a serving platter. If making Beef & Noodles reserve cooking liquid. Slice meat or cut into chunks to serve.

Per serving: 216 calories; 8 g fat(2 g sat); 0 g fiber; 1 g carbohydrates; 34 g protein; 20 mcg folate; 67 mg cholesterol; 0 g sugars; 31 mg calcium; 210 mg sodium;

Check out this week's recipe here: http://www.eatingwell.com/recipe/259591/4-way-beef-roast/