

Serves 4 • Serving size: 4–6 oz./115–175 g beef  
with veggies and broth



PREP: 5 minutes  
COOK: 30 minutes  
(tested in 900 watt microwave)

date  
me

Tupperware®

## 30-Minute POT ROAST

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1–2-lb./455 g–1 kg beef chuck roast  
1½ tsp. Steak & Chop Seasoning  
¼ cup all-purpose flour  
2 cups beef stock  
2 tbsp. apple cider vinegar  
2 large carrots, peeled and cut in 1"/2.5 cm slices  
1 onion, peeled and sliced thin  
½ lb./225 g red potatoes, cut in half

1. Cut chuck roast along fat seam and sprinkle with seasoning. Place into base of Microwave Pressure Cooker.
2. In a small bowl, whisk flour into stock and pour over beef.
3. Add remaining ingredients to Pressure Cooker base and seal.
4. Microwave on high power 30 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes, before opening.
5. Remove beef and place on cutting board. Let beef rest 5 minutes before slicing.
6. Serve with the vegetables and potatoes.

Nutritional Information (per serving):

Calories: 210 Total Fat: 5g Saturated Fat: 2g Cholesterol: 75mg Carbohydrate: 14g Sugar: 4g Fiber: 2g Protein: 27g Sodium: 300mg Vitamin A: 90% Vitamin C: 10% Calcium: 4% Iron: 15%

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