



# Creamy Mushroom Instant Pot Pot Roast

★★★★★

This aromatic recipe is a nice change from traditional roasts. The creamy sauce uses no roux and is made right in the pot after the roast cooks. The savory sauce over the succulent roast is both elegant and appetizing

without any of the fuss.

<b>Course</b>	Main Course
<b>Cuisine</b>	American
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	1 hour 45 minutes
<b>Total Time</b>	2 hours 25 minutes
<b>Servings</b>	6
<b>Calories</b>	490kcal
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## Ingredients

- 1 cup sliced button mushrooms
- 1/2 medium onion sliced
- 1 tablespoon coconut oil
- 2 teaspoons dried minced onion
- 2 teaspoons dried parsley
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 2-3 pound chuck roast
- 1 cup Beef Broth
- 4 tablespoons butter
- 2 ounces cream cheese
- 1/4 cup heavy cream

## Instructions

1. Press the SAUTE button and mushrooms, onion, and coconut oil to Instant Pot®. Stir fry for 5 minutes or until onions turn translucent.
2. While stir-frying, mix dried minced onion, parsley, pepper, garlic, oregano, and salt in small bowl. Rub into chuck roast.
3. Press the CANCEL button. Add Beef Broth and roast into pot. Place butter and cream cheese on top. Click lid closed.

4. Select the MEAT button and press the ADJUST button to set heat to MORE. Set time to 90 minutes.
5. When timer beeps allow a FULL NATURAL RELEASE to retain moisture in meat.
6. When pressure valve drops, stir in heavy cream and remove roast carefully; it will be fall-apart tender.
7. Press the SAUTE button and reduce the sauce in the Instant Pot for 10 minutes, stirring occasionally.
8. Press the CANCEL button and spoon over the roast when serving.

## Notes

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## Nutrition

Calories: 490kcal | Carbohydrates: 4g | Protein: 39g | Fat: 35g | Saturated Fat: 18g | Cholesterol: 165mg | Sodium: 828mg | Potassium: 779mg | Fiber: 0g | Sugar: 1g | Vitamin A: 405IU | Vitamin C: 2.2mg | Calcium: 85mg | Iron: 4.2mg