

Print and cut out recipe label, then tape onto freezer bag

Classic Pot Roast

Date:

Additional Ingredients:

- None

**THAW MEAL
BEFORE COOKING**

freezermealprep.pro

Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker.
- Cook on low for 8-10 hrs or to an internal temperature of 160 F.

Pressure Cooker:

- Empty the contents of the bag into the pressure cooker and add 1/4 cup of liquid.
- Turn the pressure to high and cook for 50 minutes, natural pressure release, to an internal temperature of 160 F.
- *NOTE: Veggies will be extremely soft using this method

Additional Instructions:

- Remove roast and vegetables and place on a serving tray.
- Cover with foil and allow the roast to rest for 10 minutes before slicing.

To Make Gravy:

- Strain liquid through a fine sieve into a saucepan, and discard the solids. Skim the fat off the top of the liquid.
- In a small bowl, mix 2 tbsp of cold water with 2 tbsp of cornstarch. Pour into the saucepan and mix well.
- Place the saucepan on the stove top and heat over medium-high heat to boil. Cook for about 2 minutes until thickened.
- Serve over meat and vegetables.