

Pot Roast

1 small pot roast (has to fit in bottom of pressure cooker without folding up sides)

Cooking Oil

Seasonings

Melt and/or heat oil in pressure cooker.

Fry meat with seasonings until lightly browned on both sides.

Fill pressure cooker with enough water to more than cover meat (at least half full).

Put cover on pressure cooker, place on stove,

set temperature to medium high heat, once top is gently rocking,

turn down to low and cook 20-30 minutes (top should continue to rock).

Depressurize cooker, open and serve.

Note: if broth is not used for gravy, it can be saved and used later as stock for other recipes, such as, my favorites, to make beef noodle or beef rice soup.