



## SLOW COOKER OR INSTANT POT SMOTHERED BBQ BEEF BURRITOS

1 5-7 Lb. Beef Chuck Roast  
 1/4 Cup Apple Cider Vinegar  
 1 Cup Beef Broth  
 BBQ Rub  
 1-2 Cups BBQ Sauce  
 3 Cups Shredded Colby Jack Cheese  
 1 (16 oz.) Jar Salsa Verde  
 1 Cup Heavy Cream or to taste  
 Tortillas  
 Sour Cream for Serving

### FOR THE INSTANT POT

--Rub the beef all over with the rub and discard any remaining rub.  
 --Place the beef in the instant pot with the vinegar and broth and turn it to manual, high pressure for 70 min. Once finished, allow the slow release for 10-15 min.  
 --Remove meat to a pan or cutting board and shred.  
 --Place meat and bbq sauce in the instant pot and stir to coat. Place lid back on while you prepare the other ingredients.

### FOR THE SLOW COOKER

--Prepare beef as stated above and place in a slow cooker on low for 8 hours.  
 --Remove roast, shred meat and place back in the slow cooker with the BBQ sauce, stirring to coat.

### FOR THE SAUCE

--In a blender, pulse together the salsa verde and heavy cream until smooth.

### TO ASSEMBLE

--Place beef and some shredded cheese in a warmed and pliable tortilla. Fold in the ends and roll tightly closed. Place on a baking sheet.

--Cover each burrito with sauce and cheese and broil until cheese is melted.

<https://ohsweetbasil.com/slow-cooker-instant-pot-smothered-bbq-beef-burritos-recipe/>

## INSTANT POT FRENCH DIP SANDWICHES

- 2 1/2 Lb. chuck roast, rested at room temperature for 15 minutes before searing
- 1 tbsp. ghee
- 2 tsp. of kosher salt, plus more to taste
- freshly ground pepper to taste
- 1/2 tsp. of garlic powder
- 1 onion, sliced with the grain for sautéing
- 1/2 cup red wine
- 1 (14-oz.) can low-sodium beef broth
- 1 dried bay leaf
- 6 soft rolls (we used pretzel)
- 3 tbsp. of butter (or ghee), melted
- 1/4 tsp. of garlic powder
- 6 slices cheese (like provolone or white cheddar)



1. Season chuck roast with kosher salt, pepper, and 1/2 tsp. garlic powder on all sides.
2. Add ghee to Instant Pot and press the Sauté button. Using a pair of long heat-proof tongs, sear roast on all sides in the Instant Pot.
3. Remove seared roast from the Instant Pot and set aside.
4. Add onions to pot and sauté until they start to soften. Use a wooden spoon to scrape the seared bits from the bottom of the pot.
5. Add red wine to the pot and simmer until it reduces by half.
6. Once wine has reduced, add beef broth and bay leaf.

Continued on next column.

Continued from previous column.  
 7. Return roast to the Instant Pot, close lid, and set pressure release valve to sealing. Hit Meat/Stew button, and increase time to 100 minutes.  
 8. Cook until the timer runs out, then allow the Instant Pot to naturally release for 25 min. After, turn valve to venting to release any excess pressure.  
 9. Remove lid and transfer roast to a serving plate and shred. Discard strings from the roast.  
 10. Strain the liquid through a fine mesh strainer and serve warm for dipping sandwiches. We skimmed the top with a spoon to remove some fat. You can either discard the onions or reserve them with the leftovers for a meaty French onion soup the next day.  
 11. Combine melted butter, 1/4 tsp. garlic powder, and pinch of kosher salt in a small bowl.

12. Set the oven to broil, and place the sandwich rolls on a baking sheet. Brush butter over rolls (or inside them as we did to prevent greasy fingers), and toast 2-3 min., until golden brown.



13. Pile meat onto rolls and top with cheese. Return to the broiler and heat just until the cheese has started to melt.

14. Top sandwiches with freshly chopped flat-leaf parsley, and serve with warm au jus for dipping. We put the parsley into the au jus.

Makes 6 sandwiches.

<https://www.bing.com/search?q=The+Most+Pinned+Instant+Pot+French+Dip+Sandwich+Recipe&filters=urn%3a%22The+Most+Pinned+Instant+Pot+French+Dip+Sandwich+Recipe%22+sid%3a%22f62f0781-4f7d-dfce-348c-fd86226a74e9%22+segment%3a%22generic.carousel%22+secq%3a%22instant+pot+french+dip+sandwich+recipe%22+supwlc%3a%221%22+tsource%3a%22EntitySegments%22+catesegtype%3a%22recipe%22+cack%3a%22f4877cc9-ceba-4f45-b408-5e9c8178d93a%22+segtype%3a%22UmVjaXB%22+ctyp%3a%220%22+mtype%3a%220%22+eltyedim1%3a%22Recipe%22&FORM=BWTSR&crsl=8800&efirst=41>