

YIELD: 1

# How to Make Shredded Beef from Frozen in the Instant Pot

Learn how to make shredded beef from frozen in the Instant Pot! Tender and juicy roast that is cooked from frozen and is for tender so shredding is easy.



## COOK TIME                  ADDITIONAL TIME

1 hour

30 minutes

## TOTAL TIME

1 hour 30 minutes

## Ingredients

- 3 Pound Pot Roast
- 1 Onion
- 2 Cloves Garlic
- Salt&Pepper
- 1 Cup Beef Broth

## Notes

Place Broth, garlic, and Onion in the pot

Put in your frozen Roast (I rinsed mine)

Place on manual high pressure for 60 minutes

I did a full natural release it took 30 minutes

Remove and Shred.

I placed mine in freezer bags to season and use with other meals

## Nutrition Information: YIELD: 10 SERVING SIZE: 1

*Amount Per Serving:* CALORIES: 184 TOTAL FAT: 11g SATURATED FAT: 4g TRANS FAT: 1g  
UNSATURATED FAT: 6g CHOLESTEROL: 49mg SODIUM: 360mg CARBOHYDRATES: 4g FIBER: 1g SUGAR: 2g  
PROTEIN: 16g

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