

Quick easy instant pot pot roast and potatoes



Prep Time
10 mins

Cook Time
40 mins

Course: Main Course Cuisine: American Keyword: instant pot pot roast
Servings: 6 servings Calories: 476kcal Author: [Tatiana Shifruk](#)

Equipment

- Pressure cooker

Ingredients

- 2 1/2 lb beef chuck or round roast
- 3 lb small potatoes
- 2 tbspn tomato paste
- 1 can condensed onion or mushroom soup 10,5 oz

Instructions

1. Add tomato paste and canned soup into your pot. Mix. Add cubed beef on top of the mixture and then add washed unpeeled potatoes on top. Close and lock the lid of your pressure cooker.
2. Set it on manual to HIGH PRESSURE for 40 minutes. Once cooked, Quick release and carefully open the lid.
3. Scoop meat and potatoes into the plate and serve.

Nutrition

Calories: 476kcal | Carbohydrates: 29g | Protein: 42g | Fat: 22g | Saturated Fat: 10g | Cholesterol: 130mg | Sodium: 216mg | Potassium: 1614mg | Fiber: 6g | Sugar: 1g | Vitamin A: 2% | Vitamin C: 32.6% | Calcium: 10.2% | Iron: 63.5%