



SIMPLE LIFE MEALS

Easy Pressure Cooker Bottom Rump Roast with Carrots & Potatoes (Meal Prep Recipe)

Prep Time: 20 minutes
Cook Time: 1 hr 30 min
Servings: 6-8

INGREDIENTS

Roast:

- 1 Bottom Rump Roast
- 2 tbsp oil
- Worcestershire sauce
- A1 steak sauce
- 32 oz bone broth

Vegetables:

- Potatoes, quartered
- Carrots, cut into chunks

ROAST BEEF DRY RUB

- 2 tbsp ground marjoram
- 2 tbsp garlic powder
- 2 tbsp oregano
- 2 tsp thyme
- 2 tsp parsley
- 1 1/2 tsp coarse salt
- 2 tsp pepper
- 1/4 cup brown sugar

INSTRUCTIONS

1. Preheat pressure cooker on sauté
2. Add oil and season roast with dry rub
3. Add Worcestershire + A1 sauce
4. Sear 10-15 minutes per side
5. Add bone broth
6. Add potatoes and carrots
7. Cook on MEAT setting - 40 minutes
8. Remove vegetables and set aside
9. Return lid and cook again - 40 minutes (for fall-apart tender beef)

NUTRITION (Estimated)
Per ServingsCalories: 420-520

Protein: 35-45g

Carbs: 20-30g

Fat: 18-25g

Fiber: 3-5g

MEAL PREP IDEAS

Roast beef dinner
Carrots & potatoes
Beef tacos
Sandwiches
Beef bowls

TIPS

- Let seasoning sit before cooking for deeper flavor
- Save broth for gravy or soup
- Store leftovers or freeze for later

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