# Beef Pot Roast



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**Your Key Ingredient:**

NESCO Pressure Cooker

**Instructions:**

3 lb beef pot roast
2 Tbsp vegetable oil
1 medium onion, chopped
3 cup beef broth
1 cup water
1 bay leaf
Salt and pepper to taste

**Instructions:**

1. Heat oil in **NESCO® Pressure Cooker** using the BROWN setting to brown roast on both sides. Place meat on wire rack and add remaining ingredients.
2. Cover and lock lid in place. Set regulator knob to SEAL. Program for HIGH pressure and cook for 45 minutes.
3. Release pressure by using the natural release method. Cooker will beep and switch automatically to the warm setting when cooking time is completed.