

RECIPE OF THE WEEK

Slow Cooker/Instant Pot Salsa Verde Beef

Ingredients

- 3-4 pounds chuck roast
- 16 oz salsa verde
- 10 oz diced tomatoes with green chiles
- 1 cup low-sodium beef broth

- 1 tbsp. cumin
- 1½ tsp. salt
- 1 tsp. coriander
- 1 tsp. paprika
- ½ tsp. pepper
- ½ tsp. chili powder



Preparation

Slow Cooker

1. Pour broth into the slow cooker.
2. Season chuck roast evenly with cumin, salt, coriander, paprika, pepper, and chili powder and then add roast to the slow cooker.
3. Top roast with diced tomatoes with green chiles and salsa verde.
4. Cook on high for 4-5 hours or on low for 8-10 hours.

Instant Pot

1. Turn the pressure cooker to saute and once hot, add the oil and beef.
2. Brown beef on all sides, approximately 3-5 minutes per side and remove from the pressure cooker.
3. Add beef broth and deglaze the bottom of the pressure cooker by scraping all the bits off with a wooden spoon.
4. Add all the cumin, salt, coriander, paprika, pepper, and chili powder and stir to mix well.
5. Add roast back to the pot. Top with diced tomatoes with green chiles and salsa verde.
6. Close lid and seal valve. Set high pressure and cook 25 minutes per pound of meat. When done, natural release pressure 10 minutes, then quick-release remaining pressure.
7. Serve and enjoy!

