



Roast With Onion-and-Mushroom Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 beef bouillon cubes
- ☐ 2 pound chuck roast boneless trimmed
- ☐ 2 tablespoons cornstarch
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 1 ounce onion soup mix dry
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups water
- ☐ 2 tablespoons water

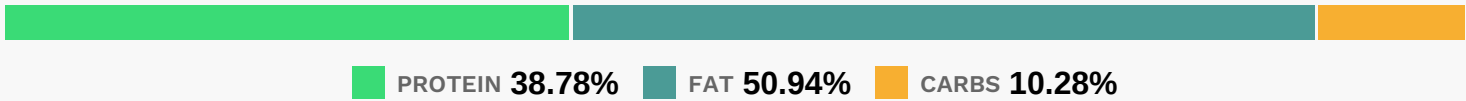
Equipment

☐ pressure cooker

Directions

- ☐ Sprinkle roast evenly with pepper; place in a 6-quart pressure cooker.
- ☐ Add mushroom soup and next 3 ingredients.
- ☐ Cover cooker with lid, and seal securely; place pressure control over vent and tube. Cook over medium-high heat 20 minutes or until pressure control rocks quickly back and forth. Reduce heat to medium-low, and cook 20 more minutes.
- ☐ Remove from heat; run cold water over cooker to reduce pressure. Carefully remove lid so that steam escapes away from you.
- ☐ Remove roast, and keep warm. Stir together cornstarch and 2 tablespoons water; add to liquid in pressure cooker. Bring to a boil; cook 1 minute.
- ☐ Serve gravy with roast.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:17.93434806492%

Nutrients (% of daily need)

Calories: 329.83kcal (16.49%), Fat: 18.65g (28.7%), Saturated Fat: 8.27g (51.66%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 7.99g (2.91%), Sugar: 0.41g (0.46%), Cholesterol: 106.92mg (35.64%), Sodium: 1186.52mg (51.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.89%), Zinc: 12mg (79.98%), Vitamin B12: 4.22µg (70.37%), Selenium: 31.83µg (45.48%), Vitamin B3: 7.11mg (35.55%), Vitamin B6: 0.63mg (31.5%), Phosphorus: 314.07mg (31.41%), Iron: 3.62mg (20.1%), Potassium: 607.71mg (17.36%), Vitamin B2: 0.27mg (15.66%), Copper: 0.23mg (11.37%), Manganese: 0.23mg (11.34%), Vitamin B5: 1.07mg (10.72%), Magnesium: 36.99mg (9.25%), Vitamin B1: 0.13mg (8.4%), Calcium: 38.6mg (3.86%), Vitamin K: 2.61µg (2.48%), Folate: 8.55µg (2.14%), Vitamin E: 0.3mg (1.97%), Fiber: 0.48g (1.92%), Vitamin D: 0.15µg (1.01%)