



Instant Pot Roast

Yield: 12 servings Time: 1 hour 30 minutes

INGREDIENTS

- 1 Tablespoon steak seasoning (like McCormick Grill Mates Montreal Steak Seasoning)
- 3 1/2 lb. bottom round roast
- 3 Tablespoons extra-virgin olive oil
- 1 (1-ounce) package onion soup mix
- 1 large sweet onion, thickly sliced
- 10 cloves garlic, smashed
- 1 cups vegetable or beef broth
- 1/2 cup red wine vinegar

DIRECTIONS

1. Turn on Instant Pot to sauté. Add olive oil and heat up pot.
2. Cut roast into quarters and sprinkle with steak seasoning.
3. Sear each piece of beef on each side.
4. Sprinkle onion soup mix, onion slices and garlic over the pieces of roast.
5. Then add broth and red wine vinegar.
6. Cook on high pressure for 60 minutes.
7. When the 60 minutes are complete, let the pressure cooker naturally release for 15 minutes and then do a quick release.
8. Shred roast or cut into chunks.
9. Serve with roasted vegetables or mashed potatoes.

*Gravy may be made of the drippings. If making gravy, omit the vinegar. Strain the drippings and then place back into the instant pot. Using the sauté feature, heat the drippings to boiling and then add a mixture of flour and water until the desired consistency.

Wasatch County Cooking Class, February 2023

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Goulash

Yield: 8 servings Time: 30 minutes

INGREDIENTS

- 1 lb. ground beef
- 1 medium onion, diced
- 1 (46 oz.) can tomato juice
- 1 (8 oz.) can tomato sauce
- 1 can corn, drained or 1 cup frozen corn
- 2 1/4 cups macaroni pasta
- 1 Tablespoon chili powder
- 2 teaspoons oregano
- 2 teaspoons garlic powder
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon pepper
- cheese, shredded (as desired)

DIRECTIONS

1. Using the saute feature on the instant pot, brown the ground beef and onion.
 2. Drain any excess fat.
 3. Add the remaining ingredients except the cheese.
 4. Cook on high pressure for 4 minutes. and the do a quick steam release.
 5. Give the ingredients a quick stir and then top with shredded cheese.
 6. Place the lid back on for a few minutes or until the cheese is melted.
 7. Serve immediately.
- A family tradition is to sprinkle the goulash with lemon pepper as wanted on each individual serving..

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Creamy Garlic Parmesan Risotto

Yield: 4 servings Time: 30 minutes

INGREDIENTS

- 4 Tablespoons unsalted butter, divided
- 2 Tablespoons olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 1 1/2 cups arborio rice
- 1/2 teaspoon granulated chicken bouillon
- 1/2 cup water
- 1 Tablespoon lemon juice
- 1 (32 oz.) carton chicken broth
- 3/4 cup grated parmesan cheese
- 2 Tablespoons fresh parsley, minced or 3/4 teaspoon dry
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Select sauté setting in electric pressure cooker.
 2. Heat 2 Tablespoons butter and oil.
 3. Add onion and cook until tender.
 4. Add the garlic and rice and cook and stir until rice is coated (2-3 minutes).
 5. Stir in bouillon, water and lemon juice. Cook and stir until liquid is absorbed.
 6. Pour in chicken broth. Lock lid and pressure low for 4 minutes.
 7. Quick release and stir until combined. Continue stirring until creamy.
 8. Stir in remaining ingredients and remaining butter. Select sauté setting and heat through.
 9. Serve immediately.
- Sliced mushrooms may be added with the onion. To make it a meal add shredded or diced chicken.

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Instant Pot Maple French Toast

Yield: 4 servings Time: 1 hour

INGREDIENTS

- 6 cups cubed bread
- 4 oz. cream cheese
- 4 large eggs
- 1/2 cup 2% milk
- 1/4 cup maple syrup
- 1 cup water (for bottom of instant pot)
- Berries
- Additional maple syrup

DIRECTIONS

1. Arrange half of the bread cubes in a greased 1 1/2 quart baking dish or springform pan.
2. Top with cream cheese and remaining bread.
3. In a large bowl, whisk eggs, milk and syrup; pour over bread.
4. Let stand 30 minutes.
5. Pour water into a 6 quart electric pressure cooker.
6. Cover baking dish with foil; Place on trivet with handles or make a foil sling.
7. Lower the dish into pressure cooker.
8. Lock lid and pressure cook on high for 20 minutes.
9. When finished cooking, naturally release for 10 minutes and then quick-release.
10. Remove baking dish and serve warm with berries and syrup.

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