

# Amish Chuck Roast

## Ingredients

- 1.5 - 2 lbs. boneless beef chuck roast
- Salt and pepper, to taste
- 4 tablespoons olive oil, divided
- 2 cups Coca Cola
- 1 (1 ounce) envelope dry onion soup seasoning mix
- 1 sweet onion, quartered
- 1 lb. baby gold potatoes, not peeled
- 1 c. baby carrots

## Instructions

### ***INSTANT POT INSTRUCTIONS:***

- Season both sides of the chuck roast with salt and pepper; set aside.
- Add 2 tablespoons of olive oil to Instant Pot and set to "Saute."
- When oil becomes hot and shimmery, add pot roast and sear for 4-5 minutes on each side, or until browned all over.
- While the roast is browning, place onion, potatoes, and carrots in a large bowl (or in a large zip-top plastic bag. Drizzle with remaining 2 tablespoons of olive oil and sprinkle with dry onion soup mix. Toss to coat.
- Transfer seasoned vegetables to the Instant Pot and arrange around the roast.
- Pour cola over everything.
- Place lid on Instant pot with steam valve closed.
- Switch Instant Pot setting to "manual" and set for 60-80 minutes on "high" pressure. I used 70 minutes for my 1.75-lb. roast, but you can adjust the timing according to the size of your meat.
- Do a natural release for at least 10 minutes, then quick release.
- Remove roast from pot, slice, and serve with vegetables.

### ***SLOW COOKER INSTRUCTIONS:***

- Heat 2 tablespoons olive oil in a large pot or Dutch oven over medium-high heat. Place meat in the pot and sear it for about 3-4 minutes on each side, or until browned all over.
- While the roast is browning, place onion, potatoes, and carrots in a large bowl (or in a large zip-top plastic bag. Drizzle with remaining 2 tablespoons of olive oil and sprinkle with dry onion soup mix. Toss to coat.
- Transfer the roast to a large slow cooker. Add seasoned vegetables to the pot and pour cola over everything.
- Cover and cook on LOW for 6-8 hours or on HIGH for 3-4 hours.

### ***OVEN INSTRUCTIONS:***

- Preheat oven to 350 degrees F.

- Heat 2 tablespoons olive oil in a large pot or Dutch oven over medium-high heat. Place meat in the pot and sear it for about 3-4 minutes on each side, or until browned all over.
- While the roast is browning, place onion, potatoes, and carrots in a large bowl (or in a large zip-top plastic bag). Drizzle with remaining 2 tablespoons of olive oil and sprinkle with dry onion soup mix. Toss to coat.
- Transfer seasoned vegetables to the pot and arrange around the roast. Pour the cola over everything.
- Cover tightly with a lid.
- Bake roast in a 350-degree oven for about 2 hours. The roast is done when it's fall-apart tender!