

From the kitchen of David and Jennifer Deaven

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Meat/Mississippi Roast

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- A: 4# chuck roast, or other boneless beef roast
2t salt
2t black pepper, coarse grind
1/4C flour
- B: 3T canola oil
- C: 6T butter, cut into small cubes
10 pepperoncini
1 onion, chopped fine
1T nutritional yeast
1/4C ranch dressing
- D: Chopped parsley
1. Rub (A) using fingers to press dry ingredients deep into the roast.
 2. Place (B) into instant pot pan, add roast and brown on all sides.
 3. Place pan into instant pot, add (C) on top of roast, and slow cook normal for 8 hours.
 4. Top with (D) and serve.



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