

Pot Roast Soup

by Nick

Serves: 4-6.

Prep Time:
10 mins

Cook Time:
40 mins

Total Time:
1 hr

This hearty Pot Roast Soup is ready in minutes thanks to some pressure cooking. So rich and delicious and perfect for a chilly fall dinner.

Ingredients

2 pounds chuck roast, cubed
½ teaspoon kosher salt
½ teaspoon black pepper
2 tablespoons olive oil
1 white onion, chopped
3 carrots, peeled and chopped
1 green pepper, chopped
2 stalks celery, chopped
4 cloves garlic
1/3 cup farro or barley
4 cups beef stock
¼ cup tomato paste
1 teaspoon dried thyme
Salt and pepper, to taste

Directions

- 1) Cut the beef roast into about 1-inch cubes and season well with salt and pepper.
- 2) Turn the Crock-Pot® Express Crock Multi-Cooker to Brown/Saute and add the olive oil. When pot is hot, add beef and brown well on all sides for a few minutes per side. Remove beef.
- 3) Keeping the cooker on the brown setting, add the chopped onions, carrots, celery, green pepper, and garlic. Cook for 6-7 minutes, stirring occasionally, until veggies start to take on some color and soften slightly (they won't be completely cooked at this point). Remove vegetables.
- 4) Return the beef to the cooker along with farro or barley, beef stock, tomato paste, and thyme. Lock the lid on the cooker and press the Meat/Stew setting. Set the pressure for High and the timer for 20 minutes.
- 5) When timer goes off, allow cooker to slowly cool for five minutes. Then use a spoon to open the steam valve and release steam.
- 6) Carefully open the lid (there will still be some steam). Add the reserved vegetables back to the pot and press the Brown/Saute button to keep the soup hot. Simmer for a few minutes to combine flavors and finish cooking the vegetables. Taste the soup and season to your liking with salt and pepper.
- 7) Serve the soup in bowls while hot.

Leftover soup freezes great and will keep in the fridge for up to a week. Soup is best reheated on the stovetop over low heat. You may need to add a little water to it while reheating.