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Mama-issippi Roast (S)

This recipe comes from Bonnie Ebert who is a certified Trim Healthy Coach. Bonnie was a featured coach in the "Back to Busy Season" edition of the Trim Healthy Living EZine. She says: "This Instant Pot or crock pot recipe is inspired by the famous Mississippi Roast. I hope you love as much as my busy family does!"

Serving Size: Family-serve

INGREDIENTS:

- 3.8 pounds beef roast
- 16 oz jar of pepperoncini peppers
- 1 Tablespoon parsley
- 1 Tablespoon chives
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 1 Tablespoon dill
- 1/2 teaspoon mineral salt
- 1/4 teaspoon pepper
- 1 stick of butter (1/2 cup)
- 2 Tablespoons Trim Bouillon Mix (Trim Healthy Mama Cookbook, p. 491)

INSTRUCTIONS:

1. Add roast to a crock pot or Instant Pot.
2. Add a jar of pepperoncini peppers, with juice, and all the seasonings. Flip roast to make sure the seasonings just don't sit at the top.
3. Place the stick of butter on top of the roast and add the lid.
4. Crock pot cook on high for 8 to 10 hours.
Instant Pot - Manual 55 minutes on high pressure. NPR (natural pressure release)
- approximately 20 minutes.
5. Serve with a side salad or "Mashed Potatoes".