

Instant Pot French Dip

Delicious, Tender Beef Cooked in Your Pressure Cooker and Turned Into the BEST French Dip Sandwiches!



Prep Time	Cook Time	Total Time
20 mins	1 hr 40 mins	2 hrs

Course: Main Course Cuisine: American Servings: 4 Calories: 700kcal

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4.86 from 283 votes

Ingredients

- 1.5-2 pounds chuck roast or bottom round beef roast
- 0.25 teaspoon salt
- 0.13 teaspoon pepper
- 0.25 teaspoon onion powder
- 0.5 Tablespoon olive oil
- 0.63 ounce pkg dry au jus mix
- 6 ounces beer (1 can)
- 1.5 Tablespoons butter melted
- 0.13 teaspoon garlic powder
- 6 slices provolone cheese
- 4 large rolls
- 0.5 Tablespoon freshly chopped parsley optional

Instructions

Prepare Roast

1. Let roast rest at room temperature for at least 15 minutes before searing.
2. Turn Instant Pot to Saute. When it reads HOT, add olive oil to pressure cooker.
3. Season roast with salt, pepper and onion powder. Sear roast on all sides in pressure cooker. Remove from Instant Pot and set aside.
4. Pour beer into pot and deglaze, essentially scrap all the stuck on food off the bottom of the pot. Place roast back in pot and sprinkle the Au jus packet over the roast.
5. Close lid and make sure pressure release valve is set to sealing. Turn pressure cooker to Meat/Stew function and set time to 100 (1 hr 40 minutes) minutes.
6. After the 100 minute cooking time is complete let pressure cooker naturally release for 25 minutes, then turn valve to venting to release any excess pressure.
7. Remove lid and transfer meat to serving plate, shred meat.

Prepare Buns

1. Set oven to broil and place sandwich rolls on a baking sheet.
2. In a small bowl combine butter and garlic powder. Brush over rolls and broil under low heat for 3-4 minutes, just until golden brown.

3. Pile meat onto rolls and top with cheese. Return to broiler and heat just until cheese has started to melt.
4. Top sandwiches with freshly chopped parsley.
5. Strain liquid left in pressure cooker with a fine mesh strainer. Serve strained Au jus with sandwiches for dipping.

Notes

- This can also be made in your crock pot or slow cooker. Simple sear on stop top using a skillet over medium heat.
- Instead of pressure cooking, place roast, au jus and beer in slow cooker and cook on low 8 hours.

Do I need to Sear the roast?

We highly recommend searing the roast. It cooks the outer surface of the meat at a high temperature so it caramelizes the roast and forms a crust. This gives it a ton of flavor, which we want.

Does it really need to be cooked for 100 minutes?

YES! Chuck roast is a tougher cut of meat so we highly recommend cooking it like we direct. This will make it fall apart tender and you will love it!

Leftovers

- Allow meat to cool and then place leftover meat in an airtight container and place in the refrigerator. Leftovers will last 2-3 days.
- To freeze leftover meat allow meat and au jus to cool. Then place in a freezer safe container and store in freezer for up to 2 months. When you are ready to use it let it thaw in the refrigerator overnight and reheat on the stove in a saucepan on the stovetop.

Nutrition

Calories: 700kcal | Carbohydrates: 35g | Protein: 49g | Fat: 38g | Saturated Fat: 18g | Cholesterol: 157mg | Sodium: 1001mg | Potassium: 634mg | Fiber: 1g | Sugar: 4g | Vitamin A: 565IU | Vitamin C: 0.7mg | Calcium: 356mg | Iron: 14.4mg