



POT ROAST OF BEEF

- 4 Pound Pot Roast Beef
- 1 Tablespoon Fat
- Salt and Pepper
- 1 Onion, Minced
- 1 Bay Leaf
- 2 Tablespoons Water

DIRECTIONS

1. Brown roast well in melted dripping in cooker.
2. Season with salt and pepper.
3. Add onions and bay leaf.
4. Add water.
5. Pressure cook for 35 minutes at 15 pounds of pressure. Cool.