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Tender Roast and Sweet Potatoes

One of the great things about a massing phase is that you can introduce more variety into your diet plan. When you're cutting, you might remove most of the red meat from your plan. When you're bulking, it's time to bring it back in, and this lean roast dish is a perfect way to do just that.

As you'll soon discover, the Instant Pot is the perfect cooking tool to make tender, delicious roasts that you can practically cut with your fork.

This recipe also includes a dose of vegetables to maintain your fiber intake, along with sweet potatoes for some complex carbs to keep your muscle glycogen stocked and your anabolic hormones, like insulin, high.

Serving Size: 8 oz. of meat with 3 cups veggies and potatoes

Serving Size: 4

Prep Time: 15 min.

Cook Time: 1 hour

Ingredients

- 2 lbs. lean eye-of-the-round roast
- 4 large sweet potatoes, cut into cubes
- 2 cloves garlic, minced
- 2 small onions, diced
- 2 large carrots, sliced
- 4 stalks celery, sliced
- 2 cups mushrooms
- 2 cups low-sodium beef broth
- 1 tbsp light soy sauce
- 1/2 tbsp fish sauce
- 1 tbsp olive oil
- Rosemary to taste
- Thyme to taste
- Salt and pepper to taste

Directions

1. Turn your Instant Pot to sauté setting and add olive oil.
2. When oil is hot, add roast. Flip every minute until evenly browned.
3. Remove roast from pot and set aside.
4. Add onions, mushrooms, and garlic to pot. Sauté.
5. Add soy sauce and fish sauce to onion mixture. Cook together for 1-2 minutes.
6. Stir in beef broth, top with remaining herbs and spices.
7. Place roast and potatoes in pot with broth, cover, and set timer to cook for 45 minutes.
8. After 45 minutes, add carrots and celery to pot. Cover and cook for another 5 minutes.
9. After 5 more minutes, relieve pressure.
10. Once pressure has dropped, remove roast to serving dish, surround with vegetables and serve.