

ITALIAN BEEF

FREEZE TOGETHER

- 3 pounds **beef chuck roast**, *trimmed + cut into chunks*
- 3 cloves **garlic**, *minced*
- half an **onion**, *diced*
- 2 teaspoons **dried oregano**
- 1 teaspoon **dried basil**
- 1 teaspoon **onion powder**
- 1 teaspoon **paprika**
- ½ teaspoon **garlic powder**
- ½ teaspoon **red pepper flakes**
- 1 teaspoon **salt**
- ½ teaspoon **black pepper**

INSTANT POT

Add 2 ½ cups broth and ¼ cup giardiniera brine before cooking

High Pressure 75 mins

15-minute natural release

SLOW COOKER

High Setting 6 hrs

Thaw ingredients first

FINAL STEP

Serve on toasted rolls with melted cheese and chopped giardiniera!

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