

BEEF RAGU

PREP TIME: 120-130 mins
SERVES: 6-8

IN THE FREEZER:

- 1 cup chopped onion
- 3 tbsp minced garlic
- 3 sprigs fresh rosemary
- 3 lb boneless chuck roast
- 1 tsp salt, 1 tsp pepper
- 2 tsp better than bouillon beef
- 1 28oz can diced tomatoes
- 1 6oz can tomato paste

NEEDED FOR SERVE DAY:

- 1/2 cup parmesan cheese
- 3 slices American cheese
- 1 cup cheddar cheese
- 2 cups quick cooking grits

ON SERVE DAY...

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 90 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes before manually releasing remaining pressure.
4. While the IP is cooking, bring 3 cups of water to a boil. Once boiling, add grits and stir vigorously until blended and smooth. Add American and cheddar cheeses; stir.
5. Once IP cycle is done and pressure is released, shred beef and stir into sauce.
6. Serve ragu over grits. Garnish with parmesan cheese.

SIDE ITEM: Cheese grits