

# Pressure Cooker Italian Beef Sandwiches

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/the-kitchn-recipe-pressure-cooker-italian-beef>

## Ingredients:

- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon freshly ground black pepper
- 1 teaspoon kosher salt omit if using salted beef broth
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon garlic powder
- 3 pounds beef chuck roast trimmed and cut into 2-inch cubes
- 1 tablespoon olive oil
- 1 small onion thinly sliced
- 3 cloves garlic minced or put through a garlic press
- 2 cups beef broth preferably unsalted
- 2 teaspoons olive oil
- 2 green bell peppers medium, cored and sliced
- kosher salt
- freshly ground black pepper
- 6 sandwich rolls or, 6-inch crusty sub
- sliced provolone cheese optional
- provolone cheddar, or American cheese (optional)
- giardiniera or pepperoncini peppers, optional

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 26 grams

3. Cholesterol: 155 milligrams
  4. Fat: 49 grams
  5. Fiber: 2 grams
  6. Protein: 52 grams
  7. SaturatedFat: 19 grams
  8. Sodium: 1240 milligrams
  9. Sugar: 4 grams
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