Four-Way Shredded Beef (Pressure Cooker or Slow Cooker)

1 (2 to 2 1/2-pound) beef roast
1 (3/4 cup) chopped green bell pepper
1 (1 cup) chopped onions
1 (1 cup) chopped carrots
3 tablespoons olive oil

Pressure Cooker Directions: Place beef roast, chopped vegetables and olive oil in pressure cooker insert. Select pressure setting on pressure cooker; program 90 minutes on pressure setting for 6-quart pressure cooker. Move to natural pressure release. No one was burned in this dinner-making experience.

Fortuitously, I arrived at the recipe at the bottom of my new stack of reading instructions. When I arrived at the recipe at the bottom of my new stack of reading instructions. When I arrived at the recipe at the bottom of my new stack of reading instructions. When I arrived at the recipe at the bottom of my new stack of reading instructions. When I arrived at the recipe at the bottom of my new stack of reading instructions.