

## The Best Instant Pot Rump Roast Recipe: Tender, Juicy, and Foolproof Every Time

Comfort-food results, faster:



**TIME**  
**4 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

For the roast:

- 3 to 4 lb rump roast
  - 2 tsp kosher salt
  - 1 tsp black pepper
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 2 tbsp oil (avocado or vegetable)
  - 1 large onion, sliced
  - 4 cloves garlic, minced
  - 2 tbsp tomato paste (optional, adds depth)
- Cooking liquid:
- 2 cups beef broth
  - 1 tbsp Worcestershire sauce
  - 1 tbsp soy sauce (optional but great for umami)
  - 1 tsp dried thyme (or 1 tbsp fresh)
  - 1 tsp dried rosemary (crushed)
  - 2 bay leaves

Vegetables (optional but recommended):

- 1 lb baby potatoes (or quartered Yukon golds)
- 4 large carrots, cut into big chunks
- 2 celery ribs, chopped (optional)

To thicken gravy:

- 2 tbsp cornstarch
- 2 tbsp cold water

### DIRECTIONS

- Season and sear: Pat the roast dry. Season all over with salt, pepper, garlic powder, and onion powder.
- Set : Instant Pot to SautØ. Add oil. Sear the roast 3-4 minutes per side until deeply browned. Remove to a plate.
- SautØ aromatics + deglaze: Add onion and cook 2-3 minutes. Stir in garlic (30 seconds). Add tomato paste if using and cook 30 seconds more.
- Pour in beef broth and scrape up every browned bit from the bottom (this prevents burn warnings and makes the gravy amazing). Stir in Worcestershire, soy sauce (if using), thyme, rosemary, and bay leaves.
- Pressure cook: Return roast to the pot.
- Cook time guideline:
- For sliceable tender: 18 minutes per pound
- For shreddable tender: 20 minutes per pound
- For a 3.5 lb roast, that's 63-70 minutes on High Pressure.
- Natural release: When done, let it naturally release 15 minutes, then quick release the rest.
- A) If cooking veggies with the roast (easy method): Add potatoes and carrots around the roast before pressure cooking. They'll be very tender at the end-classic pot-roast style.
- B) If cooking veggies after the roast (best texture): Remove the roast, tent with foil. Add potatoes and carrots to the pot. Pressure cook 5 minutes, then quick release.
- Make gravy: Remove bay leaves. Turn on SautØ.
- Mix cornstarch + cold water. Stir into the pot and

simmer 2-3 minutes until thickened. Taste and adjust salt/pepper.

15. Slice or shred: For slices: cut against the grain. For shredding: pull apart and toss with a little gravy.

## SWAPS & NOTES

Bottom round works similarly; chuck roast will be even more fall-apart.

Broth options: Beef broth is best; chicken broth works in a pinch but is lighter.

Flavor boost: A splash of balsamic vinegar (1-2 tsp) adds a subtle "roastiness." Veg timing: If you like firmer veggies, cook them after the roast (I'll show both ways).

Step-by-step instructions 1) Season and sear Pat the roast dry.

### TIPS FOR SUCCESS

It's the difference between "good" and "whoa." Cut against the grain to keep rump roast tender.

If it's not tender enough: Put it back for 8-12 more minutes on High Pressure, then natural release again.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-instant-pot-rump-roast-recipe-tender-juicy-and-foolproof-every-time/>