

Harissa Shredded Beef - Instant Pot method

August 28th, 2025

This recipe serves: 8

Prep Time: 00:30

Cook Time: 01:45

This is a semi-traditional Harissa Beef recipe, that uses a less-traditional cooking method: The Instant Pot. Traditionally, this meal would be slow-cooked using a clay pot called a "Tagine". However, you can use an Instant Pot to braise the Chuck Roast and accomplish the same results. I like to add the peppers and the squash towards the end of the cooking time, so that they are not overcooked. The final dish can be eaten with Khobz (Moroccan White Bread), Ekmek (Turkish Bread), or Turkish Pita.

Ingredients:

Beef

3 lbs Chuck Roast
1/2 Cup (4 Ounces) Vegetable Stock
1/4 Cup (2 Ounces) Water
1/4 Cup (2 Ounces) Pomegranate Juice
1/2 Cup (4 fluid ounces) Harissa Paste
8 Ounces small Baby Bella Mushrooms
10 Ounces Cherry Tomatoes
1/4 Cup Golden Raisins

Vegetables

1 Red Onion
2 Zucchini
1 Yellow Squash
1 Red Bell Pepper
1 Green Bell Pepper

Toppings

1/2 Cup (4 fluid ounces) Harissa Paste
1/2 Ounce Parsley
1/2 Ounce Cilantro
1/2 Ounce Mint
6 Ounces Feta Cheese
Tzatziki

Directions:

Braise the Chuck Roast

Trim any excess fat from the Chuck Roast.
Use paper towels or a clean tea towel to thoroughly dry the Roast.
Add Water, the Stock, and the Pomegranate Juice to a large (6 quart) Instant Pot.
Place the Chuck Roast into the Instant Pot.
Apply half of the Harissa Paste (1/2 Cup) to the Chuck Roast.
If the Mushrooms are larger than "bite-sized", cut them into bite-sized pieces.
Add the Mushrooms, Cherry Tomatoes, and the Raisins into the space around the Roast.

Seal the Instant Pot.

Set the timer for **1 hour**

OR

set the timer for **24 minutes per pound of Chuck Roast** (whichever is greater).

Run the Instant Pot.

After the cooktime is completed, allow the Instant Pot to release pressure naturally. This may take up to an additional 30 minutes.

Remove the Beef Roast from the Instant Pot.

Cover the Roast with a sheet of tented parchment paper or aluminum foil and let it rest.

Leave the Au Jus in the Instant Pot. You will be using it again.

Prepare the Vegetables

Meanwhile, slice the Red Onion into long thin slices.

Cut the Zucchini into large bite-sized cubes.

Cut the Yellow Squash into large bite-sized cubes.

Quarter the Red and Green Bell Peppers lengthwise, cross-cut each quarter into 2 or 3 equally sized pieces.

Braise the Vegetables

Add the Red Onion, Zucchini Squash, Yellow Squash, the Red Bell Peppers, and Green Bell Peppers into the Au Jus in the Instant Pot.

Seal the Instant Pot and **set the timer to cook for 1 minute.**

When the timer runs out, manually release the pressure and open the Instant Pot.

Put It All Together

Finely chop the Parsley, Cilantro, and Mint.

Mix together well and reserve for later.

Remove the parchment sheet from the Beef Roast and shred the Meat.

Add the remaining 1/2 Cup Harissa Paste to the Shredded Beef.

Mix together until fully integrated.

Crumble the Feta Cheese and mix it in with the Shredded Beef.

Move the Vegetables from the Instant Pot. Drain and arrange them onto a large serving platter.

Add the Au Jus from the Instant Pot into the Shredded Roast Beef (and Feta Cheese) and mix together well.

Arrange the Shredded Roast Beef onto the serving platter, in the center of the Vegetables.

Sprinkle liberally with the Parsley, Cilantro, and Mint mix.

To eat, cut open a Pita. Stuff the Pita with Roast Beef and Vegetables, top it with Tzatziki.

Enjoy!