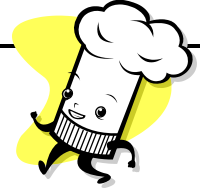


## For the love of instant-pot

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### *Beef Stew*

Servings: 6

#### Ingredients:

2 lbs.	Stewing Beef
2 Tbsp	Olive oil
1 Med	Onion, diced
4 big	Carrots, chopped
4 med	Potatoes, cubed
3 Cloves	Garlic, minced
3 cups	Low sodium beef stock
2 Tbsp	Tomato paste
1 Tbsp	Worcestershire sauce
1 Tsp	Italian seasoning spice
1 Tsp	Thyme
1	Bay leaf
½ Tsp	Rosemary, crushed
2 Tbsp	Flour
2 Tbsp	Water

#### Directions:

1. On display select sauté function (high heat) and set timer for 6 min. While instant pot is coming to temp sprinkle beef with a little salt. Once display reads hot add 1 tbsp olive oil and put stewing beef in the pot. You want to sear both sides of the beef not necessarily cook through. So just 2-3 min of searing per side. Hit cancel button and remove beef from the pot to a clean bowl.
2. Select sauté function again but this time medium heat. When pot comes to temp add 1 tbsp olive oil, onions and garlic and sauté for 2-3 minutes until onions are soft and translucent. Press cancel button.
3. While pot is still hot you want to deglaze the bottom of the pot by pouring 1 cup of the beef broth and scraping up any brown bits from the bottom of the pot. Pour in remaining broth.
4. Add tomato paste, Worcestershire sauce, spices and bay leaf and stir. Add beef back to the pot, along with any juices from the bowl. Place carrot and potato on top of the beef. Do not stir.

5. Close the instant pot lid and put in sealed position. Select pressure cook setting (high) and set timer to 35 minutes. When cook time ends allow the pot to naturally release for 10 minutes. Press the quick release button and allow any remaining steam to release.
6. Thicken the stew by stirring together 2 tbsp cornstarch or flour with 2 tbsp water in a cup with a whisk. Pour mixture into instant pot and stir around. Replace the lid and let stew stand for 10-15 min to allow thickening. Press cancel button and serve.

*Suggestions:*

This stew is really hearty, and the beef is very tender.

Add side salad to go with stew. Garden or even coleslaw are great choices.

Cut up some fresh veggies and have with ranch dip as a side.

Have a nice glass of cold milk to go with stew.

*Recipe adapted from [kristinekitchenblog.com](http://kristinekitchenblog.com)*