



IP Beef Stew

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Categories: Main Dish - Beef, Main Dish - Instant Pot, Source: The Captain's Shack

Servings: 6

Description: Tender beef is simmered in a super flavorful and hearty broth that's packed with veggies!

Preparation Time: 15 minutes

Start to Finish Time: 35 minutes

Serving Ideas: Serve with a good toasted country or Basque bread.

Suggested Wine: Any good Basque or big red wine.

Ingredients

1 1/2 lbs Beef Stew Meat
1 T Olive Oil
1 t Hawaiian Pink Salt
1 t fresh ground
Tellicherry Black Pepper
1 t each Oregano, Basil,
seasoning mix
1 t each Marjoram and
Thyme, seasoning mix
4 T Worcestershire
Sauce
3 lg cloves Garlic,
minced
1 lg Onion, cut into
chunks
4 med Carrots, cut into
bite sized rounds
4 New Potatoes, cut in
half
1 sm Rutabaga peeled
and cut into bite sized
cubes
1 sm Parsnip, peeled and
cut into bite sized cubes
1 lg Poblano Pepper cut
into chunks
2 1/2 c Beef Stock
2 T Cornstarch
4 T Red Wine

Directions

- 1) Combine the spices for the seasoning mix in a bowl. Set aside.
- 2) Add the olive oil to the instant pot and turn on the sauté function. When the oil starts to sizzle add the meat and season with the salt, pepper, and the seasoning mix.
- 3) Cook the meat until browned on all sides. Add the beef stock to the instant pot and use a spoon to scrape the brown bits from the bottom of the pan. Add the Worcestershire sauce, garlic, onion, carrots, potatoes, rutabaga, parsnip and Poblano. Close the lid and steam valve on the instant pot.
- 4) Cook on high pressure for 35 minutes, then allow the pressure to release naturally for 10 minutes before doing a quick release.
- 5) Turn the IP off. Turn the Sauté on and mix together the cornstarch and wine in a small bowl. Add to the stew and stir until thickened.

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