

Beef Stew with Red Wine and Veggies in a Pressure Cooker

I've been making this delicious Beef Stew for years. In this recipe it is made in a pressure cooker to save a ton of time and make life easy. Prepare in advance to meld all the flavors, if you wish. It will also thicken up when refrigerated overnight. You can use a beef base like Better than Bouillion to make a quick beef stock or broth. If you do this, use 1 teaspoon per cup of water. No need to mix it, just add to the pot.

2	Tablespoons	canola oil	3	medium	potatoes, cut in 1/2-inch pieces
2	medium	onions, chopped	3	cloves	garlic, minced
3	pounds	boneless beef chuck, cut into 1" cubes	1		bay leaf
2	cups	Cabernet Sauvignon (or similar dry red wine)	2	sprigs	fresh thyme
3 1/2	cups	beef stock or broth	1	10 ounce package	frozen peas
6	medium	carrots, cut in 1/2-inch pieces	5-6+	grindings	fresh-ground black pepper
6		celery stalks, cut in 1/2-inch pieces	1	pinch	salt to taste
			6	Tablespoons	butter
			6	Tablespoons	flour

- 1 BROWNING.** Place oil and onion in stovetop pressure cooker and cook on medium low. OR With the Instant Pot, cook on SAUTE or BROWNING. When it says "HOT". put oil in the inner pan and let it warm up before adding the onions. After cooking onions a few minutes, stir in beef cubes, turn up heat to medium-high for stovetop pressure cooker and let brown for only 5 minutes.
- 2** Next add the wine, beef stock, carrots, celery, potatoes, garlic, bay leaf and thyme. (Not the peas yet.) Turn OFF the Instant Pot. NOTE: You have to turn off the Instant Pot to go between functions, such as SAUTE and COOK.
- 3 COOKING** Place the lid on tightly and be sure your steam release handle is in the sealing position. Cook on HIGH PRESSURE (Stew/Meat setting) for 35 minutes. Turn heat on stovetop pressure cooker to high. After about 15 minutes, turn heat down to medium-high. After a total of 35 minutes, turn off heat on stovetop pressure cooker and allow the pressure to release naturally for 10 minutes. Release any remaining steam by releasing the pressure valve for 10 minutes and then carefully remove the lid, facing away from you.
- 4 THICKENING.** Make a roux separately in a saucepan, melt butter and stir in flour. Cook the roux for a few minutes and then stir slowly by spoonfuls into the finished stew along with the frozen peas. Stir occasionally as you bring it to a boil and you see the Beef Stew sauce thickening
- 5 SEASONING.** Grind some fresh pepper into stew. 5-6 grindings or your preference. Taste for salt. You may not need any salt, if you have used a beef stock with salt in it.

Servings: 12

Preparation Time: 10 minutes

Cooking Time: 43 minutes

Inactive Time: 20 minutes

Total Time: 1 hour and 13 minutes

Nutrition Facts

Nutrition (per serving): 682 calories, 425 calories from fat, 47.3g total fat, 132.1mg cholesterol, 565.6mg sodium, 796.3mg potassium, 22.4g carbohydrates, 3.9g fiber, 4.7g sugar, 33.2g protein.

Source

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