

recipe Instant Pot Beef Stew

from jessicagavin.com

serves 4-5

cooking time 45 min preheat oven to -

- 1 1/2 lb beef chuck roast, 2" cubes OR eye of round
- 1 1/2 cup onion, diced
- 1 lb yukon gold potatoes, 1" dice
- 2 cups carrots, 1" pieces
- 1 cup celery, 1/2" dice
- 1 cup peas
- 3 tbsp olive oil
- 1 tbsp garlic, minced
- 2 tbsp soy sauce, divided
- 1/4 cup balsamic vinegar
- 2 tbsp corn starch
- 3 cup beef stock* (2 1/2 cups)
- 1/4 cilantro, chopped

Salt beef cubes and drizzle with 1 tbsp soy sauce in bowl. Select "Sauté" and wait for "Hot" on display. Add 2 tbsp oil and sear beef on each side for ~2 min. Transfer to clean plate. Add 1 tbsp oil and onions, sauté 1 min. Add garlic, sauté 1 min. Add balsamic vinegar, sauté 3 min, stirring and scraping the bottom. Add potatoes, carrots, celery, beef, beef stock, and 1 tbsp soy sauce.

Seal and pressure cook for 20 min. Allow pressure to naturally release for 15 min, then vent and remove lid.

Select "Sauté" until liquid begins to boil. Add a ~~little~~ little water to corn starch in separate cup and mix. Add peas and corn starch to pot, cook ~5 min.

Garnish with cilantro.

