

Beef Stew with the Power Pressure Cooker XL

https://www.youtube.com/watch?v=82SLnYm_8Rs&list=PLe8SA_VYsIG5exfnKnQWWctTD2ufw8Ejx&index=19

Chef Eric Theiss

4 medium peeled potatoes, cut into large cubes
1 lb. top round beef, cut into large cubes
½ large white onion, diced
¼ medium green pepper, diced
3 cloves garlic, minced
½ tsp cumin
1 Tbl oregano
8 oz. tomato sauce
8 oz. diced tomato
6 oz. red wine
1 bay leaf
2 oz. vegetable oil
Salt and pepper to taste
2 Tbl butter
¼ cup potato flakes

Season the beef with the salt and pepper. Set the pressure cooker to sauté. Add oil. Sear beef for 2 minutes. Add onions, pepper, garlic, spices. Stir. Deglaze with wine. Add tomatoes. Add potatoes and bay leaf (remember to remove the leaf before serving). Stir. Lock lid. Set the pressure cooker to cook for 15 minutes. Start the pressure cooker. When the pressure cooker has stopped, mix in butter. Finally, mix in the potato flakes to thicken.