

Classic Beef Stew *Instapot*

Serves 5-6



Ingredients

- 1 ½ beef stew meat
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 2 tablespoons Worcestershire sauce
- 3 cloves garlic, minced or pressed
- 1 large onion, chopped
- 1 pound carrots, cut into very large chunks
- 1 stalk celery, sliced
- 1 pound Yukon gold potatoes, peeled and cut into very large chunks
- 2 ½ cups water
- 1 tablespoon **Organic Beef Better Than Bouillon**
- 2 tablespoons tomato paste
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- Handful of fresh flat-leaf parsley, chopped

Steps

1. In the pot of a pressure cooker on the “brown” or “saute” function, begin browning the meat. Season with salt, pepper, thyme and rosemary. Once meat has browned on all sides, remove.
2. Add the garlic and onions sauteing until the onions are translucent. Add the Worcestershire sauce, tomato paste, Better Than Bouillon, water, carrots, potatoes and the meat with all the juice.
3. Close the lid and steam valve on your pressure cooker and cook on high for 35 minutes. Allow the pressure to release naturally for 10 minutes before using the quick release.
4. Stir together the cornstarch and water and add to the stew stirring until the consistency has thickened. Serve hot and top with parsley.

**In order for the potatoes and carrots to retain a bit of texture, they should be in fairly large pieces (2”-3” inch pieces for carrots and 2” pieces for potatoes.*