



## Instant Pot® Beef Stew (local style)

28-Feb-2023

Level: Easy

Prep Time: 15 minutes

Serves: About 4 to 5

Cook Time: About 1.5 hours



- 2 Tbsp. vegetable oil
- 2 pounds beef for stew
- 2 (14.5 oz.) cans beef broth (less sodium)
- 1 (1.5 oz.) packet Lawry's® Beef Stew Spices & Seasonings Mix
- 1 whole bay leaf
- 2 celery stalks, cut on bias (diagonal)  $\frac{1}{2}$ -inch thick
- 3 large carrots, peeled and cut on bias (diagonal)  $\frac{1}{2}$ -inch thick
- 1 yellow onion, diced large
- 3 large potatoes, peeled and cut into fourths or eighths
- 1 (14.5 oz.) can stewed tomatoes (Italian recipe)
- $\frac{1}{2}$  tsp. Worcestershire sauce
- 1 (8 oz.) can tomato sauce
- 1 cup frozen peas
- Salt and pepper, to taste (optional)



1. Add 1 Tbsp. oil to a large stainless steel sauté pan and set on high heat. As it's heating, swirl the oil to get a thin coating around the bottom of the pan. Meanwhile, pat the meat dry with a paper towel. When the oil starts to shimmer and smoke just slightly, add half the meat, but do not overcrowd the pan. Leave a few inches between each piece. Allow meat to sear untouched for a few minutes, then shake pan. If the meat releases from the pan, it's ready to be flipped to another side. Once all sides are seared, transfer meat to the Instant Pot® inner cooking pot. Repeat searing process with remaining oil and beef.
2. Next add beef broth, Lawry's® seasoning, and bay leaf to the inner cooking pot. Stir to mix ingredients. Cover and secure Instant Pot® lid. Cook meat for 60 minutes pressing the "Meat/Stew" setting.
3. Allow Instant Pot® to release pressure naturally. Carefully remove Instant Pot® lid. With a slotted spoon, gently remove beef cubes and place in a large heatproof bowl. Leave liquid in the inner cooking pot. Cover meat with foil and set aside.
4. Add cut celery, carrots, onion, potatoes, stewed tomatoes, and Worcestershire sauce to the liquid in the inner cooking pot. Cover and secure Instant Pot® lid. Cook vegetables in liquid for 4 minutes pressing the "Steam" setting.
5. Allow Instant Pot® to release pressure naturally. Carefully remove Instant Pot® lid. Add tomato sauce and peas to inner cooking pot. Gently stir to combine ingredients. Press "Keep Warm" setting. Taste, add salt and pepper if desired. Add meat and any liquid in the bowl back to the inner cooking pot. Gently stir, let sit for 5 minutes. Serve immediately with hot rice.