

Imperfectly Happy Homesteading

Instant Pot Beef Stew

Serves 6-8

Instant Pot Beef Stew - Ingredients

- 2 lbs of stew meat
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 tablespoons coconut oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 6 oz of tomato paste
- 5 cups beef broth
- 1 tablespoon Worcestershire sauce
- 1 pound of potatoes, cut into chunks
- 1 pound baby carrots
- 2-3 stalks of celery (with leaves that add more flavor), chopped

Instant Pot Beef Stew - Directions

1. Set your Instant Pot to Sauté
2. Add coconut, beef, salt and pepper to the pot
3. Slightly brown meat
4. Add in the onion and garlic and continue to sauté until softened
5. Now add the remaining ingredients and give it all a stir
6. Put on your lid, and make sure the vent is closed
7. Switch your Instant Pot to Meat/Stew and set for 18 minutes
8. Once the cooking is completed, let the Instant Pot depressurize naturally (do not open the vent)
9. Spoon into your stew in bowls, top dry or fresh parsley or even a little dried oregano for added flavor
10. Serve with some sourdough bread and butter

Don't be afraid to play with your seasonings. I often will throw in some fresh rosemary, thyme and I have even put in some cilantro; experiment to see what you like best. If you do not have an Instant Pot you can put all the ingredients (omit oil) into your crock pot and cook low for 6-8 hours.