Instant Pot Beef Stew

Preparation Time:

15 mins

Cooking Time:

35 mins

Total Time:

50 mins

Servings:

4

Ingredients

1 1/2 pounds beef stew meat

trimmed and cut into 1-2 inch chunks

1 teaspoon salt

1 teaspoon pepper

1 teaspoon Italian seasoning

1 teaspoon sugar

1 bay leaf

1 tablespoon olive oil

3 cloves garlic minced

1 medium onion finely chopped

4 medium potatoes, cut into 1-inch chunks

3 carrots peeled and cut into thick slices

3 stalks celery chopped

1 1/2 cups beef broth or stock

1/2 cup red wine

2 tablespoon Worcestershire sauce
1 can (15 ounces), petite diced or crushed tomatoes
2 tablespoons cornstarch
2 tablespoons water

Directions

Season stew meat with salt, pepper, and Italian seasoning

Add olive oil to the Instant Pot.

Using the display panel select the Sauté function on high.

When oil starts to sizzle, brown the meat on all sides.

The meat will not be cooked through.

Do not crowd the pot, you may have to work in batches.

Transfer browned meat to a bowl, but leave as much liquid as possible in the pot.

Add garlic, onions, carrots, and celery to the pot.

Continue to sauté for 3-4 minutes (if it gets too dry, add an additional 1 tbsp of olive oil)

Add beef broth to the pot and deglaze by using a wooden spoon to scrape the brown bits from the bottom of the pot.

Add beef back to the pot along with Worcestershire sauce, tomatoes, and potatoes.

Turn the pot off by selecting cancel, then secure the lid, making sure the vent is closed.

Set at high pressure for 30 minutes.

When the time is up, let the pressure naturally release for 15 minutes, then quick-release the remaining pressure.

Mix together the cornstarch with 2 tablespoons cold water in a small bowl and stir into the stew until thickened.