

Instant Pot Carne Con Papas (Cuban Beef Stew)



Preparation Time:

15 mins

Cooking Time:

20 mins

Total Time:

35 mins

Servings:

4

Ingredients

1 pound stew meat, cut into 2 inch cubes

3 tablespoons olive oil

2 Yukon Gold potatoes, quartered

2 carrots, cut in 1-inch pieces

1 onion, large diced

1 bell pepper, large diced

3 clove garlic minced

1 teaspoon cumin

1 teaspoon oregano

1 teaspoon paprika

1 teaspoon marjoram

1 teaspoon brown sugar

2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon red pepper flakes

1 bay leaf

2 tablespoons tomato paste.

1 can (15 oz.) crushed tomatoes
3/4 cup beef stock
1/4 cup dry red wine
1 tablespoon corn starch
2 tablespoons water

Directions

Add the olive oil into the inner pot.

Press the Sauté button.

Sauté the onion, pepper, and garlic until translucent.

Add tomato paste and sauté for an additional minute, or so to caramelize.

Add the stew meat and sauté for 3 to 4 minutes until slightly brown.

The meat will not be fully cooked at this time.

Add red wine and deglaze the bottom of the pot and allow the wine to reduce slightly.

Add vegetables and stir well to combine.

Add all your spices, brown sugar, crushed tomatoes, and beef stock.

Mix ingredients well.

Press Cancel.

Place the lid on the Instant Pot, ensure the pressure release valve is set to Sealing.

Press the Pressure Cook Button.

Set pressure cooking time for 20 minutes.

Once the cooking time is finished, quick-release pressure by moving the valve to Venting.

When the steam is completely released, remove the lid.

Turn on Sauté Mode.

Mix cornstarch and water to form a slurry and pour into the pot, and stir well until sauce has thickened.

Enjoy!

Notes

Serve over white rice, with ripe plantains.