



Instant Pot Carne Con Papas (Cuban Beef Stew)

Beef | Vegetables | Cuban | Instant Pot-Pressure Cooker | Stews

RATING ★★★★★	SERVINGS 4	DIFFICULTY Easy
PREP TIME 15 mins	COOK TIME 20 mins	TOTAL TIME 35 mins

Ingredients

1 pound stew meat, cut into 1-inch cubes
4 tablespoons olive oil
2 Yukon Gold potatoes, quartered
3 carrots, cut into 1-inch pieces
1 large onion, diced
1 red bell pepper, diced
4 cloves garlic, minced
1 teaspoon cumin
1 teaspoon oregano
1 teaspoon paprika
1 teaspoon thyme
1 teaspoon Complete Seasoning
1 teaspoon Sazon Tropical
1 teaspoon raw sugar
2 teaspoons salt
1/4 teaspoon pepper
1 jalapeno Pepper, diced
1 bay leaf
1 tablespoon tomato paste
2 tablespoons tomato sauce
1 can (15 oz.) diced tomatoes
1/4 cup beef stock
1/4 cup dry red wine
2 tablespoons cornstarch
2 tablespoons water

Directions

Add the olive oil to 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 browned.
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, diced tomatoes, tomato sauce, and beef stock.
Mix ingredients well.
Press Cancel.
Place the lid on the Instant Pot, and ensure the pressure release valve is set to Sealing.
Press the Pressure Cook Button.
Set the pressure-cooking time to 15 minutes.
Once the cooking time is finished, natural release for 10 minutes, then perform a quick release.
When the steam is completely released, remove the lid.
Turn on Sauté Mode.
Mix cornstarch and water to form a slurry, then pour it into the pot and stir well until the sauce thickens.
Enjoy!

Notes

Serve over white rice, with ripe plantains.

Badia Complete Seasoning & Sazon Tropical can be found in most Latin markets and, nowadays, in most markets.

You may substitute the jalapeno for any other chili pepper, or omit it altogether if you do not like the heat.