

Beef Stew – Pressure Cooker Recipe



Beef Stew Pressure Cooker Recipe This savory delicious and inexpensive beef stew has been adapted as an easy and super fast pressure cooker recipe, that's hard to beat.

2 pounds **Beef** (stew meat, chuck roast, or other cut), cut into 1" cubes
3 tablespoons **Olive Oil** (extra-virgin, or lard, or vegetable oil) Not shortening!
(shortening is 100% trans-fats and is very unhealthy)
1/2 cup **Flour**
2 teaspoons **Salt**
1/2 teaspoon **Pepper**

2 cups **Water** (with Beef Base or bullion, or 2 cups Beef Stock)
1/2 teaspoon **Paprika**
1/2 tsp dried **Rosemary**
1/2 tsp **Thyme**
1 **Bay Leaf**
1 cup **Onions**, minced
1 **Garlic clove**, minced or prepared

6 **Carrots** (about 2 cups), cut into 1" pieces
4 Large **Potatoes** (about 3 cups), cut into 1" pieces
1 cup **Peas, or Celery** cut into 3/4" pieces

Stock the Pot & Pressure Cook

1. Mix **Flour, Salt** and **Pepper** in a large bowl. Add cubed **Beef** and roll until well coated.
2. Add **Olive Oil** to pressure cooker, then add the coated Beef and remaining flour.
3. Press "**Brown**" button on Control Panel of NESCO® 6 Qt. Digital Electric Pressure Cooker. The light will start flashing and display will show "0.0". Leave lid off while browning.
4. Press '**START.STOP**' button to begin heating. Indicator light will stop flashing.
5. Add **Beef** and turn every 2 minutes until browned. When Beef is browned (do not drain), add **Water, Paprika, Rosemary, Thyme, Bay Leaf, Onions, and Garlic**.

6. Place lid on cooker and turn counter-clockwise until it locks into place and Locking Pin ‘clicks’ into place.
7. Turn Pressure Regulator Knob to “**Pressure**” or “**Seal**” (see note below).
8. The set Pressure Button on Control Panel on “**LOW**“. Set desired cooking time by pressing the ‘LOW’ button once for each minute or hold down continuously until desired time is reached. **Set to 10 minutes.**
9. Press **START/STOP** button to begin cooking. Indicator light will stop flashing. Cooker will begin to count down (in minutes) and Floating Valve will rise after appropriate cooking pressure has been reached.
10. When time control reaches zero, cooker will beep 3 times and switch to the WARM setting automatically.
11. Press **START/STOP** button to make sure unit is completely off. Turn Pressure Regulator Knob to “**STEAM**” or “**VENT**” (see note below) in short bursts and allow pressure to release.
12. Remove lid and add remaining ingredients (**Carrots, Potatoes, Peas or Celery**).
13. Replace and lock lid onto cooker, set to ‘**Pressure**’ and cook another **10 minutes** on “**LOW**“. After cooker beeps indicating cooking time has been reached, turn off, unplug cooker from outlet and follow Step 11.

This Delicious Beef Stew serves 5-8 hungry adults, and goes great with Buttered Rolls and/or a tossed salad.