

Pressure Cooker Beef Stew

By Lacey Lee, Head Demonstrator at "This is the Ace" in North Salt Lake, UT

Brown in pan, then remove and set aside:

- 1 lb of Cubed Beef
- 2 Tablespoons oil

Next, Saute:

- 1 Large Onion, chopped
- 2 Garlic Cloves, pressed, crushed or chopped

Then Add:

- ½ cup Grape Juice or Red Wine

Scrape your pan to make sure nothing is sticking. (de-glaze)

Add:

- 3 cups Beef Broth
- 1 cup Carrots (sliced or diced)
- ¾ cup Tomato Paste
- 2 Potatoes, cut into ½ inch cubes

Bring to a boil and close Pressure Cooker Lid.

Set pressure to 15# lbs. (Position 2 with B/R/K Cookware)

When pressure is reached, lower the temperature and let cook for 12 minutes.

Run cool water over the pan if you wish to reduce the pressure quickly.

When pressure is all dissipated, remove the pressure lid and add:

- 1-1/2 cup Frozen Mixed Vegetables (corn or peas)

Serve hot. Salt and pepper to taste.