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CARE AND THE LOUNGE BY AT&T

# HOW TO INSTANT POT

## CUBAN BRAISED BEEF

MAKES: 4 SERVINGS

### Ingredients

- 1 - 28 ounce can diced tomatoes, drained
- 2 - red bell peppers, sliced 1/2 inch thick
- 1 - onion, cut into 8 wedges
- 2 - tablespoons dried oregano
- 1 - tablespoon ground cumin
- 2 - tablespoons salt
- 1 - tablespoon black pepper
- 1.5 - pounds flank steak, cut crosswise into thirds
- 1 - cup long-grained white rice
- 1 - avocado, sliced
- 1/4 - cup fresh cilantro leaves, chopped

### Directions

- In Instant Pot stainless steel bowl, combine the tomatoes, bell peppers, onion, oregano, cumin, 2 tbsp salt, 1 tbsp black pepper.
- Nestle flank steak among the vegetables.
- Lock the lid on the IP. Make sure pressure valve is set to "sealing".
- Press "Manual" button, and program to cook for 40 minutes under high pressure.
- When the dish is done cooking, allow IP to naturally release pressure for 20 minutes, and then quick release to safely remove lid.
- Using two spoons, shred the beef and mix it into the cooking liquid.
- Serve with rice and top with sliced avocado and fresh cilantro.

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