

# HOW TO INSTANT POT

## GUINNESS BEEF STEW

Perfect for a cold winter day.

### Ingredients

- 2 pounds beef stew meat
- 1 tspn salt
- 1/2 tspn ground black pepper
- 2 tbsp butter
- 1 large onion, chopped
- 2 celery stalks, chopped
- 2 tbsp tomato paste
- 1 cup Guinness extra stout, or other stout
- 1 1/2 cups beef broth
- 1 tspn dried thyme
- 2 large carrots, peeled and cut into chunks
- 3-4 parsnips, peeled and cut into chunks
- 1/2 pound potatoes, rutabaga or celery root, peeled and cut into chunks
- 2 tspn cornstarch
- 2 tspn water
- 1/4 cup fresh parsley

### Directions

- Pat the pieces of beef dry with a paper towel, then season them on all sides with salt and pepper.
- Select the high "Saute" setting on the IP and heat the butter. Brown the beef in the butter in two batches, searing the pieces for 4 minutes per batch and flipping them halfway through cooking. Transfer meat to a dish.
- Cook onions and celery until onions begin to soften and turn translucent, about 4 minutes. Stir in tomato paste and cook for another minute.
- Pour in Guinness. Scrape up any browned bits from the bottom of the pot. Simmer for 5 minutes to reduce the beer a bit, then stir in the reserved beef, beef broth and thyme.

(recipe continues on the back)

### **Directions(continued)**

- Secure lid on IP with pressure value set to "Sealing". Select "Manual" setting and set cooking time to 30 minutes on high pressure.
- When cooking finishes, let the pressure release naturally for 10 minutes, then release the remaining pressure by moving pressure vent to "venting" position.
- When the pressure has released, open the pot. Stir in the carrots, parsnips and root vegetables.
- Put the lid back on IP and make sure vent set to "Sealing" position. Set "Manual" setting and set cooking time to 3 minutes at high pressure.
- While stew is finishing, mix the cornstarch and water together in a small bowl to make a slurry.
- When cooking ends, quick release pressure. Stir in cornstarch slurry right away. The stew will thicken within a few minutes.
- Ladle the stew into bowls and serve it hot, with fresh parsley sprinkled on top.