

Instant Pot Beef Stew

Chuck steak browned whole then cubed and pressure-cooked with potatoes, carrots and celery in a sherry-deglazed gravy, deepened with Worcestershire, soy and fish sauce.

PREP	COOK	TOTAL	SERVES
20 min	70 min	1 hr 30 min	4

INGREDIENTS

2 lb chuck or blade steak, 1½ inch thick

1 tbsp olive oil

12 white mushrooms, thinly sliced

2 small onions, thinly sliced

3 cloves garlic, minced

2 bay leaves

¼ tsp dried thyme

¼ cup sherry

3–4 small Yukon gold potatoes, quartered

2 medium carrots, in 1½ inch chunks

2 stalks celery, in 1½ inch chunks

3 tbsp tomato paste

½ cup frozen peas

1½ cups unsalted chicken stock

1 tbsp Worcestershire sauce

1 tbsp soy sauce

1 tbsp fish sauce (or more soy)

Salt and black pepper

METHOD

- 1 Heat the pot on sauté (high) until it reads HOT. Pat the steak dry, season with salt and pepper, and brown in the oil about 7 minutes per side. Set aside.
- 2 Sauté the mushrooms until their moisture cooks off and the edges brown, about 6 minutes. Season lightly and set aside.
- 3 Sauté the onions for 3 minutes, then add the garlic, bay leaves and thyme for 1 minute more.
- 4 Pour in the sherry and scrape the bottom of the pot completely clean, letting the alcohol cook off briefly.
- 5 Switch the pot off. Cut the browned steak into 1½–2 inch cubes and return it with any juices. Stir in the stock, Worcestershire, soy and fish sauce, then add the potatoes, carrots and celery and spread the tomato paste over the top without stirring it in.

- ⑥ Lock the lid, set the valve to sealing, and pressure cook on high for 32 minutes with a 10-minute natural release.
- ⑦ Simmer on sauté, crushing some of the potato and carrot into the liquid to thicken it. Stir in the peas and mushrooms, warm through, and season to taste.

NOTES

For firmer vegetables, pressure cook them separately for 4 minutes first and stir half back in at the end.

The fish sauce isn't detectable as fish — it just deepens the gravy.

Per serving — Calories: 475 kcal · Carbs: 25 g · Protein: 34 g · Fat: 27 g · Sodium: 666 mg · Fiber: 5 g · Sugar: 7 g

Adapted from Amy + Jacky, Pressure Cook Recipes · <https://www.pressurecookrecipes.com/instant-pot-beef-stew/> · Potbelly, typeset