

Instant Pot Beef Stew

Yield: 8 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-beef-stew-recipes>

Ingredients:

- 2 pounds stewing beef trimmed and cubed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 large onions diced
- 3 tablespoons olive oil
- 3 cups beef broth
- 1 cup red wine or 1 more cup beef broth
- 1/4 cup tomato paste
- 1 teaspoon fresh rosemary chopped
- 2 sprigs thyme
- 3 cups baby potatoes cubed
- 4 large carrots chopped
- 2 stalks celery chopped, about 1 cup
- 3 tablespoons cornstarch
- 3 tablespoons water
- 3/4 cup peas defrosted

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 21 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 540 milligrams
8. Sugar: 5 grams

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