

Instant Pot Beef Daube

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-daube-recipe>

Ingredients:

- 1 pound beef stew meat
- 3 tablespoons butter
- 1 onion chopped
- 1 tablespoon minced garlic
- 1 tablespoon tomato paste
- 2 cups baby potatoes halved for big ones, left whole if small, see recipe pic
- 2 carrots large, chopped, or 1 cup baby carrots
- 1 1/2 cups mushrooms small button mushrooms or larger mushrooms halved
- 1 cup diced tomatoes canned
- 1 teaspoon Herbes de Provence
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 1/2 cups water
- 1 tablespoon cornstarch
- 1 tablespoon water

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 105 milligrams
4. Fat: 36 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 17 grams
8. Sodium: 1390 milligrams
9. Sugar: 6 grams

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