

# Pressure Cooker Chinese-Style Beef

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-beef-chinese-recipe-pressure-cooker>

## Ingredients:

- 2 pounds stewing beef
- 1 onion
- 3 cloves garlic
- 2 tablespoons peanut oil
- 1/2 cup peanut saute sauce
- 1 cup tomato sauce
- 1 cup frozen peas
- 3 tablespoons soy sauce
- 1 star anise
- 1 chili pepper
- 1 teaspoon red pepper flakes

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 5 milligrams
4. Fat: 19 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1020 milligrams
9. Sugar: 10 grams

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