

St Patrick's Day Instant Pot Guinness Stew

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/st-patrick-s-day-stew-recipe>

Ingredients:

- 2 1/2 pounds beef chuck cut into 2-inch chunks
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons butter
- 1 large onion chopped
- 2 celery stalks chopped
- 3 tablespoons tomato paste
- 2 cups Guinness Stout
- 2 cups beef broth
- 2 sprigs fresh thyme
- 2 large carrots cut into 2-inch pieces
- 4 medium potatoes cut into chunks
- 2 teaspoons cornstarch
- 2 teaspoons water

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 100 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 12 grams
8. Sodium: 670 milligrams
9. Sugar: 3 grams

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