

# Pressure Cooker Beef Stew

Yield: 8 min  
Total Time: 35 min

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

## Ingredients:

- 1 tablespoon vegetable oil
- 1 onion small, diced
- 2 pounds beef stew meat cubed
- 5 carrots peeled and diced
- 8 baking potatoes medium, peeled and cubed
- 2 cubes beef bouillon
- 2 cups water
- 2 teaspoons cornstarch
- 2 teaspoons salt or to taste

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 26 grams
3. Fat: 1.5 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. Sodium: 640 milligrams
7. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Pressure Cooker Beef Stew above. You can see more 16 chinese beef stew pressure cooker recipe Try these culinary delights! to get more great cooking ideas.