

* way I make it



Instant Pot Beef Stew

There is nothing more comforting than this Instant Pot Beef Stew. It's simple, hearty, and absolutely delicious. You'll love how easy it is to make and you won't believe it didn't simmer for hours. Because, friend, who has time for that?

Prep Time: 10 mins Cook Time: 35 mins Total Time: 45 mins

Servings: 12 (1 cup) servings



5 from 13 votes

Ingredients

- 2 to 2 1/2 lbs stew beef or beef chuck roast, Cut into 1 1/2 inch pieces.
- 3 tbsp olive oil, Can use another cooking fat of choice.
- 2 tbsp garlic, minced
- 1 large white or yellow onion, diced
- 1 1/2 cups celery, chopped
- 1/4 cup balsamic vinegar
- 3 cups beef stock (or water*)
- 3 tbsp tomato paste (whole can*)
- 1 1/2 lb baby potatoes, halved, about 4 cups (↓ leave* out - keto)
- 1 1/2 cups carrots, cut into circles
- 2 tsp salt
- 2 tsp pepper
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp dried oregano
- fresh herbs to garnish when serving, (optional)

Instructions

1. Turn your Instant Pot to the sauté setting. When it's hot, add your olive oil (or another cooking fat of choice) and then your stew meat. Sauté your beef until you get some nice browning, stirring constantly. This only takes about 2 minutes if your pot is hot when you start.
2. Add onion, celery, and minced garlic to the Instant Pot. Stir and let the onion get a bit translucent, about 2 to 3 minutes. Once done press the cancel button to stop sautéing.

3. Pour the balsamic vinegar in the Instant Pot first to deglaze the bottom. Use a spatula and scrape up any of those amazing bits that caramelized and may be stuck after sautéing. There's so much flavor in there and we don't waste it, friend.
4. Now add the rest of the ingredients. Everything goes in!
5. Seal the Instant Pot. Set it to Pressure Cook (or Manual, depending on the model Instant Pot you have) on high pressure for 30 minutes.
6. Once cooking is complete, natural release pressure for at least 10 minutes. (That means don't release the steam. Just let it do it's thing on it's own.) This will result in more tender meat and it's totally worth it! (But yes, you can do a quick release if you don't have the time to wait.)
Ladle into bowls and top with chopped fresh herbs if you're wanting it to look extra gorgeous.
Enjoy!

Nutrition

Serving: 1cup, Calories: 212kcal, Carbohydrates: 15g, Protein: 19g, Fat: 7g, Saturated Fat: 1g, Cholesterol: 46mg, Sodium: 606mg, Potassium: 761mg, Fiber: 2g, Sugar: 3g, Vitamin A: 2790IU, Vitamin C: 14.4mg, Calcium: 49mg, Iron: 2.6mg



Did you make this recipe?

Tag [@thewholecook](#) and hashtag it [#thewholecook](#) on Instagram.

Find this recipe and more online at thewholecook.com.