

## **Ingredients/Kitchen Tools**

1 1/2 pounds beef cubes  
2 medium garlic cloves, crushed and minced  
1 shallot, chopped finely  
4 medium carrots, cut in 1 ½ inch chunks in advance  
6 Yukon gold potatoes, peeled and quartered in advance  
1 tablespoon flour  
Kosher salt and black pepper to taste  
2 cups beef broth

Dutch oven/large pot OR InstantPot  
Wooden spoon  
Potato peeler  
Sharp knife  
Cutting board  
Measuring spoons and wet measuring cup

## INSTANT POT BEEF STEW (GOULASH)

Adapted from Amy + Jacky | Pressure Cook Recipes

1 1/2 pounds beef cubes  
2 medium garlic cloves, crushed and minced  
1 shallot, chopped finely  
4 medium carrots, cut in 1 ½ inch chunks

6 Yukon gold potatoes, quartered  
1 tablespoon flour  
Kosher salt and black pepper to taste  
2 cups beef broth

**Prepare the Pressure Cooker:** Heat up your pressure cooker (Instant Pot: press Sauté button and click the adjust button to go to Sauté More function) over medium high heat. Make sure your pot is as hot as it can be (Instant Pot: wait until the indicator says HOT).

**Brown Beef Cubes:** Season generously with kosher salt and freshly ground black pepper. Toss with flour. Add 1 tablespoon (15ml) olive oil in pressure cooker. Ensure to coat the oil over whole bottom of the pot. Carefully place the beef cubes in pressure cooker. Brown for 6-8 minutes on each side without constantly flipping.

**Pressure Cook the Beef Stew:** Pour 2 cups of beef broth over beef cubes. Close lid and pressure cook at High Pressure for 35 minutes. Release the pressure. Open the lid.

Add carrots and potatoes. Stir well. Add more broth, if necessary. Close lid and pressure cook at High Pressure for 10 minutes + 10 minutes Natural Release. Release remaining pressure, then open lid.

**Thicken Beef Stew and Add Vegetables:** On medium heat (Instant Pot: press Sauté button), breakdown the mushy potatoes and carrots with a wooden spoon. Stir to thicken the stew.

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