

# Instant Pot Beef Stew

## Ingredients:

- 1 1/2 pounds beef stew meat, cubed
- 1 Tbs olive oil
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. Italian seasoning
- 3 cups beef broth
- 2 Tbs Worcestershire sauce
- 3 cloves garlic, minced
- 1 cup copped onion
- 1 1/2 cups chopped carrots
- 2 large potatoes, cubed
- 1 can diced tomatoes
- 3 Tbs cornstarch
- 3 Tbs water
- 2 Tbs chopped scallions (green parts only)

Add the olive oil to the Instant Pot. Turn the Instant Pot on saute mode. When the oil is hot, add the meat, salt, pepper, and Italian seasoning. Brown the meat on all sides. Add the beef broth. Stir for one minute, scraping the brown bits off the bottom of the pan. Add Worcestershire sauce, garlic, onion, carrots, potatoes, and diced tomatoes. Set the Instant Pot on Manual High mode for 10 minutes (making sure the steam valve is closed). After the 10 minutes is up, let the Instant Pot natural release for 10 more minutes before doing a quick release. Note: I always put a towel over the vent before doing a quick release so you do not get burned by the steam. Mix together cornstarch and water in a small bowl and add to stew. Stir until thickened. (If your stew doesn't seem to be thickening, you can remove the liquid to a small sauce pan and heat over high, stirring until thickened; and then add it back to the Instant Pot. Stir until all ingredients are combined. Spoon beef stew into bowls and garnish with fresh scallions. Enjoy!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"I am an optimist. It does not seem to be much use  
being anything else." - Winston Churchill***