



Pressure Cooker Beef & Veggie Stew

1 serving

1 hour

Ingredients

- 1/4 tsp Avocado Oil
- 113 grams Stewing Beef (diced into cubes)
- 118 milliliters Bone Broth
- 1/8 tsp Sea Salt (divided)
- 2 tbsps Pureed Pumpkin
- 3/4 tsp Apple Cider Vinegar
- 1/2 Garlic (cloves, minced)
- 1/2 Parsnip (peeled, chopped)
- 1 1/4 White Button Mushrooms (halved)
- 1/4 Yellow Onion (medium, sliced in large chunks)
- 1/4 tsp Thyme (dried)

Nutrition

Amount per serving	
Calories	304
Fat	11g
Carbs	22g
Fiber	5g
Sugar	8g
Protein	31g
Cholesterol	89mg
Sodium	592mg
Vitamin A	5156IU
Vitamin C	16mg
Calcium	87mg
Iron	5mg

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 2 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups.

Want it Thicker: After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin: Use butternut squash purée instead.

Crunchy Veggies: Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.