

Instant Pot Vegetable Beef Stew

- 1 tablespoon olive oil
- 12 oz sirloin steak — cut into small cubes
- 1 teaspoon garlic clove — minced
- 1 cup red onions — chopped
- 1 cup celery — diced
- 4 cups butternut squash — diced
- 2 cups diced tomatoes
- 4 cups beef broth
- 2 bay leaves
- 1 teaspoon Italian seasoning
- Himalayan sea salt and fresh ground black pepper to taste
- Fresh thyme to garnish



1. Set instant pot to sauté and pour olive oil into the pot and allow to heat.
2. Add the beef cubes and sauté until they get brown. Add garlic and cook for about 30 seconds. Then, add onions and celery and cook for about 3-4 minutes.
3. Turn off the pot and add all the rest of the ingredients. Put on the lid, lock it and set to manual high pressure for 7 minutes. It'll take about 10-15 minutes to reach pressure, then it will start counting down from 7. After the 7 minutes is up, do a Natural Release (it may take 20-30 minutes depending on your Instant Pot).
4. Open the Instant Pot and remove bay leaf. Top with thyme leaves before serving.

Makes 4 servings

Serving Size = 3 ounces of beef and 2 cups of vegetables