



Instant Pot Beef Stew

Makes 4-6 Servings

3-4 Lb Chuck Roast
4 Tbsp Ravensview Rosemary Rub
6 Carrots, Sliced into Chunky Rounds
16 Oz Sliced Mushrooms
1 Onion, Diced
3 Tbsp Oil of Choice (I used Canola)
2 Cups Low Sodium Beef Broth
1/4 Cup Flour

Preparation:

Lets begin by setting Instant Pot to sauté, Let heat with the oil.

Season your chuck roast liberally with Ravensview Rosemary Garlic on ALL sides. When oil is shimmering add the roast and sear well on ALL sides.

Add the onion, carrot and mushroom mixture on top of the roast and pour the beef broth on top.

Set the Instant Pot to manual pressure cooking and set the timer for 1 hour 30 minutes. When the pot comes to pressure, the the timer starts and the countdown begins.

When the timer is done, let the pot release pressure naturally. This will take 20 minutes or so. Remove the roast. Remove a ladle or two of brith and whisk in the flour. Add his mixture back to the pot and let it thicken for 5 minutes.

While the sauce is getting thick, gently pull the roast apart, then add back into the pot.

Now serve it with your favorite side dish. I made mashed potatoes. This is a recipe the whole family will love!

Happy cooking!