

SMITH FAMILY FARM

Nashville, MI



Instant Pot Hearty Beef Stew (see Slow Cooker modification below)

Ingredients:

2 LBS Beef Stew Meat
1 tsp Sea salt
1 tsp Black pepper
2 TBSP arrowroot powder
High Heat Cooking Oil of choice (or bacon lard)
1 onion chopped
4 garlic cloves minced
2-15oz cans diced tomatoes
1-15oz can tomato sauce
2 cups bone broth
5-6 carrots sliced
3-4 celery stalks sliced
4 medium sized potatoes cut into square chunks
Few sprigs of fresh thyme
2 bay leaves
Any other desired dried herbs
2 (more) TBSP arrowroot powder (for thickening broth)

1. Toss the meat in salt, pepper and arrowroot powder (2 TBSP) in a bowl. Add cooking oil to the Instant Pot and turn on saute function. When it is hot, add the meat and brown on all sides (you may need to do this in two batches). Remove meat and set aside.
2. Add more cooking oil. Saute onions and garlic in Instant Pot. When they are translucent, add the broth and herbs and simmer for a few minutes while scraping the bottom of the pot.
3. Add the meat and all vegetables, including tomatoes/tomato sauce and stir well. Set Instant Pot to pressure cook for 30 minutes. Allow the pressure to release naturally, if you are short on time, do a 10-minute natural release and then manually release.

4. (Don't skip this step! Thicken the broth!) Open the lid and with a large bowl and slotted spoon, remove the meat and vegetables from the pot. Take out 1 cup of the liquid and add 1 cup of cold water and the two remaining tablespoons of the arrowroot powder to the liquid and whisk into a slurry (make sure you whisk until the lumps are gone). Add it back to the liquid, turn on the saute function and whisk occasionally as it is simmering and thickening. Return the meat and vegetables to the liquid when thickened and serve.

Slow-Cooker Modification:

1. Follow instructions to prep beef and saute in a pan on your stove top.
2. Remove meat and saute onions and garlic. When translucent add some of the broth to break up the brown bits on the bottom of the pan.
3. Add the onion/garlic/broth mixture and all remaining ingredients to your slow-cooker and turn on Low for 6-8 hours.
4. When meat is tender follow the directions for making the slurry and simmer the liquid in a pot on your stove. When liquid has thickened, return it to the meat and veggies and serve.

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