

instant pot beef and broccoli

SERVES 4-6

RECIPE ADAPTED FROM: [Sweet and Savory Meals](#)

PREP TIME: 10 minutes

COOK TIME: 30 minutes

Meat

- 1 Tbsp extra virgin olive oil
- 1 Tbsp butter or ghee
- 2 lbs boneless marbled beef chuck roast (preferably pasture-raised), trimmed of fat and sliced in thin slices across the grain of the meat
- ¼ cup water

Sauce

- 3 medium to large garlic cloves, minced
- 1 Tbsp fresh ginger (about 2-inch knob), minced or 1½ tsp dried ginger
- ¼ tsp red pepper flakes, optional
- ½ cup lower sodium soy or tamari sauce
- 2 Tbsp sesame or avocado oil
- 1 cup beef broth
- 1-2 Tbsp pure maple syrup or raw honey

Broccoli

- 4 cups broccoli florets, fresh or frozen
- 2 Tbsp water

Cornstarch Slurry

- 1 Tbsp cornstarch
- 1 Tbsp water

Garnish

- ¼ cup green onions, chopped
- 1 tsp sesame seeds, optional

Meat and Sauce:

PRESS Sauté on the Instant Pot and wait for the indicator to read HOT.

ADD olive oil and butter (or ghee) to pot. Once oil mixture is hot, add some of the beef slices in a single later and let sear on one side for about 2 minutes. Stir beef and sauté for 2 minutes on the other side.

REMOVE browned beef, set aside on a plate, and brown another batch of beef, single layered. Repeat until all meat is browned and set aside.

WHISK together sauce ingredients in a medium bowl while the meat is browning. Set aside.

ADD ¼ cup water to Instant Pot once meat is browned to deglaze the pot. Using a wooden spoon, scrape up any bits and pieces that are stuck to the bottom of the pot.

ADD beef back to the pot, pour sauce mixture on top. Stir to combine.

CLOSE lid and pressure cook on High Pressure for 10 minutes then allow 10 minutes of Natural Pressure Release (NPR). After 10 minutes of NPR, turn off the Instant Pot. Release remaining pressure and open the lid.

Steamed Broccoli:

PLACE broccoli florets in a microwavable glass bowl with 2 Tbsp water while meat is cooking in the Instant Pot.

COVER with a snug fitting glass lid and microwave on High for 3-4 minutes.

REMOVE bowl from microwave and drain any water from the broccoli. Set aside.

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Directions continued...

Cornstarch Slurry

MIX cornstarch with water until fully combined in a small bowl.

TURN the Instant Pot on Sauté function.

ADD slurry to the meat mixture in the pot, stir to combine and cook 2-3 minutes on Sauté, stirring occasionally, until the sauce thickens.

ADD more slurry (1 Tbsp cornstarch mixed with 1 Tbsp water), if needed, until desired thickness is achieved. Keep in mind the sauce will thicken more once it cools.

ADD steamed broccoli to Instant Pot and stir until well coated.

TURN off the Instant Pot.

SERVE over wild rice or quinoa.

GARNISH with fresh chopped green onions and sesame seeds, if desired.



Notes:

- You can use fresh or frozen broccoli florets for this recipe.
- Make sure you cut broccoli into smaller florets before cooking.
- Steam broccoli in a microwave safe bowl with a snug fitting glass lid. I recommend 3-4 minutes of cooking time. If you are unsure of your microwave power, try 2½ minutes and see if the florets are al dente or to your desired doneness. If needed, cover and cook for 1-2 minutes more.
- If you prefer more garlic and more heat in this dish, increase garlic to 4 cloves and red pepper flakes to ½ teaspoon.