

instant pot chinese beef stew

Makes 6 servings

RECIPE ADAPTED FROM: [NomNom Paleo](#)

COOK TIME: 1 hour 20 minutes

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- ¼ cup reduced sodium soy sauce
 - Juice from ½ an orange
 - ½ Tbsp rice vinegar
 - ½ tsp garlic powder
 - ½ tsp ginger powder
 - 1 Tbsp avocado oil or cooking fat of choice
 - 1 small onion, thinly sliced
 - 5 medium garlic cloves, minced
 - 3½lbs grass fed beef chuck roast, cut into 2-inch cubes
 - 4 dried shiitake mushrooms, rinsed
 - 1lb Yukon gold potatoes, cut into 1½ inch cubes
 - 3 medium carrots, peeled and cut into 1-inch slices
 - 2 scallions, thinly sliced (optional)

COMBINE soy sauce, orange juice, rice vinegar, garlic powder and ginger powder in a small bowl and set aside.

TURN on the Sauté function on your Instant Pot.

ADD add avocado oil and sliced onions when hot.

COOK, stirring frequently, until onions are slightly softened.

STIR in minced garlic and beef cubes.

PLOP in the dried shiitake mushrooms (no need to rehydrate them) and stir in the soy sauce mixture.

LOCK the Instant Pot lid and program it to cook under High Pressure for 35 minutes.

WHEN the stew is finished cooking, wait for the pressure to release naturally. (Impatient? After 15 minutes has elapsed, release the pressure manually.)

ADD potatoes and carrots if you are eating the stew right away and program it to cook for 3 minutes under High Pressure. When it finishes cooking, release the pressure manually.

CHECK that the root vegetables are fork tender and taste the stew to check the seasoning.

TRANSFER the stew to a serving bowl and top with sliced scallions. Enjoy!

