

Healthy-Heartly Beef Stew

INGREDIENTS:

1½ lbs. beef stew meat, cut into cubes
¼ cup 50/50 flour
2 Tbsp. Olive oil
4 cups beef broth (+2 cups water, as needed)
3 tablespoons quick-cooking tapioca
1 onion, coarsely chopped
1 small bag baby carrots
4 (red) potatoes, unpeeled, cut into 1" chunks
4 stalks celery, cut into 1" pieces
2 cups corn (optional)
1 can diced tomatoes, undrained
1 tsp. Lawry's seasoned salt or alternative
¼ tsp. Pepper
additional seasonings, to taste (e.g. 1 tablespoon dried rosemary and/or basil)

PREPARATION:

Coat meat with flour. Heat oil in pressure cooker over medium heat or using brown function. Add the meat and cook uncovered until well browned, stirring occasionally. (The longer you brown the meat, the darker the sauce will be.) Add beef broth, tapioca and the onion and stir.

Bring to a boil, stirring occasionally. Close cover and bring to high pressure, then pressure cook for 15 minutes. Remove from heat, reduce pressure, and remove cover.

Transfer broth into a Dutch oven and add the remaining vegetables, seasoned salt, pepper, and any additional desired seasonings. Adjust to a gentle boil and cook until carrots are tender (about 20+ minutes). Check seasonings and serve.

Serves 4-6