



# Food Fest-Back to Basics

## Instant Pot Stew (by Lesley Stav)



### Ingredients

|   |                                     |
|---|-------------------------------------|
| 2 tsp black pepper                                | 1.5 tsp kosher salt                 |
| 1.5 tsp seasoned salt                             | 4 tsp dried thyme/rosemary/oregano* |
| 2 tsp onion & garlic powder                       | 3 lbs. sirloin tip roast*           |
| 3 Tbsp X-virgin olive oil                         | 1 Tbsp butter                       |
| 2 medium onions (chopped)*                        | 3 cloves garlic (sliced)            |
| 2 Tbsp Worcestershire sauce                       | 1 cup dry red wine*                 |
| 2 cups sliced mushrooms *                         | 2 cups beef broth/tomato sauce      |
| 2 cups carrots (large dice-based on roast size) * | 3 Tbsp cornstarch                   |
| 2 cups potatoes (large dice-based on roast size)* |                                     |

\*Ingredients found at the market (some ingredients are seasonal)

### Instructions

1. Mix together the first five ingredients & rub into the roast on all sides.
2. On the Instapot, hit Sauté & adjust to the More or High setting. Pour in the oil & heat for 3 minutes, then sear the seasoned roast. Remove the roast from the pot & set aside.
3. Put the butter in the pot, add the onions, cook for 2 minutes, scrapping up any brown bits, add garlic & Worcestershire & continue to stir.
4. Meanwhile wrap the potatoes & carrots in their own foil packet, be sure to season.
5. Place the trivet over the onions with the handles facing upwards, add the wine & place the roast on top.
6. Tuck the mushrooms around the sides, pour the broth (beef/tomato) on top & place the two foil pouches on top.
7. Secure the lid, move the valve to the sealing position, hit the Keep/Warm/Cancel & then hit Pressure Cook or Manual on High Pressure for 60 minutes (add a bit of time if roast is bigger).
8. When done, use a natural release for 15 minutes, then a quick release. (Patience here!!!)
9. Meanwhile, make a cornstarch slurry, 3 Tbsp water & 3 Tbsp cornstarch.
10. Remove the foil wrapped veggies & carefully remove the roast. Let the meat rest on a cutting board.
11. Press Keep Warm/Cancel & the Sauté & Adjust so it's on the More or High setting & bring the sauce to a simmer.
12. Stir the slurry simmer & adjust seasonings. Unwrap the veggies & add to pot, continue to simmer. Cut or shred the roast and put back into pot.

