

Pressure Cooker Beef and Veggie Stew

4 SERVINGS 1 HOUR



INGREDIENTS

1 lb Stewing Beef (diced into cubes)
1/2 cup Pureed Pumpkin
1 Yellow Onion (medium, sliced in large chunks)
2 Garlic (cloves, minced)
1 tsp Thyme (dried)
1 pint Bone Broth
1 tbsp Apple Cider Vinegar
1 tsp Avocado Oil
1/2 tsp Sea Salt (divided)

NUTRITION

AMOUNT PER SERVING

Calories	243	Iron	4mg
Fat	10g	Vitamin D	5IU
Carbs	8g	Folate	7µg
Fiber	2g	Magnesium	32mg
Protein	30g	Zinc	6mg
Vitamin C	5mg		

DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 02 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

NOTES

RECIPE ID 620

SERVING SIZE

One serving is approximately 2 cups.

NO PUMPKIN

Use butternut squash purée instead.