

# Quick & Easy

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## THE COSTCO WAY

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### Instant Pot Beef Stew

Makes 5 to 6 servings

#### Ingredients:

2½ lbs boneless beef chuck or stew meat  
1½ tsp salt, divided  
½ tsp ground pepper, divided  
2 Tbsp vegetable oil, divided  
2 Tbsp butter  
1½ cups onion, diced  
2 to 3 garlic cloves, minced  
⅓ cup red wine  
1 Tbsp tomato paste  
1 tsp dried thyme  
1 cup beef broth  
3 Tbsp Worcestershire sauce  
2 cups carrots, diagonally cut  
3 medium Yukon gold or russet potatoes, cut into chunks  
1 Tbsp cornstarch  
1 Tbsp water  
¾ cup frozen peas  
Parsley for garnish

#### Instructions:

Trim beef into cubes. Season with 1 tsp salt and ¼ tsp pepper. Divide into 2 batches. Select the Saute function on the Instant Pot. Select High Pressure. Add 1 Tbsp oil in the inner pot. Once heated, add the first batch of beef. Sear until browned on the bottom. Transfer with a slotted spoon to a large plate. Repeat with remaining 1 Tbsp oil and beef.

Rinse the inner pot. Ensure the outside of the inner pot is dry, before placing back into the cooker base of the Instant Pot. Do not shut off. Place butter, onion and garlic in the pot. Season with remaining ½ tsp salt and ¼ tsp pepper. Cook, stirring occasionally, until softened. Add wine to deglaze. Make sure nothing sticks on the bottom of the inner pot. Add tomato paste and thyme. Cook for about 1 minute, or until the tomato paste is dark in color. Add beef broth and Worcestershire sauce. Stir. Add carrots, potatoes and seared beef, stirring occasionally. Turn off Saute function.

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For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

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Continued.

### Instant Pot Beef Stew

#### Instructions:

Close the lid. The lid will automatically seal for pressure cooking. Select Pressure Cook for 25 minutes on high pressure. Press Start. Once the cook cycle is complete, the Instant Pot will Natural Release for around 10 minutes. Quick Release the remaining pressure within the pot. Press Cancel to turn off.

In a small bowl, whisk cornstarch and water. Carefully open the Instant Pot lid. Add frozen peas and cornstarch mixture. Select the Saute function. Set to High. Simmer until the stew thickens, stirring occasionally. Press Cancel to turn off the Saute function. Adjust seasoning if desired. Garnish with parsley.

**Tip:** Natural Release allows the Instant Pot to release the pressure naturally. This may take more than 30 minutes. Press the Quick Release button to vent. This will release pressure immediately. When the float valve drops, the lid can be opened.

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