



The Perfect, Hearty Beef Stew

A simple, gut-nourishing stew just for you!



(See ingredients and recipe on back)

Here's a simple and delicious beef stew recipe that everyone will enjoy. If you have a pressure cooker or an Instant Pot, this will be a quick and easy meal to prepare. As always, use the best quality ingredients that you can afford. Opt for grass-fed beef stew meat and organic vegetables when possible.

Ingredients:

- 1 lb Beef stew meat
- 1 medium Potato (diced)
- 1/2-1 cup Carrots (diced)
- 1/2 medium Onion
- 1 cup Beef bone broth
- 1 tbsp Tomato paste
- 1 tsp Ground mustard
- 1 tsp Rosemary
- 1 tsp Garlic powder
- 1 1/4-1/2 tsp Red pepper flakes (optional)
- 1 Bay leaf
- Salt & pepper to taste

Instructions:

1. Cut onion, potato and carrots and put to the side.
2. Add salt and pepper to meat and to the instant pot on sauté & sauté until brown on most sides.
3. Add the rest of the ingredients except the bay leaf to the instant pot and stir.
4. Add bay leaf, switch instant pot from sauté to meat/stew and cover for 30 min on high.
5. Press vent and let the pressure cooker vent completely.
6. Open the lid, remove the bay leaf, stir and enjoy!

Recipe video (and more tasty meals) available on the MaxLiving Healthy Recipes website!