

# DINNER IN AN INSTANT!

*Awesome recipes using an Electric Pressure Cooker!*

## Carne Guisada

Source:

<https://myheartbeets.com/instant-pot-carne-guisada/>

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**Ingredients:**

- 2 tablespoons avocado oil or fat of choice
- 1 pound beef stew meat
- 1 onion diced
- 1 tablespoon minced garlic
- 1 Serrano pepper minced
- 1 bay leaf
- 1 cup beef broth or chicken stock
- ½ cup tomato sauce
- 1 tablespoon potato starch or thickener of choice (optional)



**Spices**

- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon chipotle powder
- ½ teaspoon oregano

**Directions:**

1. Press the sauté button on the Instant Pot, add the oil and beef cubes to the pot. Sear the meat on all sides.
2. Once the meat has browned, add the onion, garlic, serrano pepper, bay leaf and spices. Stir-fry for 2-3 minutes.
3. Pour in the beef broth and tomato sauce.
4. Secure the lid, close the valve and cook for 35 minutes at high pressure.
5. Naturally release pressure.
  - Optional step: to thicken the sauce, either press sauté to reduce the liquid or ladle out some liquid into a bowl and combine it with thickener of choice. Mix well and then add the thick slurry back into the pot, and stir-well.
6. Serve over cauli-rice, or in a tortilla!

**Notes:**

- To make in a slow cooker: Cook on low for 6-8 hours or high for 4 hours.