



Fort Bend County March 2022

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)

Instant Pot Recipe: Carne Guisada

Spices

- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon pepper
- 1/2 teaspoon chipotle powder
- 1/2 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.