

MEAL #2

ELECTRIC PRESSURE COOKER

Vegetable Beef Stew

YIELD: 6 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 30 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Scrub and dice the carrots; brown the ground beef.

PREPARE TO FREEZE

Ingredients:

- 1 pound lean ground beef
- 1 Tablespoon Better than Bouillon (or 2 cups low-sodium beef broth)
- 14.5-ounce can diced tomatoes (undrained)
- 2 carrots, scrubbed and diced
- 1 cup green beans, cut (fresh or frozen)
- 1 cup frozen green peas
- 1 cup frozen corn
- 1 bay leaf
- 2 cups water (omit if using beef broth)

Instructions:

1. Brown the ground beef in the electric pressure cooker. If using the Better than Bouillon, you can add it after the ground beef is cooked and stir to combine well.
2. Add the ground beef to a gallon-size plastic freezer bag in a round bowl/dish, then add the rest of the ingredients.
3. Remove as much air as possible and seal shut.
4. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 1 cup diced potatoes
- 2 cups water or low-sodium beef broth

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow-cooker lid, but you could just use a regular pot lid. Heat the stew on sauté for 10–15 minutes, stirring occasionally, until most of the liquid has thawed. Add 2 more cups of water (or beef broth, if not using Better than Bouillon) and the potatoes. Press the Cancel/Off button to turn off the sauté feature.
3. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or Pressure button. Make sure that the pressure is set to high and set the time to 10 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.
4. Add salt and pepper to taste and serve immediately.

COOK FROM FRESH

Ingredients:

All ingredients from [Prepare to Freeze](#) and [Cook from Frozen](#) sections above.

Instructions:

To bypass the freezer step, simply add all of the ingredients to the cooked ground beef in the electric pressure cooker and continue with step 3 in [Cook from Frozen](#) instructions.

SERVING SUGGESTIONS

Sides: Cornbread

Recipe courtesy of Mary Haymaker, chattavore.com,

<https://chattavore.com/instant-pot-vegetable-beef-soup-freezer-meal-version/#mpprecipe-container-564>.