

Instant Pot Beef Bourguignon

Active Time

10 Mins

Total Time

46 Mins

Yield

7 (Serving size: 1 cup beef mixture and 1 cup noodles)

This classic French stew is perfect cold-weather fare and is delicious over noodles or mashed potatoes. If you can't find shiitake mushrooms, Portobello mushrooms make a good substitute in a pinch.

Ingredients

1/4 cup all-purpose flour (about 1.1 oz.)

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 1/2 pounds boneless chuck roast, trimmed and cut into 1-inch cubes

2 bacon slices, diced

1/2 cup dry red wine

1 (10.5-oz.) can beef broth

3 cups baby carrots (about 3/4 lb.)

2 cups sliced shiitake mushroom caps (about 1/2 lb.)

2 teaspoons dried thyme

6 shallots, halved

4 garlic cloves, thinly sliced

How to Make It

Step 1 Weigh or lightly spoon flour into dry measuring cup; level with a knife. Combine flour, salt, and pepper in a large zip-top plastic bag. Add beef; seal and shake to coat.

Step 2 Remove lid from 6-quart Instant Pot. Press "sauté" and use adjust to select "more" mode. Place bacon in cooker, and cook, stirring constantly 30 seconds. Add half of beef mixture to cooker; cook 5 minutes, browning on all sides. Remove beef and bacon from cooker. Repeat procedure with remaining beef mixture. Turn cooker off. Return cooked beef and bacon to cooker. Stir in wine and broth, scraping inner pot to loosen browned bits. Add carrots and next four ingredients (through garlic).

Step 3 Close and lock the lid of the Instant Pot. Turn the steam release handle to "sealing" position. Press "manual"; select "high pressure" and use - or + to choose 23 minutes pressure cooking time. When time is up, turn cooker off. Open the cooker using quick pressure release. Serve beef over noodles. Garnish with thyme, if desired.

7 cups hot cooked medium egg
noodles (about 5 cups uncooked
pasta)

Fresh thyme leaves (optional)

Nutritional Information

- Calories 376, • Fat 12.5g,
- Saturated Fat 4.5g, • Protein 25g,
- Carbohydrates 41g, • Fiber 3g,
- Cholesterol 44mg, • Iron 5mg,
- Sodium 525mg, • Calcium 3mg.