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The Best Instant Pot Beef Stew

With the Instant Pot, you can whip up The Best Instant Pot Beef Stew in no time. Just throw it all in and push go. No need to brown the meat either!

PREP TIME:
5 minutes

COOK TIME:
1 hour

TOTAL TIME:
1 hour 5 minutes

SERVES:
8

CALORIES: 330 **AUTHOR:** Corey Valley

Ingredients

- 2 pounds beef stew meat (cut into bite-sized pieces)
- 1 teaspoon Salt
- 1 teaspoon pepper
- 1 medium onion finely chopped
- 2-3 cloves of garlic minced
- 6 oz can tomato paste
- 32 oz beef broth
- 2 Tablespoons Worcestershire sauce
- 2 cups baby carrots carrots
- 4-5 small red potatoes cut into bite-sized pieces (about 3 cups)
- 1 tablespoon dried parsley
- 1 teaspoon oregano
- 1 cups frozen peas
- 1 cup frozen corn
- 1/4 cup flour
- 1/4 cup water

Instructions

- 1 Place all ingredients into Instant Pot EXCEPT for the frozen peas, corn and flour/water mixture. Stir until well combined.
- 2 Seal Instant Pot at set valve to sealing.
- 3 Select the Meat/Stew option. (35 min High pressure)
- 4 Once cooking time is complete, let Instant Pot sit for 12 minutes. After 12 minutes is up, quick release pressure, placing the valve to the venting position.
- 5 After Instant Pot is depressurized, Stir in frozen corn, peas and flour/water mixture and stir until stew thickens a little bit more and corn/peas are warmed, about 3-5 mins.

Nutrition Information:

Calories: 330kcal (17%) Carbohydrates: 36g (12%) Protein: 32g (64%) Fat: 6g (9%)
Saturated Fat: 2g (10%) Cholesterol: 70mg (23%) Sodium: 1034mg (43%)
Potassium: 1389mg (40%) Fiber: 5g (20%) Sugar: 7g (8%) Vitamin A: 4885IU (98%)
Vitamin C: 25.5mg (31%) Calcium: 77mg (8%) Iron: 5.2mg (29%)

Course: Soup Cuisine: American, Instant Pot Keyword: The Best Instant Pot Beef Stew

did you make this recipe?

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