

Grandma Neli's Beef Stew



Ingredients

2 Tbsp. olive oil
2.2 lbs. beef (chuck, shoulder, shank, or brisket), chopped into large cubes
1 large yellow onion, chopped
3 garlic cloves, minced
2 tomatoes, chopped
2 carrots, chopped
3 medium potatoes, chopped into large cubes
1 bay leaf
1 beef bouillon cube
Salt and black pepper to taste

Instructions

Heat oil over high heat in a pressure cooker and sear the beef cubes in batches until all sides are browned. Set aside.

In the same pot, sauté the onion and garlic until lightly golden. Add tomatoes and cook for about 2 minutes until they soften.

Return beef to pot, season with salt and pepper, and add bay leaf. Stir well.

Add enough hot water to cover beef and add beef bouillon cube. Close pressure cooker and cook at high pressure for 30 minutes. Allow additional time for pressure to build.

Carefully release pressure and open pot. Add carrots and potatoes. Cook for an additional 10 to 15 minutes under pressure until vegetables are tender.

Adjust salt and pepper, turn off heat, and garnish with chopped parsley and green onions. Serve with white rice and a simple salad. Makes 4 servings.

To store the beef stew in the fridge, let it cool down to room temperature before transferring to an airtight container. This helps prevent the stew from absorbing fridge odors and keeps it fresh. The stew can be stored in the fridge for 3 to 4 days.

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