



## Kelly's Pressure Cooker Beef Stew

 Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups baby carrots peeled
- 1 bay leaf
- 2 cubes beef bouillon from cube
- 1.3 pounds beef stew meat cubed
- 1 tablespoon basil dried
- 1 tablespoon parsley dried
- 0.5 cup flour all-purpose
- 2 cloves garlic minced

- 4 servings salt and ground pepper black to taste
- 1 large onion chopped
- 4 potatoes peeled cut into 2-inch pieces
- 2 tablespoons vegetable oil
- 2 cups water
- 2 tablespoons sugar white

## Equipment

- bowl
- frying pan
- pressure cooker

## Directions

- Heat vegetable oil in a skillet over medium heat.
- Place flour in a resealable bag; drop in half the beef cubes and shake to coat. Shake off excess flour and add meat to pan. Repeat with remaining beef. Season meat with salt and pepper to taste.
- Stir onion into beef and cook, stirring often, until the meat is browned on all sides and onion is translucent, about 5 minutes.
- Sprinkle in sugar.
- Combine water, beef bouillon, garlic, bay leaf, parsley, and basil in a pressure cooker over medium-high heat. When bouillon cubes are dissolved, fit the pressure cooker's rack in the cooker (if it has one).
- Layer potatoes, carrots, and meat mixture in the pressure cooker, seasoning with salt and pepper to taste. Seal the lid and bring the cooker up to full pressure.
- Reduce heat to medium-low, maintaining full pressure, and cook for 8 minutes.
- Remove from heat.
- Let the pressure drop naturally, about 15 minutes before releasing lid.
- Transfer the meat and vegetables to a serving bowl and pour pan juices over meat and vegetables.

# Nutrition Facts

PROTEIN 28.41% FAT 23.77% CARBS 47.82%

## Properties

Glycemic Index:79.46, Glycemic Load:40.98, Inflammation Score:-10, Nutrition Score:38.734782529914%

## Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg, Isorhamnetin: 3.54mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

## Nutrients (% of daily need)

Calories: 546.44kcal (27.32%), Fat: 14.4g (22.16%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 65.2g (21.73%), Net Carbohydrates: 57.02g (20.74%), Sugar: 12.4g (13.77%), Cholesterol: 87.88mg (29.29%), Sodium: 160.61mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.46%), Vitamin A: 8849.97IU (177%), Vitamin B6: 1.71mg (85.52%), Vitamin B3: 13.27mg (66.36%), Selenium: 46.33µg (66.19%), Vitamin C: 47.51mg (57.59%), Phosphorus: 479.5mg (47.95%), Potassium: 1651.63mg (47.19%), Vitamin K: 48.6µg (46.28%), Zinc: 6.93mg (46.18%), Vitamin B12: 2.62µg (43.73%), Manganese: 0.78mg (39.23%), Iron: 7.02mg (38.98%), Fiber: 8.18g (32.7%), Vitamin B1: 0.47mg (31.08%), Folate: 109.65µg (27.41%), Magnesium: 107.51mg (26.88%), Copper: 0.52mg (26.01%), Vitamin B2: 0.43mg (25.45%), Vitamin B5: 1.64mg (16.44%), Calcium: 119.14mg (11.91%), Vitamin E: 1.17mg (7.82%)