

## APRIL 2018 TV RECIPES—Instant Pot (Pressure Cooker) Beef Recipes

# Whiskey-Molasses Shredded Beef

Makes 8 servings

- 1 beef Bottom Round Roast (2 1/2 to 3 pounds), cut into 1-inch pieces
- 1/2 cup whiskey
- 1/4 cup plus 2 tablespoons apple cider vinegar, divided
- 1 can (6 ounces) tomato paste
- 4 tablespoons packed brown sugar, divided
- 1/4 cup molasses
- 1-1/2 teaspoons salt
- 1/2 teaspoon ground red pepper
- 1 tablespoon Dijon-style mustard
- 2 cups shredded carrots
- 2 cups diced granny smith apple



1. Place beef Bottom Round Roast in 4-1/2 to 5-1/2 quart slow cooker. Combine whiskey, 1/4 cup vinegar, tomato paste, 2 tablespoons brown sugar, molasses, salt and pepper; pour over roast. Cover and cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is, fork-tender.
2. Remove roast from slow cooker; shred with 2 forks. Skim fat from sauce as needed. Return beef to slow cooker.
3. To make the slaw: Combine remaining 2 tablespoons vinegar, remaining 2 tablespoons brown sugar and mustard in large bowl. Add carrots and apples; mix well. Season with salt and black pepper, as desired. Refrigerate until ready to serve. Serve beef with slaw.

**Cook's Tip:** Thinly sliced pears, celery, red cabbage, green cabbage or bell peppers, or a pre-packaged slaw mix can be used in place of the carrots or apples.

### Alternate Cooking Method

This recipe can be made in a 6-quart electric pressure cooker. Place beef in pressure cooker; add 1/2 cup beef broth. Close and lock pressure cooker lid. Use Meat/Stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure when done; carefully remove lid. Shred beef and set aside. Set pressure cooker to Sauté. Add whiskey, 1/4 cup cider vinegar, tomato paste, 2 tablespoons brown sugar, molasses, salt and pepper to cooking liquid in the pressure cooker. Simmer 20 to 25 minutes until desired consistency is reached. Add shredded beef. Continue as directed in Step 3.

*Nutrition information: 363 Calories; 8g Total Fat; 3g Saturated Fat; 3g Monounsaturated Fat; 84mg Cholesterol; 725mg Sodium; 31g Total carbohydrate; 31g Protein; 4.9mg Iron; 5.5mg Niacin; 0.5mg Vitamin B6; 116.1mg Choline; 1.6mcg Vitamin B12; 5mg Zinc; 31.8mcg Selenium; 5g Fiber.*

# Chipotle-Braised Country Style Beef Ribs

Makes 4-6 servings

- 2 pounds beef Country-Style Ribs
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1 cup chopped onion
- 1 can (28 ounces) crushed tomatoes, undrained
- 3 medium poblano peppers, seeded, coarsely chopped
- 1 to 2 chipotle peppers in adobo sauce, finely chopped

## Toppings:

- Chopped onion, cilantro and lime wedges (optional)



1. Heat oil in stockpot over medium heat until hot. Brown half of beef ribs; remove from stockpot. Repeat with remaining beef. Season with salt.
2. Add onion to stockpot; cook 3 to 5 minutes or until tender, stirring occasionally. Stir in tomatoes, poblano and chipotle peppers, as desired. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
3. Remove beef; keep warm. Skim fat from cooking liquid. Spoon cooking liquid over beef. Garnish with chopped onion, cilantro and lime wedges, if desired.

## Alternate Cooking Method

Recipe can be prepared in a 3-1/2 to 5-1/2 quart slow cooker. Browning beef ribs is optional. Place ribs, poblano peppers, onion and chipotle peppers in 3-1/2 to 5-quart slow cooker. Top with tomatoes. Cover and cook on LOW 7-1/2 to 8-1/2 hours, or on HIGH 5 to 6 hours or until beef is fork-tender. (No stirring is necessary during cooking.) Continue as directed in Step 3.

## Alternate Cooking Method

Recipe can be prepared in a 6-quart electric pressure cooker. Set pressure cooker to Sauté and add oil. Brown beef ribs, rotating and browning on all sides; in batches if needed. Add salt, onion, poblano peppers and chipotle peppers to pressure cooker. Top with tomatoes. Close and lock pressure cooker lid. Cancel Sauté setting and choose Meat/Stew or high-pressure setting; program 60 minutes on pressure cooker timer. Use quick release feature to release pressure when done; carefully remove lid. Continue as directed in Step 3

*Nutrition information: 259 Calories; 12g Total Fat; 4g Saturated Fat; 1g Monounsaturated Fat; 72mg Cholesterol; 440mg Sodium; 17g Total carbohydrate; 25g Protein; 5mg Iron; 5.3mg Niacin; 0.7mg Vitamin B6; 88.3mg Choline; 2.5mcg Vitamin B12; 8.1mg Zinc; 24.8mcg Selenium; 4.9g Fiber.*

# Instant Pot Beef Stew

Total Recipe Time: 50 Minutes

Makes 4 servings

- 1-1/2 pounds Beef Stew Meat (or Chuck Roast, trimmed and cut into 1-inch chunks)
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon Italian seasoning
- 2 tablespoons Worcestershire sauce
- 3 cloves garlic, minced
- 1 large onion, chopped
- 1 (16 ounce) bag baby carrots, cut into slices
- 1 pound potatoes, cubed
- 2-1/2 cups beef broth
- 1 (10 ounce) can tomato sauce
- 2 tablespoons cornstarch
- 2 tablespoons water

1. Add the olive oil to the pressure cooker and turn on the Sauté function. When the oil starts to sizzle add the beef and season with the salt, pepper, and Italian seasoning, working in batches to not crowd. Cook the beef until browned on all sides.
2. Add the beef broth to the pressure cooker and use a spoon to scrape the brown bits from the bottom of the pan. Press Cancel. Reset pressure cooker to Meat/Stew setting.
3. Add the Worcestershire sauce, garlic, onion, carrots, potatoes, and tomato sauce. Close the lid and steam valve. Cook for 35 minutes. When done allow the pressure to release naturally for 10 minutes before doing a quick release. Carefully remove lid.
4. Mix together the cornstarch and cold water in a small bowl and stir into the stew until thickened.

Recipe courtesy of [The Salty Marshmallow](#)



# Instant Pot Cheesesteak Sandwiches

Makes 6 hoagie sandwiches

- 2 green peppers, sliced
- 1 onion, sliced
- 2 cloves garlic, minced or pressed
- 2 to 2-1/2 pounds thinly sliced steak (Top Round, Bottom Round, Flank, Skirt, Top Sirloin would all work)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 envelope dry Italian dressing mix
- 1 cup beef broth
- 6 slices of provolone cheese, sliced in half
- 6 hoagie rolls



1. Add the vegetables, steak, seasonings, and beef broth to a 6-quart pressure cooker. Close and lock pressure cooker. Use Meat/Stew or high-pressure setting on pressure cooker; program and cook for 40 minutes. Allow the pressure cooker to depressurize naturally for 10 minutes. Then release the steam manually the rest of the way.
2. In the meantime, slice the hoagie rolls and place on a baking sheet. Top each with two slices cheese halves. Broil for 5 minutes or until cheese is bubbly.
3. Top each roll with the steak and veggies. You can also use the juices in the pot to dip the sandwiches in, if desired.

Recipes courtesy of [Real Mom Kitchen](#)

## Mango Salsa Beef

Makes 4 to 6 servings

- 2 pounds Beef Round Steak, cut into 1-inch chunks
  - 2 tablespoons extra virgin olive oil
  - 1 (24 oz) jar Mango Salsa (or any other fruit-based jar of salsa)
  - 1 1/2 cups chopped mango (fresh, frozen or jarred)
  - 1 (12 oz) bag frozen pepper and onion blend
  - 4 cloves garlic, minced
  - Salt and pepper, to taste
1. Heat olive oil in a large saucepan or skillet over medium-high heat. Add Round Steak and brown on all sides. Place beef in a 4-1/2 to 5-1/2-quart slow cooker.
  2. Top with mango, peppers and onions. Stir the salsa and garlic together and pour on top, stir and season with salt and pepper.
  3. Cook on LOW for 6 hours.
  4. Serve over brown rice.

### Alternate Cooking Method

Recipe can be prepared in a 6-quart electric pressure cooker. Add the olive oil to the pressure cooker and turn onto Sauté. Brown beef chunks, working in batches if needed. Add salsa, mango, peppers and onions, garlic, salt and pepper to pressure cooker. Close and lock pressure cooker. Use Meat/Stew or high-pressure setting on pressure cooker; program and cook for 40 minutes. Use quick release feature to release pressure; carefully remove lid. Serve over brown rice.

Recipe courtesy of [Amee's Savory Dish](#)

## SLOW COOKER Mango Salsa Beef



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