



No Pressure Beef Stew

Servings: 6

1 1/2 pound(s) beef stew meat, cut into cubes
1/4 cup(s) flour
2 tablespoon(s) oil
6 cup(s) beef broth, hot
1 onion, chopped
2 garlic cloves, minced
8 carrots cut into 1 inch pieces
4 potatoes, unpeeled cut into 1" chunks
3 celery stalks, cut into 1" pieces
2 20 oz. tomatoes, canned, undrained
1 teaspoon(s) salt
1/2 teaspoon(s) black pepper

Directions:

Coat meat with flour. Heat oil in pressure cooker over medium heat or using brown function. Add the meat and cook uncovered until well browned, stirring occasionally. (The longer you brown the meat, the darker the sauce will be.) Add hot beef broth, onion and garlic and stir. Bring to a boil, stirring occasionally. Close cover and bring to high pressure, then pressure cook for 15 minutes. Remove from heat, reduce pressure, and remove cover (please make sure that the pressure valve is released). Add the remaining vegetables, salt, and pepper. Close cover and return to high pressure, then cook 5 more minutes. Remove from heat, reduce pressure, and remove cover.

Herbed Orzo 1

Orzo pasta (rice-like) flavored with seasonal herbs.

Servings: 4

1 1/3 cup(s) orzo
2 teaspoon(s) butter, melted
1 tablespoon(s) parsley, fresh, chopped
salt and pepper, to taste

Directions:

Place orzo in boiling salted water for 10 minutes or until just underdone. Drain. Add butter and chervil. Salt and pepper to taste. Divide into 2 containers and cool.

**Demo by Chef Lisa Givens, A Gourmet A-Way Personal Chef Service
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