



'Onolicious Beef Stew



Ingredients:

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| 2 lbs of beef stew meat (cut into 1.5" cubes) | 1 can of stewed tomatoes (14.5 oz) |
| 2 medium onions (peeled and quartered) | 2 cups of beef broth |
| 4 small/medium Yukon gold potatoes (quartered) | 1 cup of chicken broth |
| 3 medium carrots (peeled and chopped) | 1 6oz can of tomato paste |
| 1 bunch of celery stalks (chopped) | 2 tablespoons of olive oil |
| 2 bay leaves | ½ cup of flour (with some salt and pepper to season) |
| 3 Hawaiian Chili peppers (chopped) | salt and pepper to taste |

Directions:

1. Set your Instant Pot (IP) to sauté and add olive oil to your pot. While it's heating, dry off the meat with paper towels, and lightly dust meat with flour mixture. Once the IP is hot, brown all the sides of the meat in the oil. Depending on the size of your instant pot, this step will take a couple rounds to brown all the meat. Remove the meat from the pot and place on a paper towels to rest, then continue with another round of meat until all have been browned. (ʻakamai tip: if your instant pot is small, you can do this step in a large frying pan to cut down on the amount of rounds/time it takes for browning).
2. While your instant pot is still on sauté mode, place onions on the bottom of the pot. Add all your broth, tomato paste, stewed tomatoes, bay leaves, and Hawaiian chili pepper and stir the entire mixture (be sure to scrape the bottom of the pot with a mixing spoon if you sautéed your meat in your pot to help deglaze the bits left behind). Add all of your meat into the pot, close the lid and pressure cook on **high for 22 minutes**.
3. Once your timer goes off, do a "quick release." Add the potatoes, carrots, and celery on top (do not mix). Add salt and pepper to taste. Close the lid, and set to pressure cook on **high for 3 minutes**. After the timer goes off, allow the IP to do a "natural release" of the pressure for 15 minutes, then quick release the remaining pressure.
4. Serve with rice and a side of poi.

*Note: This recipe is done using 6-quart Instant Pot. If your Instant Pot is smaller, you may have to adjust the recipe using less meat/vegetables and broth. Depending on the size of meat/vegetables you use, you may notice when you add your vegetables to your pot, you'll be over the "max line" of the pot. Just ladle out some of the liquid to bring it below the line.