

Beef Stew

Total Cook Time: 1 hour 45 minutes
Contains raw meat, cook thoroughly
Cook from Frozen
Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 cups (4 cups) beef broth
- 2 TBSP (4 TBSP) cornstarch
- Optional toppings and garnishes: Dash of hot sauce, freshly ground black pepper

Instant Pot Cooking Directions:

1. Locate the bag of vegetables and keep in the freezer until ready to use.
2. Open meal and pop food into pressure cooker pot. Add 2 cups (4 cups)* of beef broth.
3. Secure lid and turn pressure release knob to a sealed position. Cook at high pressure for 30 minutes.
4. When pressure cooking is complete, use a natural release.
5. Stir the soup well to break up any pieces of meat.
6. Cut open the bag of vegetables and add them to the soup.
7. Wipe the seal and inside of the lid dry and make sure the ring is pressed down all the way. Secure lid and turn pressure release knob to a sealed position. Cook at high pressure for 5 minutes.
8. When pressure cooking is complete, use a quick release.
9. Combine 2 TBSP (4 TBSP)* cornstarch and 2 TBSP (4 TBSP)* water in a small bowl. Use the sauté function to bring stew to a simmer. Add HALF the cornstarch mixture to stew and stir until the juice is SLIGHTLY thickened. Add the other half if needed. You want the juices to be very slightly thickened and still soup-like.
10. Serve hot with desired toppings.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 7-8 hours or HIGH for 3-4 hours, or until the meat is tender. Add the vegetables and noodles in the last hour of cooking. Cook until vegetables are soft. Continue with steps 8-10.

Leftover Suggestions:

- Shepherd's Pie: Spoon stew into a baking dish, top with mashed potatoes, bake until golden.
- Pot Pie – Add the stew to a pie crust or puff pastry, bake until bubbly and crisp.

Notes:

- By cooking the meat first and adding the vegetables afterward, you'll get tender, flavorful meat and vegetables cooked to perfection.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		Total Fat 3.5g	4%	Total Carbohydrate 33g	12%
Serving size 1 cup (352g)		Saturated Fat 1.5g	8%	Dietary Fiber 6g	21%
Calories per serving 290		Trans Fat 0g		Total Sugars 8g	
		Cholesterol 70mg	23%	Includes 0g Added Sugars	0%
		Sodium 1370mg	60%	Protein 33g	
		Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 3.6mg 20% • Potassium 1020mg 20% Vitamin A 740mcg 80% • Vitamin C 26mg 30%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BEEF, POTATOES (POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE (ADDED TO MAINTAIN COLOR), POTASSIUM SORBATE (ADDED TO MAINTAIN FRESHNESS)), PEAS, CARROTS, TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), ONION, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), SALT, SPICE, GARLIC, ONION

CONTAINS: ANCHOVIES, WHEAT, SOY