

Veggie Beef Stew - Super satisfying soup that is cozy-comfy when you are short on time. You can use either an Instant Pot or slow cooker. Gluten-free, dairy-free, paleo and whole 30 friendly.

**Prep: 15 min Cook: 30 min Serving: 6**

## Ingredients

- 1.5 lbs beef stew meat (or beef chuck roast cut into chunks)
- 3 medium carrots, peeled and sliced
- 3 stalks of celery, sliced
- 1 medium yellow onion, diced
- 3-5 cloves garlic, minced
- 1 lb small potatoes, cubed
- 1 cup peas (fresh or frozen)
- 1 cup green beans (fresh or frozen)
- 1 can (14 oz) fire roasted tomatoes (with liquid)
- 4 cups beef bone broth
- 2 tsp salt, pepper
- 1 tsp thyme
- 1 tsp italian seasoning
- 1 bay leaf
- Cooking fat of choice



## Directions

1. Select “saute” on the Instant Pot and add 1 tbsp cooking oil (ie grass fed butter, coconut oil, avocado oil, olive oil). Season meat with salt and pepper and add it to the Instant Pot - searing all sides of meat until it’s brown.
2. Cancel the “saute” setting and add the rest of the ingredients minus frozen peas and green beans to the pot and stir until combined.
3. Turn the setting to “pressure cook” or “stew” and set for 30 minutes or “high pressure” for 20 minutes. Once it’s done, allow 10 minutes for natural release before flipping to “venting” position to release any remaining pressure.
4. Press “cancel” then select the “saute” setting and add peas and green beans and cook for about 5-7 minutes.
5. Take bay leaf out, season with additional salt and pepper to taste, and garnish with fresh thyme.

## Notes

1. Don’t have an Instant Pot but have a slow cooker? You can still make this recipe! Add all ingredients to a slow cooker and set on low for 6-8 hours. Add the frozen green beans and peas 30 minutes before serving. Add more broth if needed.