



Greek Style Beef Stew

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

1 hr 10 mins

Description

Excellent in a pressure cooker I tried it once in a slow cooker not as flavorful I adapted a recipe that came with my pressure cooker It is also known as Stifado if you use pearl onions but I didnt have any and had to use yellow onion I have to add potatoes and carrots Be very careful with the amounts of salt cinnamon and ground cloves Works very well with moose or venison I serve it with JPs Big Daddy Biscuits try making those with buttermilk Yum

Ingredients

- - 1 tablespoon olive oil - 1 pound cubed beef stew meat - 1 onion
- peeled and chopped - 1 large clove garlic
- minced - ¼ cup red wine - 2 tablespoons red wine vinegar - ½ cup fat-free reduced-sodium beef broth - 1 tablespoon tomato paste - ½ teaspoon dried rosemary - ½ teaspoon dried oregano - 6 whole black peppercorns - 2 bay leaves - 1 teaspoon ground cumin - ? teaspoon ground cinnamon - 1 pinch ground cloves - ¼ teaspoon ground black pepper - 1 ½ teaspoons light brown sugar - 1 (28 ounce) can whole plum tomatoes
- undrained and quartered - ½ cup water - 2 potatoes
- peeled and cut into 2-inch pieces - 2 carrots
- peeled and sliced - ¼ teaspoon salt to taste

Instructions

1. Heat olive oil in a 5-quart pressure cooker over medium-high heat. Add half the beef; cook and stir until well browned on all sides. Remove beef with a slotted spoon and set aside. Brown the remaining meat and set aside. Place chopped onion in the pressure cooker; cook and stir for 1 minute. Add the garlic and stir for an additional minute. Pour in the red wine
2. red wine vinegar
3. and beef broth; stir in the tomato paste and mix well. Grind or crush rosemary
4. oregano
5. and peppercorns in a mortar and pestle or spice grinder. Add crushed spices to the cooker with bay leaves
6. cumin
7. cinnamon
8. cloves
9. black pepper
10. and brown sugar. Pour in tomatoes and their juice; rinse the can with 1/2 cup water and add the water to the cooker. Stir in potatoes and carrots. Return the browned meat to the pressure cooker. A 5-quart pot should be about half full and a little soupy; the potato will dissolve a bit and thicken it after cooking. Cover the pot and seal the lid. Bring the pot up to high pressure over high heat. Reduce the heat to low
11. maintaining full pressure
12. and cook for 15 minutes. Remove from heat and let the pressure reduce naturally. Taste the stew and add salt
13. if desired. Cook's Notes: We have this every other week during the winter months. Also the cassia cinnamon popular here in the U.S. is way too strong
14. so be careful. If you use Ceylon cinnamon
15. use 1/4 teaspoon. You can use low-sodium chicken broth instead of the beef broth. If you used canned broth or stock with salt
16. don't add any more salt. It's very good with homemade veggie stock. This is not as good without tomato paste or bay leaves. I'm sure you could sub tofu for the beef and make it completely vegan
17. but I will leave that to my vegetarian friends. Great the next day. Enjoy! This can also be made in a slow cooker. Omit the 1/2 cup water. Use a skillet and follow steps 1 and 2. Transfer contents of the skillet to a slow cooker; add the potatoes and carrots. Place the browned meat on top of the vegetables and add the remaining ingredients. Cover and cook on Low for 8 to 10 hours.