



Stew Beef



4-6 servings



1-8 hours depending
on cooking method

INGREDIENTS

- 2 lbs beef stew meat, cut into bite-sized pieces
- 2 tbsp vegetable oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 bell pepper, chopped
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp thyme
- 1 tsp cumin
- 2 tbsp recado (annatto paste)
- 2 cups water or beef broth
- 2 tbsp flour
- 2 tbsp vinegar

DIRECTIONS

1. Season the beef with salt, black pepper, thyme, and cumin. Set aside.
2. In a small bowl, mix the recado with a little water to create a smooth paste.
3. In a large pot or Dutch oven, heat the vegetable oil over medium-high heat. Add the beef and brown on all sides. This should take about 5-7 minutes. Remove beef from pot and set it aside.
4. In the same pot, sauté the onion, garlic, and bell pepper until the onion is translucent and the vegetables are softened, about 5 minutes.
5. Return the beef to the pot.
6. Add the recado paste and mix well to coat the beef and vegetables.
7. Add the water or beef broth, ensuring the beef is covered.
8. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and simmer for about 1.5 - 2 hours, or until tender. Stir occasionally, add more liquid if necessary to prevent drying out.

If in Crockpot - Follow Steps 1-7, then, put in crock pot and cook on low for 6-8 hours or on high for 4-5 hours, until the beef is tender.

If in InstaPot - Follow Steps 1-7, then put in InstaPot, set to 'Manual' or 'Pressure Cook' and cook on high for 35 minutes. Once the cooking cycle is complete, allow the pressure to release naturally for 10 minutes before performing a quick release for any remaining pressure.