

French Onion Beef Stew

Ingredients:

1 LB. BEEF CHUCK ROAST
 4 MEDIUM YELLOW ONIONS, SLIVERED
 6 BABY BELLA MUSHROOMS, QUARTERED
 1C BARLEY
 4TBS BUTTER OR OLIVE OIL
 1C RED WINE, DRY
 4C BEEF STOCK
 1-1/4C WATER
 3 BAY LEAVES
 SALT & PEPPER TO TASTE

1. HEAT FAT IN INSTANT POT ON SAUTE. PAT MEAT DRY, SALT LIGHTLY. SEAR ON ALL SIDES AND SET ASIDE.
2. ADD ONIONS AND CARAMELIZE. STIR OFTEN.
NOTE: BROWNING IS FLAVOR!
3. DE-GLAZE THE PAN WITH RED WINE. STIR TO LIFT BROWN FROM THE BOTTOM OF THE PAN.
4. ADD STOCK, BAY LEAVES, AND BEEF. SET TO STEW FOR 1 HOUR.
5. MEANWHILE SIMMER BARLEY AND WATER IN POT UNTIL WATER IS ABSORBED AND BARLEY IS COOKED.
6. SHRED BEEF, AND ADD MUSHROOMS AND BARLEY TO INSTANT POT STEW FOR 6 MINUTES.
7. SALT & PEPPER TO TASTE. REMOVE BAY LEAVES BEFORE SERVING. ENJOY!

MAKES ABOUT 4 SERVINGS, SERVE WITH TOASTY FRENCH BREAD

Made with love by Stephanie Rose

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