



# SUPPERUP

## RECIPE

### ITALIAN STYLE BEEF STEW WITH CARROTS, PEAS + CREAMY POLENTA

## ACTIVE COOK TIME

**12 MIN.**

## TOTAL COOK TIME\*

**37 MIN.**

## RELEASE



Natural



Quick

## WHAT WE SEND

- Beef Short Ribs
- Onions and Garlic
- Carrots
- Peas
- Tomato Sauce
- Polenta
- Foil Pan

## WHAT YOU NEED

- INSTANT POT® (6 or 8 qt.) or other programmable electric pressure cooker
- 1 Tbsp. oil
- Tongs
- Aluminum foil
- Large wooden spoon or silicone spatula
- INSTANT POT Trivet
- 1-1/3 cups water

\*plus 15 min. to bring INSTANT POT to pressure

NET WT 45.3 oz (2 lb 13.3 oz)  
Contains: Uncooked Boneless Beef Short Ribs, Tomato Sauce,  
Peas, Carrots, Parmesan Polenta Mix, Onion and Garlic Blend

1



Set SAUTÉ setting on INSTANT POT for 8 min. Break up Beef in pouch to separate pieces. Add oil to pot; heat 1 min. Add contents of beef pouch; cook 5 min., turning beef pieces with tongs after 2-1/2 min. Transfer beef pieces to plate; cover with aluminum foil to keep warm.

2



Add Onions and Garlic to beef juices remaining in pot; cook 1 min., stirring constantly to break up any large pieces. Add Carrots and Peas.

3



Hold pouch of Tomato Sauce under warm running water 30 sec. or until slightly softened. Empty contents of sauce pouch into INSTANT POT. Place beef around sauce to form even layer. Top with trivet. (Note: Trivet should be flat. Do not unfold legs before placing in pot.)

4



Empty contents of Polenta pouch into Foil Pan. Add water. Cover with foil; place on trivet.

5



Close and lock lid. Turn Pressure Release Valve to Sealing position. Cook 25 min. using MANUAL/HIGH PRESSURE COOK setting.

6



When timer goes off, press CANCEL, then use Quick Pressure Release to release steam. Caution: never put your hands or face over the steam release valve when releasing steam. Remove lid. Liner of INSTANT POT, foil pan and trivet will all be hot so use oven mitts to remove foil pan and trivet from pot.

7



Stir polenta; spoon into serving bowl. Use instant-read thermometer to check that beef is done (165°F)\*. Stir beef mixture. Serve over polenta.

\*Temperature of beef should register at least (165°F) when tip of thermometer is inserted into thickest part of each beef piece. If beef is not done, cook using SAUTÉ setting 1 min. or until done.

## Nutrition Facts

About 6 servings per container

**Serving size 7.5oz (210g/about 1/6 package)**  
(makes about 1 cup)

Amount per serving

**Calories 230**

	% Daily Value*
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 7g	<b>37%</b>
Trans Fat 1g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg 0%	Calcium 110mg 8%
Iron 2.9mg 15%	Potassium 580mg 10%

\*The % Daily Value 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:

BONELESS BEEF SHORT RIBS, TOMATO SAUCE (DICED TOMATOES [DICED TOMATOES, TOMATO JUICE, CITRIC ACID], WATER, CONCENTRATED CRUSHED TOMATOES, SUGAR, SALT, SOYBEAN OIL, GARLIC PUREE, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR, CITRIC ACID, SPICES), CARROTS, PEAS, PARMESAN POLENTA MIX (CORNMEAL, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], SALT, CREAM CHEESE POWDER [NONFAT DRY MILK, BUTTERMILK SOLIDS, MILK SOLIDS, BUTTER (CREAM), NATURAL FLAVOR]), ONION AND GARLIC BLEND (ONIONS, GARLIC, EXTRA VIRGIN OLIVE OIL AND SEA SALT).

### CONTAINS: MILK.

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