

Daube Provençale (beef stew)

PREP TIME:

15 - 20 minutes

COOKING TIME:

50 minutes total

SERVES:

4-6

pair with a tall glass of orange and club soda or a Cabernet



INGREDIENTS:

2 1/2 lbs beef chuck, cubed
2 tbsp flour
1 tsp salt
3 tbsp light olive oil
2 slices bacon, cut into 1" cubes
1 1/2 cups / 1 medium onion, diced
1/2 cup / 1 large carrot, diced
1/2 cup / 1 celery rib, diced
2 tsp / 4 cloves garlic, minced
1 Daube Provençale Blend
2 tbsp tomato paste
2 cups / 16 fl oz red wine (OR beef broth)

PREPARE:

toss the beef in flour and salt to coat

heat oil in the Instant Pot on sauté function medium and cook bacon for 3 minutes

push bacon to one side of the Instant Pot and add the floured beef to the pot.

brown beef for 3 minutes, stir in the onion, carrot, celery and garlic and soften for 2 minutes

sprinkle in the Daube Provençale blend; add tomato paste & red wine (or broth)

secure the Instant Pot lid and pressure valve to Sealing

press the Manual / Pressure Cooker button and adjust the cook time to 35 minutes

turn the dial to Venting and use Quick Pressure Release

serve over wide egg noodles with a side of buttered haricots verts