

Chipotle Beef Stew

Serves eight

1 tomatillo
2 tomatoes
4 garlic cloves
2 chipotle pepper with adobo
1/4 cup water
2 pounds chuck roast
1/2 teaspoon cumin
1 teaspoon dried oregano
2 slices bacon — chopped
1 small white onion — finely sliced
1 tablespoon oil (I use avocado) + more if needed for browning the beef
1/2 cup chopped cilantro
6 sprigs fresh thyme
6 Brussels sprouts — trimmed and halved
1/2 of a large turnip — peeled and cut into medium cubes
1/2 of a medium zucchini — cut into medium chunks
1 carrot — peeled and sliced
3/4 cups dark beer (I am using Negra Modelo)
3/4 cups beef stock

Place the tomatillo, tomatoes, garlic, chipotles with adobo and water in a blender and blend until smooth. Set aside.

Trim the excess fat off the roast and cut it into large cubes. Season liberally with salt and pepper. Add the cumin and oregano and mix well to coat all sides. Let the beef come to room temperature for about 20 minutes on the counter.

Turn the instant pot on to 'sauté. You will hear a beep when it is ready. Add the bacon and cook it until it starts browning and rendering fat, about 4 minutes. Add the onion and mix with the bacon. Cook until it is softened and translucent, about 5 minutes. Remove the bacon and onion mixture from the pot and set aside.

Add the oil into the pot and start browning the beef. Work in batches and brown all sides. If you need to add a little more oil between batches, do so. Remove on to a plate and set aside.

Add the blended tomatoes to the pot and scrape the brown bits from the bottom. Cook the sauce for about 5 minutes, until it starts to thicken. Watch out for splatters. Stir occasionally.

Return the onions, bacon and beef to the pot. Stir. Add the cilantro and thyme and the beer and beef stock. Stir. Add the vegetables on top.
Press the cancel button and place and secure the lid onto the pot. Make sure the pressure valve is sealed. Turn the pot onto 'stew' and cook for 25 minutes.

Press the cancel button. Release the pressure valve as soon as the cooking time is done. Be careful as the steam that gets released is very hot.

Serve and enjoy!

Calories 273.032 kcal, Fat, Total 12.961 g, Saturated Fat 3.344 g, Sugar, Total 1.819 g, Total Carbohydrate 10.844 g, Fiber 2.68 g, Protein 26.982 g, Cholesterol 90.186 mg, Trans Fatty Acid 0.399 g, Sodium 252.611 mg,

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