

Beef Stew

Ingredients:

4 Qt. (Serves 4-6)

1 1/2 lbs.

1 tbsp.

1 tsp.

Dash

1/4 tsp.

3 cups

1/2 cup

4

4

6 / 8 Qt. (Serves 8-12)

3 lbs.

2 tbsp.

2 tsp.

1/4 tsp.

1/2 tsp.

3 1/2 cups

1 cup

8

8

Ingredients

Beef Stew Meat – 1-inch cubes

Vegetable Oil

Salt

Pepper

Paprika

Water

Onions, chopped

Carrots, whole

Potatoes, medium,
cut in halves

Directions:

1. Brown beef in vegetable oil in cooker. Season with salt, pepper and paprika. Add water.
2. Cover and cook 15 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet. Add remaining ingredients.
4. Cover and cook an additional 10 minutes after control jiggles. Reduce pressure instantly.