

Low-Carb Instant Pot Beef Stew - Keto Beef Stew

Serves: 8

Ingredients:

- 1 tomatillo
- 2 tomatoes
- 4 garlic cloves
- 2 chipotle peppers 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 cup dark beer (Negra Modelo recommended)
- 3/4 cup beef stock

Instructions:

1. Prepare the Sauce:

- Place the tomatillo, tomatoes, garlic, chipotle peppers with adobo, and water in a blender. Blend until smooth. Set aside.

2. Prepare the Beef:

- Trim excess fat from the chuck roast and cut it into large cubes. Season liberally with salt and pepper. Add cumin and oregano, mixing well to coat all sides. Let the beef sit at room temperature for about 20 minutes.

3. Cook the Bacon and Onions:

- Turn the Instant Pot on to 'Sauté' mode. Once preheated, add the chopped bacon and cook until it starts browning and rendering fat, about 4 minutes. Add the sliced onion and cook until softened and translucent, about 5 minutes. Remove the bacon and onion mixture from the pot and set aside.

4. Brown the Beef:

- Add oil to the pot. Working in batches, brown the beef on all sides. If necessary, add more oil between batches. Remove the browned beef and set aside.
- 5. **Cook the Sauce:**
 - Pour the blended tomato mixture into the pot, scraping up the brown bits from the bottom. Cook the sauce for about 5 minutes, until it begins to thicken. Stir occasionally and watch for splatters.
- 6. **Combine Ingredients:**
 - Return the bacon, onions, and browned beef to the pot. Stir in the chopped cilantro and thyme sprigs. Pour in the beer and beef stock. Stir to combine. Add the Brussels sprouts, turnip, zucchini, and carrot on top.
- 7. **Pressure Cook:**
 - Press the 'Cancel' button to stop the sauté function. Secure the lid onto the pot and ensure the pressure valve is sealed. Set the Instant Pot to 'Stew' mode and cook for 25 minutes.
- 8. **Release Pressure:**
 - Once the cooking time is complete, press the 'Cancel' button. Carefully release the pressure valve to allow the steam to escape. Be cautious, as the steam will be very hot.
- 9. **Serve:**
 - Serve the stew hot and enjoy!

Nutritional Information (Per Serving):

- **Calories:** 273.03 kcal
- **Total Fat:** 12.96 g
- **Saturated Fat:** 3.34 g
- **Total Carbohydrate:** 10.84 g
- **Dietary Fiber:** 2.68 g
- **Total Sugars:** 1.82 g
- **Protein:** 26.98 g
- **Cholesterol:** 90.19 mg
- **Trans Fat:** 0.40 g
- **Sodium:** 252.61 mg