



Instant Pot Butternut Squash Beef Stew

Recipe from: www.foodiecrush.com



Ingredients



4 tablespoons flour, divided	1 large onion, chopped, about 2 cups	1 pound cremini or brown mushrooms, quartered
1 ½ teaspoons kosher salt and freshly ground black pepper	3 ribs celery, chopped, about 1 cup	12 ounces butternut squash, cubed
1 ½ teaspoon garlic salt	1 cup red wine	2 cups quartered new red potatoes
2 pounds beef chuck cut into cubes	2 cups beef broth	2 bay leaves
3 tablespoons vegetable oil, divided	1 tablespoon beef base	6 thyme stems
4 cloves garlic, pressed or minced	2 cups chopped carrots	



Yield: 6 servings
Serving Size: 2 cups

Directions



Place 2 tablespoons flour, kosher salt, garlic salt and freshly ground black pepper in a gallon freezer bag and toss to mix. Add the beef chuck cubes to the freezer bag and toss the cubes in the flour mixture to coat.

Press sauté and heat 1 tablespoon of the oil. Add half of the floured beef cubes to the oil and brown the beef on all sides. Transfer the beef to a bowl. Add another tablespoon of oil to the pot and brown the rest of the meat on all sides. Add the garlic to the beef and cook for 30 seconds to 1 minute or until garlic becomes fragrant. Add this beef to the side bowl. Add the remaining tablespoon of oil to the pot and cook the onion and celery for 4-5 minutes or until softened, then add the remaining 2 tablespoons of flour to make a roux. Add the wine to the Instant Pot and bring to a boil, scraping the bits from the bottom of the cooker. Add the beef broth and the beef base to the Instant Pot and mix. Add the butternut squash, carrots, red potatoes and mushrooms to the pot with the bay leaves and thyme. Bring to a boil. Seal the Instant Pot and set to the Stew setting and cook for 30 minutes.

Natural release, remove the bay leaves and serve.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Instant Pot Butternut Squash Beef Stew

Recipe from: www.foodiecrush.com



Ingredients



4 tablespoons flour, divided	1 large onion, chopped, about 2 cups	1 pound cremini or brown mushrooms, quartered
1 ½ teaspoons kosher salt and freshly ground black pepper	3 ribs celery, chopped, about 1 cup	12 ounces butternut squash, cubed
1 ½ teaspoon garlic salt	1 cup red wine	2 cups quartered new red potatoes
2 pounds beef chuck cut into cubes	2 cups beef broth	2 bay leaves
3 tablespoons vegetable oil, divided	1 tablespoon beef base	6 thyme stems
4 cloves garlic, pressed or minced	2 cups chopped carrots	



Yield: 6 servings
Serving Size: 2 cups

Directions



Place 2 tablespoons flour, kosher salt, garlic salt and freshly ground black pepper in a gallon freezer bag and toss to mix. Add the beef chuck cubes to the freezer bag and toss the cubes in the flour mixture to coat.

Press sauté and heat 1 tablespoon of the oil. Add half of the floured beef cubes to the oil and brown the beef on all sides. Transfer the beef to a bowl. Add another tablespoon of oil to the pot and brown the rest of the meat on all sides. Add the garlic to the beef and cook for 30 seconds to 1 minute or until garlic becomes fragrant. Add this beef to the side bowl. Add the remaining tablespoon of oil to the pot and cook the onion and celery for 4-5 minutes or until softened, then add the remaining 2 tablespoons of flour to make a roux. Add the wine to the Instant Pot and bring to a boil, scraping the bits from the bottom of the cooker. Add the beef broth and the beef base to the Instant Pot and mix. Add the butternut squash, carrots, red potatoes and mushrooms to the pot with the bay leaves and thyme. Bring to a boil. Seal the Instant Pot and set to the Stew setting and cook for 30 minutes.

Natural release, remove the bay leaves and serve.

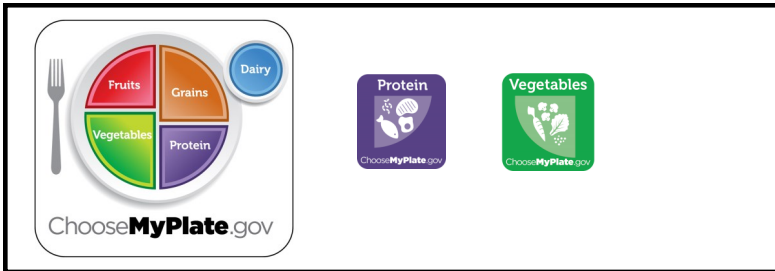
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



Can also be made in the slow cooker.

Find recipe adaptation at www.foodiecrush.com

Nutrition Facts

6 servings per container

Serving size 2 cup

Amount Per Serving

Calories 420

% Daily Value*

Total Fat 14g 18%

Saturated Fat 4g 20%

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 6g

Cholesterol 95mg 32%

Sodium 490mg 21%

Total Carbohydrate 30g 11%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 38g 76%

Vitamin D 0mcg 0%

Calcium 84mg 6%

Iron 5mg 30%

Potassium 1170mg 25%

*The % Daily Value (DV) 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.

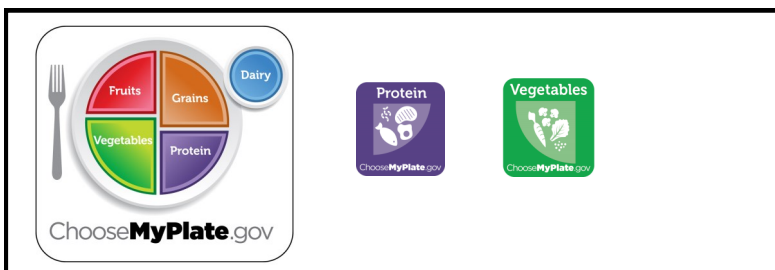
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips



Can also be made in the slow cooker.

Find recipe adaptation at www.foodiecrush.com

Nutrition Facts

6 servings per container

Serving size 2 cup

Amount Per Serving

Calories 420

% Daily Value*

Total Fat 14g 18%

Saturated Fat 4g 20%

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 6g

Cholesterol 95mg 32%

Sodium 490mg 21%

Total Carbohydrate 30g 11%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 38g 76%

Vitamin D 0mcg 0%

Calcium 84mg 6%

Iron 5mg 30%

Potassium 1170mg 25%

*The % Daily Value (DV) 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.

Second Harvest is an equal opportunity provider.