

Instant Pot Beef Stew

This easy Instant Pot beef stew recipe has a rich and flavorful sauce and tender fall-apart beef, carrots, and potatoes. The perfect hearty family meal made faster than oven or stove methods.



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PREP TIME
15 mins

COOK TIME
50 mins

INACTIVE TIME
15 mins

TOTAL TIME
1 hr 20 mins



COURSE
Main Course

CUISINE
American



SERVINGS
[6](#)

Cook Mode Prevent your screen from going dark

INGREDIENTS

- 2 pounds beef stewing cubes
- Flour for dredging
- 2 tablespoons olive oil divided
- 1 medium onion chopped
- 2-3 large carrots sliced
- 3 sticks celery chopped
- 2 pounds yellow potatoes diced
- 2.5 cups beef broth
- 1 (5.5 ounce) can tomato paste
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 4 cloves garlic minced

INSTRUCTIONS

1. Dredge the beef in flour on all sides. Add 1 tbsp of the oil to your Instant Pot. Press the "sauté" button and once the oil is hot, add the beef. Brown the beef on all sides (I find this easiest to do with tongs). I like to do 2 batches so the meat isn't crowded and browns nicely.
2. Once the beef is nicely seared, take it out of the Instant Pot and set aside. I add the second tablespoon of oil before browning the second batch.
3. While the beef is browning, I like to do the onions/celery/carrots/potato chopping, but if you prefer to prep everything beforehand, that is fine too.
4. When the second batch of beef is browned, take it out of the Instant Pot. Add the onion and sauté for 3-4 minutes.
5. Add the beef broth, tomato paste, Dijon mustard, Worcestershire sauce, and garlic to the Instant Pot. Be sure to scrape up the brown bits from the bottom (I use a wooden spoon). Give it a good stir.
6. Add the remaining ingredients (including returning the beef to the pot). The Instant Pot will be quite full, but it should not go over the maximum capacity line.
7. Close the lid and set the valve on "sealing", and cook on high pressure for 35 minutes. It will take 10-15 minutes for the Instant Pot to get up to pressure.
8. Once the countdown is done, I usually do a quick release if I'm in a rush. A natural pressure release (even partial) definitely won't hurt since the potatoes and carrots are already pretty soft in this dish, and it will leave everything even more tender. Season with salt & pepper as needed, and enjoy! Recipe freezes well.

NOTES

- Inactive time represents the time it will take to get your Instant Pot up to pressure.
- I use [this](#) 6-quart Instant Pot.
- **Stove-top:** Try my [Beef Stew](#).
- **Crockpot:** Try my [slow cooker beef stew recipe](#).