

Authentic Greek Beef Stifado Made Easy in the Instant Pot

in a fraction of the time. The beef is



TIME
4 min

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INGREDIENTS

- 2 lbs (900g) beef chuck, cut into 1-inch cubes
- 2 tbsp olive oil
- 1 large onion, chopped
- 1 lb pearl onions or small shallots, peeled
- 4 garlic cloves, minced
- 2 tbsp tomato paste
- 1 can (14 oz) crushed tomatoes
- 1/2 cup red wine vinegar
- 1/2 tsp ground cinnamon
- 1 tsp dried oregano
- 1/2 tsp allspice
- 1 bay leaf
- 2 cups beef broth
- Salt and black pepper, to taste
- Fresh parsley, for garnish

DIRECTIONS

1. ? 1. Sear the Beef: Turn your Instant Pot to SautØ mode. Add olive oil, then sear the beef cubes in batches until browned. Set beef aside.
2. ? 2. SautØ the Onions: Add the chopped onion and pearl onions to the pot. Cook for 3-4 minutes until softened. Add garlic and sautØ for another 1 minute.
3. ? 3. Add Sauce Ingredients: Stir in:
4. Tomato paste
5. Crushed tomatoes
6. Red wine vinegar
7. Cinnamon, oregano, allspice
8. Bay leaf
9. Mix well to combine.
10. ? 4. Return the Beef & Add Broth: Add the browned beef back to the pot. Pour in beef broth. Season with salt and pepper to taste.
11. ? 5. Pressure Cook: Seal the lid and set valve to Sealing. Pressure cook on High for 35 minutes. Let pressure release naturally for 10 minutes, then do a quick release.
12. ? 6. Finish and Serve: Discard the bay leaf. Stir well and taste for seasoning. Garnish with chopped parsley and serve hot.

SWAPS & NOTES

Use small whole shallots or quartered regular onions.

Let the stew simmer on SautØ mode after cooking to reduce the sauce.

Low-carb serving idea : Spoon over cauliflower mash or roasted vegetables.

Sear the Beef Turn your Instant Pot to SautØ mode .

TIPS FOR SUCCESS

Brown the beef well-this boosts flavor in the finished dish.

Peeling pearl onions is easier after a quick blanch in hot water.

If serving with bread, toast it lightly to soak up the sauce.

Make ahead -flavors deepen after a day in the fridge.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/authentic-greek-beef-stifado-made-easy-in-the-instant-pot/>