

Instant Pot Beef with Broccoli

Missing your favorite Chinese restaurant during quarantine? This Instant Pot recipe provides you with one of your old favorites, Beef with Broccoli, and it takes minutes to prepare. Just remember to use the IP to make a batch of rice before you make this so you're all ready to serve!

INGREDIENTS:

- 1-2 lbs. of stew beef or chuck roast, cut into thin strips
 - About 1-2 tsp of canola or vegetable oil
 - 4 cloves of minced garlic
 - $\frac{3}{4}$ cup of beef broth
 - $\frac{1}{2}$ cup of soy sauce (tamari or low sodium soy is also fine)
 - $\frac{1}{3}$ cup of brown sugar
 - 2 tablespoons of sesame oil
 - $1\frac{1}{2}$ 12-ounce bags of frozen broccoli florets
 - 3 tablespoons of water
 - 3 tablespoons of corn starch
1. Set your Instant Pot to Sauté mode and when it is hot, brown the beef in the oil. Work in batches so that each piece is nicely browned. Remove and set aside.
 2. Stir in minced garlic, sauté about one minute.
 3. Pour in beef broth and soy sauce. Using a wooden spoon or spatula, scrape the bottom of the Instant Pot insert to scrape off any browned bits from browning the meat.
 4. Add the brown sugar and sesame oil. Stir to dissolve the sugar.
 5. Place the lid and lock the Instant Pot and set to cook at high pressure for 9 minutes.
 6. When cooking time ends, do a quick release. Carefully remove the lid.
 7. Stir in frozen broccoli.
 8. Replace the lid and set to cook at high pressure for 2 minutes.
 9. When cooking time ends, do a quick release. Carefully remove lid.
 10. Combine cornstarch and water. Stir in to thicken. Serve immediately over rice.