



Spezzetino

Northern Italian Beef Stew



Ready in **1 hour**

Makes **6-8 servings**

From [Not Nonna's Kitchen](#)

Ingredients

- 2 lbs beef stew meat/beef chuck cut into 1" chunks
- 3 carrots, roughly chopped
- 1 yellow onion, roughly chopped
- 2 bay leaves
- 1 beef bouillon
- 2 cups water
- 2 large potatoes, cut into $\frac{3}{4}$ " cubes
- 2 cups frozen peas
- Cooking oil/salt/pepper

Directions

1. Heat cooking oil in pot of pressure cooker, when hot, add beef, salt generously, and saute on medium heat until browned
2. While the beef is browning, blend the carrots and onion into a paste. Add some of the water if needed.
3. Once the meat is browned, add in carrots and onion paste, saute and stir scraping fond from pan. Add bay leaves and stock, and pressure cook for 15-20 mins. Shorter for smaller chunks and longer for larger chunks of meat.
4. After pressure cooking is complete, relief pressure from vessel according to manufacturer's instructions,
5. Remove bay leaves, and add potatoes. Saute on medium until potatoes are cooked through (approx 20 mins).
6. Add peas, worcestershire sauce and black pepper to taste. Cook 5 more minutes or until the peas are cooked.
7. Serve with polenta, or on it's own, and enjoy!