

☆ Pepere's Beef Stew

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Prep: 15m **Cook:** 45m **Total:** 60m

Dinner

Family



Ingredients

- Garlic
- Onions
- Potatoes
- Carrots
- Peas
- Beef (seasoned)
- Beef Stock
- Worcechire Sauce
- Avocado or Olive Oil
- Seasonings

Instructions

1. Saute Onions, Oil, Garlic.
2. Cook beef on its sides to lock in juices.
3. Add it all to pressure cooker. Cook for 45 minutes.