

Halle Recipes

Insta Pot Beef and Broccoli

by Cristeen Halle

SERVES

1/4 Family Meal

Ingredients

- 1 1/2 lbs- Beef
- Pepper
- 2 t- Olive Oil
- 1 Med- Onion
- 1 Clove- Garlic
- 3/4 C- Beef Broth
- 1/2 Cup Soy Sauce
- 1/3 Cup- Brown Sugar
- 2 Tbsp- Sesame Oil
- 1/8 tsp- Red Pepper Flakes
- 1 Lb- Broccoli
- 3 Tbsp- Water
- 3 Tbsp- Cornstarch

Method

1. Saute: Beef, pepper and Olive Oil. Add: Onion and garlic.
 2. Add: Broth, Soy Sauce, Brown Sugar, Sesame Oil and Pepper Flakes.
 3. Combine with broccoli and water/cornstarch mixture.
 4. Use steak setting on pressure cooker for 12 minutes.
-