



Instant Pot Pepper Steak

Active Time: 10 minutes | **Total Time:** 40 minutes | **Serves:** 8

Nutrition Information Per Serving

277.3 calories, 9.43 g carbohydrate, 2.52 g fiber, 6.91 g NET carbs, 23.14 g protein, 16.7 g fat

Ingredients

- 3 tsp(s) Coconut Secret Coconut Aminos
- 32 ounce(s) boneless grass-fed beef chuck
- 2 Tbsp(s) coconut oil
- 2 medium(s) onions, sliced
- 1 1/2 cups(s) sliced celery
- 2 clove(s) garlic, minced
- 1 tsp salt
- 1/8 tsp(s) black pepper
- 1 cup organic beef broth
- 3 medium(s) red bell peppers, sliced into strips
- 3 medium(s) green bell peppers, sliced into strips
- 1 Tbsp arrowroot
- 1/4 cup(s) cold water

Preparation

1. Slice meat into inch wide strips. Slice strips in half. Set aside.
2. Turn the Instant Pot to "Saut  " and add the coconut oil. Swirl to coat. Once melted, place the beef strips evenly around to sear each side.
3. After about 3 minutes, add the sliced onions and stir until meat is brown.
4. Add the celery, garlic, salt, black pepper and beef broth.
5. Lock the lid on and press the "Keep Warm/Cancel" button to reset. Then press "Manual" and adjust settings to cook on HIGH for 3 minutes. Allow the pressure to release naturally.
6. Meanwhile, whisk the arrowroot with the water in a small bowl. Set aside.
7. Adjust the setting back to "Saut  " and remove the lid.
8. Add the bell peppers and simmer the mixture for 5 minutes. Stir in the whisked arrowroot and coconut aminos.
9. Simmer until mixture thickens, about 3 minutes.
10. Serve.

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