

# Pressure Cooker Beef Tips

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## Ingredients

- 2 lbs beef cut into cubes
- 1 teaspoon salt
- 3 tablespoons flour
- ½ teaspoon pepper
- ¼ teaspoon mustard powder
- ½ teaspoon paprika
- 2 cloves garlic, minced
- butter or oil to sauté vegetables
- 1 can beef consommé minus ¼ cup
- ¼ cup red wine
- 1 onion chopped
- 1 bell pepper chopped

## Instructions

1. Add the first 6 ingredients in a ziplock bag and shake to coat well. Brown meat in a little oil. You may have to do this in batches – you don't want to crowd your meat. Remove to a plate when done.
2. Add butter and sauté the vegetables. When softened, add garlic for a minute or two. Take your red wine and deglaze the pan with the vegetables still in it. Remove ¼ cup of the consommé and put the remainder in the pot.
3. Add the meat, juices and all to your pressure cooker. Pressure on high for 25 minutes and let the pressure come down naturally. When that's done remove the lid and simmer to preferred thickness. Serve over rice, polenta, mashed potatoes or grits. Enjoy!

<https://www.thebeardedhiker.com/pressure-cooker-beef-tips/>