



Greek pressure cooker beef and orzo stew

15'
Hands on

65'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

- 2 kilos beef, shank
- 6-7 tablespoon(s) olive oil
- salt
- pepper
- 1 onion
- 2 clove(s) of garlic
- 1 stick(s) cinnamon
- 1 bay leaf
- 1 tablespoon(s) tomato paste
- 100 g red wine
- 1 beef bouillon cube
- 1 pinch chili flakes
- 1 level tablespoon(s) granulated sugar
- 400 g canned tomatoes
- 1 tablespoon(s) thyme
- 1 liter water
- 1 teaspoon(s) oregano
- 500 g orzo pasta

To serve

- 1 tablespoon(s) parsley
- 50 g feta cheese
- 1 teaspoon(s) olive oil
- pepper
- salt

Method

- Place the pressure cooker over high heat.
- **Cut** the beef into large pieces and add them to a bowl. Add 2-3 tablespoons olive oil, salt, pepper, and mix.
- Add the beef pieces into the pressure cooker and sauté for 4-5 minutes until golden brown.
- Finely chop the onion and the garlic and add them to the pressure cooker.
- Add the cinnamon, bay leaf, tomato paste, and sauté. Deglaze with the wine and, as soon as it is evaporated, add the bouillon cube, chili flakes, sugar, canned tomatoes, thyme, water, oregano, salt, pepper, and mix.
- Seal with the lid, lower the heat to medium, turn the safety valve to the proper pressure indicator, and boil for 40-45 minutes.
- As soon as it is done, turn the safety valve so that the pressure cooker depressurizes. Alternatively, turn off the heat and allow 5-10 minutes for the pressure cooker to depressurize on its own.
- With a slotted spoon, remove the beef from the pressure cooker. Add it to a **plate**, cover with plastic wrap, and set aside.
- Leave the pressure cooker with the sauce over low heat, add the orzo, 4 tablespoons olive oil, and boil for 15-20 minutes by stirring constantly.
- **Serve** with finely chopped parsley, grated feta cheese, olive oil, pepper, and salt.

Διατροφικός πίνακας

Nutrition information per portion

468 Calories (kcal)	10.0 Total Fat (g)	2.7 Saturated Fat (g)	41.0 Total Carbs (g)
23%	14%	14%	16%
4.7 Sugars (g)	51.0 Protein (g)	1.7 Fibre (g)	0.78 Sodium (g)
5%	102%	7%	13%