



Pressure-cooker beef soup

20'
Hands on

40'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- Place the pressure cooker over high heat.
- **Cut** the meat into large pieces and add them to a bowl. Add 2-3 tablespoons olive oil, salt, and mix. Transfer to the pressure cooker and sauté for 2-3 minutes, until all of the meat pieces are golden brown.
- Cut the potatoes into large pieces, the carrots into crescents, and add them to the pressure cooker.
- Coarsely chop the onions and the celery and add them to the pressure cooker.
- Add the bay leaves, the stock, 2 tablespoons olive oil, thyme, pepper, the lemon juice, and mix.
- Seal with the pressure cooker's lid, turn the safety valve to the proper pressure indicator, and as soon as it starts boiling, simmer over medium-low heat for 40 minutes.
- Depressurize and serve with parsley, the zest and the juice of 1 lemon, olive oil, pepper, toasted bread, and gruyere cheese.

Ingredients

- 1 kilo beef
- salt
- 4-5 tablespoon(s) olive oil
- 500 g potatoes
- 2 carrots
- 2 onions
- 3 stick(s) celery
- 2 bay leaves
- 1 1/2 liters stock
- 1 tablespoon(s) thyme
- pepper
- lemon juice, of 1 lemon

To serve

- parsley
- 1 lemon
- olive oil
- pepper
- bread
- gruyere cheese

Διατροφικός πίνακας

Nutrition information per portion

331 Calories (kcal)	17.0 Total Fat (g)	5.3 Saturated Fat (g)	16.0 Total Carbs (g)
17%	24%	27%	6%
4.3 Sugars (g)	28.0 Protein (g)	3.1 Fibre (g)	1.8 Sodium (g)
5%	56%	12%	30%