

## Instant Pot Cuban Beef Picadillo Bowl

2 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: Instant Pot 30 minutes/ 6 hours Slow Cooker

Peeler Farms Beef Stew Meat, thawed  
Farmhouse Kitchen Picadillo Sauce  
Kindle Farm Sweet Potato, washed, scrubbed, peeled (optional)  
Johnson's Backyard Garden Carrots, greens removed, washed, peeled (optional)  
Johnson's Backyard Garden Broccoli, washed  
Olive or Canola Oil  
Salt and Pepper

Preheat oven to 425°F degrees and adjust the oven racks to the middle position.

**STEP 1** Set your InstantPot to the saute setting. Allow to warm up. Drain the beef from the package and pat dry with paper towels. Season with salt and pepper. Add 1 tbsp. oil to InstantPot insert. Add beef and brown all over.

**STEP 2** Add Picadillo sauce to beef. Secure lid and close the steam valve. Set InstantPot to stew setting and set time to 30 minutes

**STEP 3** Prep the vegetables. Peel the sweet potatoes and carrots. Cut sweet potato in half and then cut into 1/4 " half moon pieces. Cut the carrots into 1/2 " pieces. Add sweet potatoes and carrots to InstantPot, making sure they are submerged in sauce.

**STEP 4** Trim the broccoli into florets. Chop large thicker stems into 2" pieces, Add broccoli to a mixing bowl and toss with 1 tbsp. of oil and season with 1/2 tsp. salt and pepper. Add to a sheet tray and roast for 15 min or until caramelized and tender. Keep warm until beef is finished cooking.

**STEP 5** When your beef is finished in the InstantPot, carefully open the steam valve. This is a pressure cooker and steam will come out very quickly. We recommend using something like a spoon to open the valve. When all steam has been let off ,the pot is ready to open. Add vegetables to a bowl and then top with sauce and beef. Enjoy!

**NOTE:** InstantPot cooking times can vary depending on the size of your instapot. Please refer to your manual. Alternatively if using a slow cooker, brown meat in a skillet with oil on stove top before transferring to slow cooker insert. Set the slow cooker temperature to low and cook for 8 hours or set the temperature to high and cook for 5 hours.

## Instant Pot Cuban Beef Picadillo Bowl

4 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: Instant Pot 30 minutes/ 6 hours Slow Cooker

Peeler Farms Beef Stew Meat, thawed  
Farmhouse Kitchen Picadillo Sauce  
Kindle Farm Sweet Potato, washed, scrubbed, peeled (optional)  
Johnson's Backyard Garden Carrots, greens removed, washed, peeled (optional)  
Johnson's Backyard Garden Broccoli, washed  
Olive or Canola Oil  
Salt and Pepper

Preheat oven to 425°F degrees and adjust the oven racks to the middle position.

**STEP 1** Set your InstantPot to the saute setting. Allow to warm up. Drain the beef from the package and pat dry with paper towels. Season with salt and pepper. Add 2 tbsp. oil to InstantPot insert. Add beef and brown all over. (NOTE: You may need to brown beef in multiple batches)

**STEP 2** Add Picadillo sauce to beef. Secure lid and close the steam valve. Set InstantPot to stew setting and set time to 30 minutes

**STEP 3** Prep the vegetables. Peel the sweet potatoes and carrots. Cut sweet potato in half and then cut into 1/4 " half moon pieces. Cut the carrots into 1/2 " pieces. Add sweet potatoes and carrots to InstantPot, making sure they are submerged in sauce.

**STEP 4** Trim the broccoli into florets. Chop large thicker stems into 2" pieces, Add broccoli to a mixing bowl and toss with 2 tbsp. of oil and season with 1 tsp. salt and pepper. Add to a sheet tray and roast for 15 min or until caramelized and tender. Keep warm until beef is finished cooking. (NOTE: You may need to roast broccoli in multiple batches)

**STEP 5** When your beef is finished in the InstantPot, carefully open the steam valve. This is a pressure cooker and steam will come out very quickly. We recommend using something like a spoon to open the valve. When all steam has been let off ,the pot is ready to open. Add vegetables to a bowl and then top with sauce and beef. Enjoy!

NOTE: InstantPot cooking times can vary depending on the size of your instapot. Please refer to your manual. Alternatively if using a slow cooker, brown meat in a skillet with oil on stove top before transferring to slow cooker insert. Set the slow cooker temperature to low and cook for 8 hours or set the temperature to high and cook for 5 hours.

## **STORAGE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS***

Beef Stew Meat - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Picadillo Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: onion, garlic, cayenne pepper, dried oregano, Rain Lily Farms bay leaf, cinnamon, cumin, clove, nutmeg, chili powder, tomato paste, tamari, red wine vinegar, chicken stock)

Sweet Potato - Store in a cool, dry place in the kitchen. Use within 5 days.

Carrots - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

Broccoli - Store in the crisper drawer of the refrigerator. Use within 5 days.

**\*\*Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**