

Slow-Cooked Beef Risotto

Who doesn't love an easy one-pot meal? Use a stockpot to slowly simmer Stew Meat, then add in a package of risotto mix, frozen peas and a little parmesan cheese.

INGREDIENTS

- 2 pounds beef Stew Meat, cut into 1 to 1-1/2-inch pieces
- 2 cups water
- 2 teaspoons minced garlic
- 1 package (5.5 to 8 ounces) mushroom or cheese risotto mix
- 1 cup frozen peas
- 1/3 cup shredded Parmesan cheese
- Shredded Parmesan cheese (optional)



2.50	6	42 Cal	26g
Hours	Servings		Protein

COOKING

1. Combine beef Stew Meat, water and garlic in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.
2. Stir in contents of risotto mix package omitting butter or oil; continue simmering, covered, 18 to 20 minutes or until rice is tender and beef is fork-tender. Stir in peas; remove from heat. Let stand 5 minutes.
3. Stir in cheese. Garnish with additional cheese, if desired.
- 4.

This recipe can be made in a 6-quart electric pressure cooker. Place beef Stew Meat, 1 cup water and garlic in pressure cooker. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 20 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add risotto mix; stir. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 5 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Stir in peas and cheese; set aside 5 minutes or until peas are heated through and cheese is melted. Garnish with additional cheese, if desired. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		8g	64mg		23g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for

general nutrition advice.

Courtesy of [BeeftsWhatsForDinner.com](https://www.BeeftsWhatsForDinner.com)