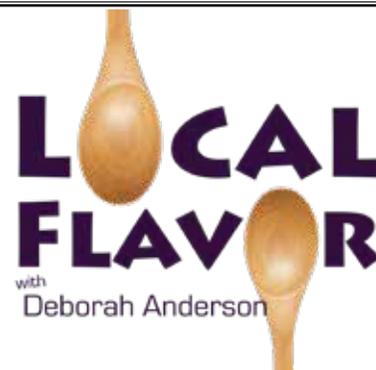


INSTANT POT BEEF & NOODLES



Ingredients:

BEEF

2 pounds beef roast
water
beef bouillon to taste
chicken bouillon to taste
2 bay leaves
1-2 packets brown gravy
cornstarch if needed

NOODLES

2 cups flour
1-2 tsp salt
2 eggs
1/4 cup milk



Instructions:

Put the roast in the Instant Pot and add enough water to just cover it. Do not fill past the maximum fill line.

Plug in the Instant Pot. Add the bouillon and bay leaves. Secure the lid and ensure the quick release valve is set to "sealing." Press the meat button. Wait a few seconds for the Instant Pot to realize you are finished and engage.

While pressure is building, use your stand mixer with the dough hook to make the noodle dough. Let the eggs and milk mix together first, then add the salt, then the flour. It needs to work until all of the materials are balled up on the dough hook. Add a few drops of milk if needed--eggs can vary a little. Sprinkle flour on the table and drop the dough onto it, then cover with the mixer bowl to let the dough rest while the meat cooks.

Once the pressure cooking is done, let the pressure release naturally. This can take up to 25 minutes. Meanwhile, roll out your dough in four sections, rolling and folding at least 3 times and keeping the dough sprinkled with flour. Cut the noodles to your desired size. Ensure the noodles are sprinkled with plenty of flour so they do not stick together.

Once pressure has released, remove the roast to a platter to cool. Discard the bay leaves. Set the Instant Pot to saute to boil the broth. Once boiling, add noodles and return to a boil. Mix a gravy packet with a small amount of water and stir it into boiling pot. Wait a few minutes, and if the liquid is still too thin, repeat with a second packet, or dissolve some cornstarch in a very small amount of water and add it instead. It should thicken as it cooks.

Once thick enough, turn off the high heat by pressing the "keep warm" button or unplugging the pot. Tear the roast into small chunks and stir into the noodles, then serve.

Recipe presented by: Deborah Anderson



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