

Beef stew Japanese style

in a pressure cooker

2 lbs chuck roast
1 onion
1 carrot
1 stalk celery
1 clove of garlic
1 can tomatoes
3 oz tomato paste

Seasonings –

3 oz olive oil
1 c. sake
1 tsp miso
1 T salt
1 T sugar
1 T honey
1 cube chicken bouillon

Cut onion, carrot and celery into bite sized pieces. Place them in a food processor with the garlic, tomatoes and tomato paste and process. Might need to do it in two batches. OR chop everything for chunkier texture. Cut beef into slightly larger than bite sized, then place into a pressure cooker along with the vegetable mixture and seasonings. Cook for 30-40 min.

Optional - add potatoes, cut into chunks