



# Noreen's Kitchen

## Pressure Cooker

### Amish Style Beef & Noodles

#### Ingredients

3 pounds beef chuck roast, cut in cubes	1 teaspoon Worcestershire sauce
4 cups beef stock	1 teaspoon dried marjoram
2 to 3 cups water	1 teaspoon onion powder
1 1/2 pounds Crimini mushrooms, quartered	1 teaspoon garlic powder
1 medium onion, sliced and quartered	1/2 teaspoon thyme
1 envelope dry onion soup mix	1 tablespoon kitchen bouquet (optional)
2 cloves garlic, minced	1/4 cup wondra flour for thickening gravy
2 tablespoons sunflower oil	Salt and pepper to taste
2 tablespoons soy sauce	

#### Step by Step Instructions

*NOTE: I am using an Elite 10 quart electric pressure cooker. Please consult the manufacturers instruction manual for your model to learn how best to set your particular model of machine for cooking this dish.*

Place oil in pressure cooker that has been heated on the meat setting. Add beef cubes and cook until they are nicely browned and no liquid remains. This can take 10 to 15 minutes.

Add onions, garlic, spices, and onion soup mix. Stir well to combine.

Add stock and mushrooms along with Worcestershire and soy and stir.

Add water to cover.

Put the lid on the cooker and make sure the pressure release valve is set to the "closed" position. Select the "meat" setting. Mine auto sets for 12 minutes. This is where I set it.

I did a natural release meaning that I let the pressure cooker come down off of pressure without releasing the steam myself.

When the pressure has come down. Remove the lid and stir. At this time you can thicken your gravy using flour and water slurry or in my case wondra flour whisked in until it reaches the desired thickenss.

Add a splash of Kitchen Bouquet browning sauce as well as salt and pepper to taste.

Serve this over prepared buttered egg noodles.