

Missing your favorite Chinese restaurant during quarantine? This Instant Pot recipe provides you with one of your old favorites, Beef with Broccoli, and it takes minutes to prepare. Just remember to use the IP to make a batch of rice before you make this so you're all ready to serve!

INGREDIENTS:

 $1-2\ \mathrm{lbs.}$ of stew beef or chuck roast, cut into thin strips About $1-2\ \mathrm{tsp}$ of canola or vegetable oil

4 cloves of minced garlic

34 cup of beef broth

1/2 cup of soy sauce (tamari or low sodium soy is also fine)

1/3 cup of brown sugar

2 tablespoons of sesame oil

14 12-ounce bags of frozen broccoli florets

3 tablespoons of water

3 tablespoons of corn starch

Set your Instant Pot to Sauté mode and when it is hot, brown the beef in the oil. Work in batches so that each piece is nicely browned. Remove and set aside.

Stir in minced garlic, sauté about one minute.

Pour in beef broth and soy sauce. Using a wooden spoon or spatula, scrape the bottom of the Instant Pot insert to scrape off any browned bits from browning the meat.

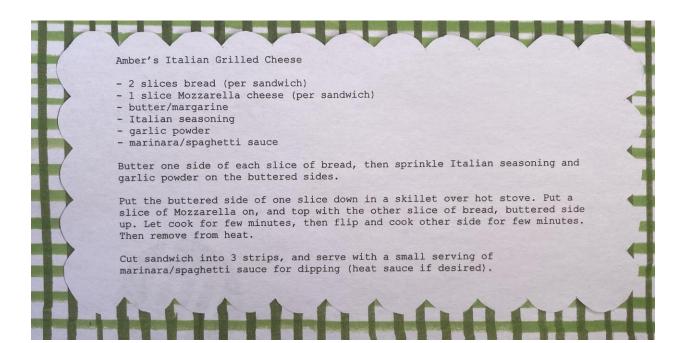
Add the brown sugar and sesame oil. Stir to dissolve the sugar.

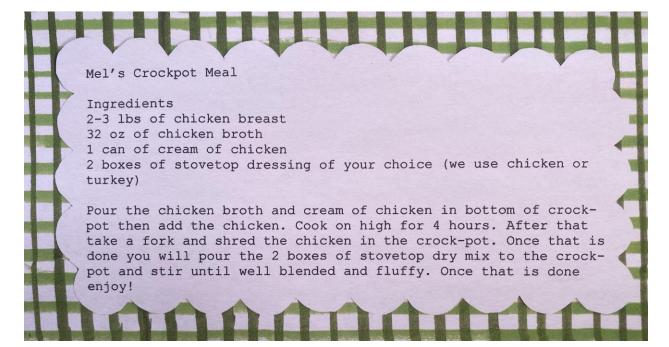
Place the lid and lock the Instant Pot and set to cook at high pressure for 9 minutes.

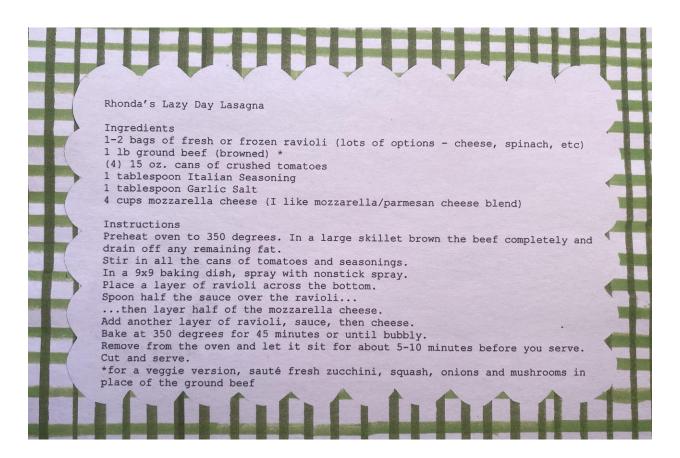
When cooking time ends, do a quick release. Carefully remove the lid.

Stir in frozen broccoli.

Replace the lid and set to cook at high pressure for 2 minutes. When cooking time ends, do a quick release. Carefully remove lid. Combine cornstarch and water. Stir in to thicken. Serve immediately over rice.







Melody's Shrimp Scampi INGREDIENTS 1-2 pounds of shrimp (depending on your family size) Pasta of your choice (I like thin spaghetti or fettuccine) 1 stick of Butter 3 tablespoons of Olive Oil ⅓ Green Onions or White Onions (diced) 1 large garlic glove (minced) 2 tablespoons of Lemon Juice (or use more if you like more lemon) Chopped Parsley 4 cup cooking wine (or regular white wine if you prefer) Salt Pepper Parmesan Cheese DIRECTIONS Add the olive oil and butter to your pan and melt butter. Cook pasta as directed on the package as you cook the shrimp sauce. Add the onion and garlic and saute until onions are translucent. Add the shrimp and cook until shrimp are pink (or you can use already cooked shrimp and heat them through. Remove the shrimp and place in a bowl and set aside. Add the lemon juice, chopped parsley, wine, salt, and pepper and cook for 2-3 minutes. Add shrimp back in and heat through. Add noodles to a large bowl, pour in shrimp sauce and stir together. Add Parmesan Cheese and stir through the pasta sauce while it melts. *You can substitute chicken for the shrimp or just enjoy the gooey butter sauce over the pasta. *Serve with salad and garlic bread and you will be a rock star!

