

Yield: 6 servings

# PRESSURE COOKER BEEF AND BROCCOLI

*This dish features tender, thin-sliced beef and broccoli in a rich sauce that is salty and sweet, with just a little heat from the red pepper flakes. It's better than take-out and comes together in about 30 minutes!*



Prep Time	Cook Time	Additional Time
10 minutes	12 minutes	8 minutes

**Total Time**  
30 minutes

## Ingredients

- 1 1/2 pounds boneless beef chuck roast, well trimmed and sliced into thin strips\*\*
- Fresh ground pepper
- 2 teaspoons olive oil
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 3/4 cup beef broth
- 1/2 cup soy sauce\*
- 1/3 cup brown sugar
- 2 tablespoons sesame oil
- 1/8 teaspoon red pepper flakes
- 1 pound broccoli florets, diced into bite-size pieces
- 3 tablespoons water
- 3 tablespoons cornstarch
- [Cooked rice, for serving](#)
- Toasted sesame seeds for garnish, optional

## Instructions

Season the beef with pepper to taste. Put olive oil in the cooking pot and select Browning or Saute. When the oil begins to sizzle, quickly brown the meat in batches until all of the meat is browned—do not crowd the pot. (Usually, I'll only brown one side of the meat. You don't want to spend a lot of time browning.) Transfer the browned meat to a plate.

Add the chopped onion to the pot. Saute for 1 to 2 minutes, until it starts to soften. Add the garlic and saute for 1 minute more.

Stir in the beef broth, soy sauce, brown sugar, sesame oil, and red pepper flakes, stirring until the sugar is dissolved.

Add the browned beef and any accumulated juices. Lock the lid in place. Select High Pressure and set the cook time for 12 minutes.

While the beef is cooking, place broccoli in a microwave-safe bowl with 1/4 cup water.

Microwave 3 to 4 minutes until broccoli is tender.

When the cook time ends, turn off the pressure cooker off. Use a quick pressure release. When the valve drops, carefully remove the lid.

In a small bowl, combine cornstarch and water and stir until smooth. Select Simmer/Saute and add to the pressure cooking pot. Stir well to combine, and continue stirring until the sauce comes to a boil and thickens. Add the steamed broccoli.

Serve over hot, cooked rice and garnish with sesame seeds.

## Notes

\*Use reduced-sodium soy sauce if you prefer less salt.

\*\*A tip from a reader: brown the beef first and then thinly slice the meat to save time.

While this recipe calls for chuck roast, it works well with flank steak or London broil as well.

## *IF YOU WANT TO COOK THE BROCCOLI IN THE PRESSURE COOKER:*

Before browning the beef, place 1 cup water and a steamer basket in the bottom of the pressure cooking pot. Select High Pressure and set the cook time for 0 minutes. When the cook time ends, use a quick pressure release. When valve drops, carefully remove the lid. Transfer the cooked broccoli to a bowl and cover tightly. Discard the water and wipe out the pressure cooker, then continue with the recipe as directed.

Or, you can simply add the broccoli to the pot after pressure cooking. Lock the lid in place, select the Keep Warm setting, and let the broccoli steam in the sauce until it reaches desired crispness.

**NUTRITION INFORMATION: YIELD: 6**

**Amount Per Serving:** Calories: 452 Total Fat: 26g Saturated Fat: 9g Trans Fat: 1g

Unsaturated Fat: 16g Cholesterol: 94mg Sodium: 1401mg Carbohydrates: 24g Fiber: 4g Sugar: 12g

Protein: 33g

*Nutrition information is calculated by Nutritionix and may not always be accurate.*

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**Cuisine:** Asian / **Category:** Beef

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