



Palatable

Instapot - Mongolian Beef

Ingredients

- 2 pounds flank steak, cut into 1/4" strips
- 1 tablespoon vegetable oil
- 4 cloves garlic, minced or pressed
- 1/2 cup soy sauce
- 1/2 cup water
- 2/3 cup dark brown sugar
- 1/2 teaspoon minced fresh ginger
- 2 tablespoon cornstarch
- 3 tablespoons water
- 3 green onions, sliced into 1-inch pieces

Instructions

1. Season beef with salt and pepper. Put oil in the cooking pot and select browning. When oil begins to sizzle, brown meat in batches until all meat is browned - do not crowd. Transfer meat to a plate when browned.
2. Add the garlic and sauté 1 minute. Add soy sauce, 1/2 cup water, brown sugar, and ginger. Stir to combine.
3. Add browned beef and any accumulated juices. Select High Pressure. Set timer for 12 minutes.
4. When beep sounds turn pressure cooker off and use a quick pressure release. When valve drops carefully remove the lid.
5. Combine the cornstarch and 3 tablespoons water, whisking until smooth. Add cornstarch mixture to the sauce in the pot stirring constantly. Select Simmer and bring to a boil, stirring constantly until sauce thickens. Stir in green onions.

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