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YIELD: 6 SERVINGS

Beef Instant Pot Carnitas

PREP TIME 15 minutes

COOK TIME 1 hour

TOTAL TIME 1 hour 15 minutes

 **Email**

Juicy, tender beef Instant Pot Carnitas - browned and cooked until easy to shred in the pressure cooker. This easy to prep dish cooks in about an hour with very little hands on prep time needed. Once done, shred and add to burritos, bowls, tacos, salads, nachos and more!

Ingredients

- 2 tablespoons olive oil (30 ml)
- 2 pounds beef stew meat (like chuck roast, casserole steak etc) (about 900 g)
- 4 large cloves garlic, minced
- 1 cup water (250 ml)
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- 1 teaspoon each oregano, cumin, paprika, and chili powder
- 2 tablespoons gluten free soy sauce or coconut aminos* (30 ml)
- 1 tablespoon white wine vinegar (15 ml)

- 2 tablespoons lime juice (about 1 large lime) (30 ml)

 **Need help converting to weights?** Check out my cups to grams [Conversion Guide](#).

Instructions

1. Add the olive oil to the Instant Pot and press the "Sauté" button. Once the oil is warm, add the beef to the pot and brown each side cooking 3-4 minutes.
2. Once all sides of the beef, remove from the pot and set aside on a plate for a moment.
3. Add the remaining ingredients to the pot (garlic, water, salt, pepper, spices, soy sauce, vinegar and lime juice) and stir together until combined.
4. Add the beef back to the instant pot. Arrange the beef so that it's in an even layer. Try to make sure the the beef is almost entirely covered in the liquid. Press the "Keep Warm/Cancel" button to stop the sauté function. Secure the lid and make sure the steam valve is set to closed. Press 'Manual' or 'Pressure Cook' and set the timer to 50 minutes.
5. After the time is up the Instant Pot will automatically switch the keep warm. Let it keep warm for 10-15 minutes before releasing the steam valve.
6. Once the steam has been fully released remove the lid of the instant pot. Use a couple of forks to shred the beef.

OPTIONAL STEP FOR CRISPIER CARNITAS

1. Preheat your broiler to high heat.
2. Use a slotted spoon to transfer the shredded beef to a large, lightly greased baking sheet. Spread out in an even layer.
3. Broil high up in the oven for 5 minutes. Remove the baking sheet from the oven, spoon some of the leftover juices in the instant pot over the top of the beef. Toss to coat and then place back in the oven to broil an additional 5 minutes.
4. Squeeze a little more lime juice over the top and garnish with freshly chopped

cilantro. Serve in tacos, burrito bowls, over nachos, quesadillas, etc and enjoy!

Notes

1. Use coconut aminos in place of soy sauce/tamari for a soy free/paleo friendly alternative. When using coconut aminos you will need to add more salt at the end as soy/tamari is naturally more salty.
 2. If you're in the UK look for beef that's labeled as casserole steak or braising steak. If you're in the US look for beef labeled as chuck roast.
 3. This was made in a 6qt instant pot. You shouldn't need to change anything if using an 8qt pot - The main difference between the two here is that the 8 takes longer to come up to pressure/temperature but the actual cooking time stays the same.
 4. Keep refrigerated up to three days or freeze up to three months.
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Nutrition Information: Yield: 6 Servings Serving Size: 1

Amount Per Serving: **Calories:** 343 **Total Fat:** 15g **Saturated Fat:** 5g
Trans Fat: 1g **Unsaturated Fat:** 10g **Cholesterol:** 150mg **Sodium:** 777mg
Carbohydrates: 3g **Fiber:** 1g **Sugar:** 0g **Protein:** 50g

This website provides approximate nutrition information for convenience and as a courtesy only. Nutrition data is gathered primarily from the USDA Food Composition Database, whenever available, or otherwise other online calculators.

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Course: Mains **Cuisine:** Mexican

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CUISINE: Mexican / **CATEGORY:** Mains



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