

# Freezer Stew: Harissa Beef

December 6th, 2025

**This recipe serves: 4**

Prep Time: 00:30

Cook Time: 00:30

Freezer Stew is a ready-made meal that can be stored in the freezer. Simply mix the Dry Ingredients and place them in a freezer-safe bag, then freeze up to 6 months. When it comes time to prepare the stew, simply add the contents of the freezer bag into your Instant Pot, add a can of tomatoes and a quart of stock or broth, then cook for about 25 minutes. When you open the Instant Pot, the stew is ready to eat. This freezer stew can be served alone, with a side of chips, or with a grilled cheese sandwich. This freezer stew integrates Harissa Beef for an easy, flavorful meal.

## Ingredients:

Dry Ingredients:

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- 1 lb Chuck Roast, cut into bite-sized pieces
- 4 Golden Potatoes, cleaned and diced
- 1/4 Cup Golden Raisins
- 8 Ounces Small Baby Bella Mushrooms
- 8 Ounces Carrots, cut on the bias
- 8 Ounces Celery, cut on the bias
- 16 Ounces Pearl Onions
- 1 Zucchini, Diced
- 1 Green Bell Pepper, diced
- 1 Red Bell Pepper, diced
- 1 Poblano Pepper, diced
- 4 Cloves Garlic, Minced
- 2 Tablespoon Cornstarch
- 1 Tablespoon Olive Oil
- 1/4 Cup Harissa Paste
- 1/4 Ounce Parsley, finely chopped
- 1/4 Ounce Cilantro, finely chopped
- 1/4 Ounce Mint, finely chopped
- 1/2 Teaspoon Salt

Cook-time Ingredients (per Batch):

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- 2 Cups Chicken Stock
- 1 Can (14 oz) Fire Roasted Diced Tomatoes
- 2 Ounces Feta Cheese

## Directions:

Making the Soup:

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- Pour all of the Dry Ingredients from 1 Bag into the Instant Pot.
- Add Chicken Stock, a can of Fire Roasted Diced Tomatoes, and the Feta Cheese.
- Stir well.
- Set the Instant Pot on High for 25 minutes and seal the lid.
- After the cycle completes, release the pressure manually.

Serve.