

BEEF RAGU

FREEZE TOGETHER

- 6 cloves **garlic**, *smashed*
- 1 cup **mirepoix**, *fresh or frozen*
- 2 pounds **flank steak or beef chuck**
- 2 teaspoons **salt**
- one 28-ounce can **crushed tomatoes**
- ½ teaspoon **thyme**
- 2 **bay leaves**

INSTANT POT

High Pressure 45 mins

(65 minutes for beef chuck)
10-minute natural release

SLOW COOKER

High Setting 6 hrs

Thaw ingredients first

FINAL STEP

Shred the meat and serve with pasta, baked potatoes, polenta, rice, cauliflower rice, gnocchi, zoodles, etc.

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