

# Red Wine Braised Beef Tongue



## Ingredients

- 1/2 cup chopped olives
- 2 cups red wine
- 2 cups crushed tomatoes
- 2 cups chopped carrots
- 2 cups chopped mushrooms
- 2 tbsp. minced garlic
- 1 cup chopped onions
- 1 tbsp. paprika
- 1 tbsp. cayenne powder
- 2 - 3 lbs beef tongue

## Directions:

1. Place the beef tongue at the bottom of the Pressure Pro and pour the remaining ingredients in.
2. Close the lid and adjust the **Pressure Valve** to **Seal**.
3. Press **Chicken/Meat** button and set the **Taste** button to **Well**.
4. Once it is finished, adjust the **Pressure Valve** to **Vent** to release the pressure.
5. Give everything a good stir and season with salt and pepper. Remove the meat with tongs and place it onto a platter. Slice into 1 inch thick slices or small chunks. Return meat back into the Pressure Pro and mix with sauce.