



Instant Pot Meatballs

Adapted from Pressure Luck

BAH Note: Moving sends me into a tizzy. I go through closets. I go through the pantry. And I go through the freezer. These meatballs got me through closing down one kitchen and ramping up the next. They freeze beautifully and thanks to the pressure cooker, take up nearly none of my attention...which is in short supply on a good day let alone on moving day.

A word about sauce...use what you like. I happen to like Victoria White Linen Marinara. But that's me. You do you.

- 1 ½ pounds ground beef or mixture of ground beef and ground pork
- ½ cup grated parmesan cheese
- 1/3 cup breadcrumbs
- 1 egg
- 2 teaspoons kosher salt
- 2 teaspoons mixed Italian seasoning
- 1 teaspoon black pepper (I'm a fan of Penzey's finely milled black pepper)
- 40 ounces marinara sauce
- ½ cup water

Empty the jar of sauce and water into your pressure cooker.

Place the remaining ingredients in a mixing bowl and use your hands to gently combine. Using a spoon or small ice cream scoop, form individual meatballs about the size of a golf ball.

Put the meatballs into the sauce.

Secure the lid and cook on high pressure for 10 minutes followed by a quick release of the pressure.

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