

Pressure Cooker Spaghetti Meat Sauce

1-2/3-pound ground beef
4 garlic cloves, minced
2 carrots, minced
2 celery stalks, minced
1 large onion, minced
1 can crushed tomatoes
1 tablespoon olive oil
2 bay leaves
1 pinch dried oregano
1 pinch dried basil
1 dash red or white wine
Kosher salt and pepper to taste

Umami Chicken Stock Mixture:

1 cup unsalted chicken stock
3 tablespoons tomato paste
2 tablespoons regular soy sauce
2 tablespoons fish sauce, optional (can substitute with regular soy sauce)
1 tablespoon Worcestershire sauce

1. Heat up your Pressure Cooker. Wait until the indicator says "HOT".
2. Season ground beef generously with kosher salt and freshly ground black pepper. Add one tablespoon of olive oil to Pressure Cooker. Ensure the oil is coated over the whole bottom of the pot. Add ground beef in Pressure Cooker. The ground beef will begin to release moisture. At the five-minute mark, remove the ground beef juice and reserve it in a small mixing bowl. Allow the ground beef to brown. Stir occasionally until slightly crisped and browned (about 5 to 7 minutes). Taste and adjust the seasoning with more kosher salt and ground black pepper.
3. While the ground beef is browning, mix unsalted chicken stock, fish sauce, regular soy sauce, tomato paste and Worcestershire sauce in a 500ml measuring cup.
4. Add minced onions, minced garlic, bay leaves, dried oregano and basil. Sauté for about 5 minutes until the spices start to release their fragrance. Stir frequently. Add in the minced carrots and celery. Sauté for another 3 minutes. Taste and season with kosher salt and ground black pepper if desired.
5. Pour in a dash of red or white wine and deglaze the bottom of the pot by scrubbing all the flavorful brown bits with a wooden spoon. Pour in the Umami chicken stock mixture and reserved meat juice. Mix well. Ensure the bottom of the pot is fully deglazed.
6. Layer one can of crushed tomatoes with all the juice on top. Do not mix. With Venting Knob in Venting Position, close the lid, then turn Venting Knob to

Sealing Position. Pressure cook at High Pressure for 10 minutes plus Natural Release for five minutes. Turn the venting knob to the venting position to release the remaining pressure. Open the lid carefully.

7. Find and discard the bay leaves. The spaghetti sauce may look runny. Give it a quick stir and it will thicken up quickly. If still too runny, cook for another few minutes over medium heat (press sauté button).

Makes 8 servings

Source: www.pressurecookrecipes.com

Extension Master Food Volunteers

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Nutrition Facts

8 servings per container
Serving size **1/8 of recipe**

Amount per serving
Calories 240

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 1200mg **52%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **11%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 21g

Vitamin D 0mcg **0%**

Calcium 71mg **6%**

Iron 4mg **20%**

Potassium 781mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.