

Instant Pot Meatballs

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1 tbsp Dijon Mustard
- 1 Egg
- 1/2 tsp Oregano
- 1/4 tsp Onion Powder
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 Yellow Onion (diced)
- 1 Green Bell Pepper (De-seeded & diced)
- 1 Garlic Cloves (minced)
- 1 Tomato Puree (Or Strained Tomatoes/Passata) (700ml Jar)
- 2 tbsps Tomato Paste
- 1 tsp Oregano
- 1 tsp Dried Basil
- 1 tsp Dried Thyme
- 1 tsp Extra Virgin Olive Oil
- 2 Zucchini (spiralized.)

DIRECTIONS

- 01 To make the meatballs, combine the beef, mustard, egg, oregano, sea salt and pepper in a medium bowl. Mix all the ingredients together until evenly combined.
- 02 Form into balls (about golf ball size) and set aside. The mixture should make 15-18 meatballs.
- 03 Turn your instant pot to saute for 5 minutes and heat 1 Tbsp coconut oil. Add the diced onion & pepper & minced garlic. Press cancel when done and let it slow release for approx 10 minutes then do quick release (you do this by carefully switching the tab to "venting")
- 04 Set your instant pot to pressure cook for 5 minutes. Add the tomato sauce, tomato paste, spices, and stir to combine. Then add the meatballs laying them out evenly throughout the sauce.
- 05 Place the lid on the instant pot and make sure it's in the locked position and wait until the timer goes off.
- 06 While the meatballs are cooking, prepare your zucchini. Spiralize the zucchini (if not already done so) and set aside.
- 07 Once the timer goes off press cancel when done and let it slow release for approx 10 minutes then do quick release as in step 3.
- 08 While waiting, heat a teaspoon of olive oil in a pan over low-medium heat and add your zucchini and saute for only 3-4 minutes. Don't overcook otherwise the zucchini will go all mushy.
- 09 Before serving, stir the sauce to make sure everything is well combined and then serve 3-4 meatballs with a dollop of sauce over the spiralized zucchini. Enjoy!

NOTES



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STRAPPED FOR TIME?

Use a store-bought sauce instead - i like Simply Organic brand which i get from Costco. If using another brand just read the ingredients list and make sure it's real food!

CAN'T EAT EGGS?

Use a flax egg instead. Combine 1 Tbsp of ground flaxseed with 3 Tbsp of warm water. Let sit for approx 5 minutes until it becomes gelatinous and use that instead of the egg.

