MEALGenius®

Instant Pot Paleo Meatloaf

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 8

Nutrition Information Per Serving

271.6 calories, 7.1 g carbohydrate, 0.83 g fiber, 6.27 g NET carbs, 23.35 g protein, 16.92 g fat

Ingredients

- 3 tsp(s) coconut aminos
- 1 1/4 Cup(s) Muir Glen No Salt Added Tomato Sauce
- 2 pound(s) grass fed ground beef
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp sea salt
- 1/2 tsp(s) black pepper
- 1 tsp smoked paprika
- 2 tsp(s) dried thyme
- 2 tsp(s) dried oregano
- 1 large organic, free-range egg
- 1 large yellow onion, diced
- 2 clove(s) garlic, crushed
- 1/4 cup(s) arrowroot
- 1 Tbsp coconut oil

Preparation

1. In a large bowl, gently combine the ground meat, dried spices, salt, garlic, onion, egg and "flour". In a small bowl, combine the tomato sauce, amino and molasses. Pour ¼ cup of the sauce into the meatloaf and gently work in and form a "loaf"
2. Set the Instant Pot to "Sauté" and add the oil. When melted, place your uncooked meatloaf into the Instant Pot.
3. Pour remaining sauce over the top.
4. Close and lock the lid and press the "Keep Warm/Cancel" button to reset. Then press "Meat/Stew", set to 35 minutes and "Normal" pressure.
5. When done, quick release the pressure cooker and open the lid. Transfer meatloaf to a serving platter and serve.