



Instant Pot Keto Paleo Meatballs

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

397.7 calories, 5.56 g carbohydrate, 1.87 g fiber, 3.69 g NET carbs, 23.69 g protein, 30.99 g fat

Ingredients

- 2 cup(s) Thrive Market Organic Marinara Tomato Sauce
- 2 tsp(s) Simply Organic Italian Seasoning
- 1 pound grass fed ground beef
- 2 tsp(s) garlic powder
- 1/2 cup(s) blanched almond flour
- 1/2 tsp(s) sea salt
- 2 large(s) organic, free-range egg
- 1 pound pastured ground pork
- 3 Tbsp(s) olive oil

Preparation

1. In a large bowl, gently combine the ground meat, dried spices, salt, garlic, egg and almond flour.
2. Form into meatballs, roughly $1\frac{1}{2}$ inches in diameter.
3. Place meatballs in the Instant Pot and pour marinara and olive oil over.
4. Close and lock the lid and press the "Keep Warm/Cancel" button to reset. Then press "Manual", LOW pressure and set to 30 minutes.
5. Let the pressure release naturally or do a quick release.
6. Serve with zoodles, spaghetti squash or Cappello's Fettuccini.

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