



## 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 Cappellos Fettuccini.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.