



Instant Pot Italian Meatball Soup

Active Time: 5 minutes | Total Time: 30 minutes | Serves: 8

Nutrition Information Per Serving

376.6 calories, 8.71 g carbohydrate, 1.27 g fiber, 7.44 g NET carbs, 30.21 g protein, 25.87 g fat

Ingredients

- 5 1/3 Tbsp(s) Pork Panko
- 1 1/2 pound(s) ground beef
- 1 ounce Parmesan cheese
- 6 clove(s) garlic, chopped
- 1 tsp sea salt
- 1/2 tsp(s) ground black pepper
- 1 tsp dried oregano
- 2 Tbsp(s) dried parsley
- 2 Tbsp(s) heavy cream
- 1 large egg, slightly beaten
- 4 Tbsp(s) extra virgin olive oil, divided
- 1 medium onion, finely chopped
- 1 medium carrot, diced
- 1/3 stalk(s) celery or 3 ribs celery, diced
- 1 cup fresh basil leaves, finely sliced
- 7 cup(s) chicken broth
- 7 cup(s) water
- 2 tsp(s) garlic powder
- 2 1/2 cup(s) chopped organic kale, sliced

Preparation

1. In a large mixing bowl, add the ground beef, Pork Panko, Parmesan, half the garlic, sea salt, pepper, oregano, parsley, egg, and cream. Mix gently with your hands to combine.
2. Roll into ping-pong sized balls and set aside on a plate.
3. Add half the olive oil to the Instant Pot, turn to Sauté. Add the meatballs in a single layer and cook in batches to golden brown on all sides, about 30 seconds. Don’t crowd the pot.
4. Remove the meatballs to a plate, and complete cooking the remainder.
5. Add the remaining oil to the pot and then the onions, carrots and celery. Sauté for 5 minutes. Add remaining garlic and sauté for 1 minute longer.
6. Add the basil, broth, and water. Gently add the meatballs back to the pot. Top with the kale.
7. Secure and lock the lid, turn pressure to HIGH and time to 5 minutes.
8. When the time is up, perform a quick release.

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.