



Instant Pot Secret Ingredient Meatloaf

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

Nutrition Information Per Serving

388.9 calories, 3.32 g carbohydrate, 0.8 g fiber, 2.52 g NET carbs, 37.77 g protein, 25.44 g fat

Ingredients

- 1 1/2 cup(s) Thrive Market Organic Marinara Tomato Sauce
- 16 Tbsp(s) Pork Panko
- 1 1/2 pound(s) grass fed ground beef
- 1/2 tsp(s) garlic powder
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) black pepper
- 1 large organic, free-range egg
- 1/2 cup(s) grated Parmesan cheese
- 1/2 cup(s) chicken broth

Preparation

1. In a large mixing bowl, combine the beef, pork panko, egg, cheese and seasoning. Mix well with your hands, being careful not to overmix.
2. Gently pack the meat mixture to form a meatloaf. Make sure the meatloaf can fit into your pressure cooker. Reference: Our meatloaf's thickest part was almost 4 inches thick.
3. Fold a piece of aluminum foil into a long strip to form a sling. Make sure it is wide enough to hold the whole meatloaf. This will help you transport the meatloaf easily. To prevent aluminum exposure, you may wrap the meatloaf first with unbleached parchment.
4. In the pressure cooker, add the tomato sauce and broth.
5. Place a steamer rack in the instant pot pressure cooker. Place the aluminum foil sling on the rack and carefully place the meatloaf on top of it.
6. Pressure cook the meatloaf at high pressure for 16 minutes, then do a full natural release.
7. While the meatloaf and tomato sauce are cooking, preheat your oven to 450°F.
8. Confirm the meatloaf's internal temperature is at least 160°F with a food thermometer and set it aside.
9. Spread the tomato sauce over the meatloaf and place it in the preheated oven for 10-15 minutes until the sauce is bubbly and caramelized.
10. Remove the meatloaf from the oven and let it rest for 10 minutes before slicing and serving.

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