

IP Meatballs

Servings: 6 **Time:** 35 minutes **Source:** adapted from Mealthy Bob and Robin Young, Boise, ID

Note: Be sure to use freshly grated Parmesan cheese in these meatballs. You'll get much better texture and flavor that way! Use your favorite pasta sauce for simmering these. Marinara is a great base, but feel free to use vodka sauce or a tomato-basil sauce, too. The meatballs work well in multiple sauces!

Ingredients:

1½ lbs Ground Beef
1/3 c warm Water
¾ c grated Parmesan Cheese
½ c Bread Crumbs
2 lg Eggs
2 T fresh Parsley
2 lg cloves Garlic, minced
¼ t dried Oregano
Celtic Sea Salt and fresh ground Tellicherry Black Pepper to taste
1 t Olive Oil
3 c prepared Marinara Sauce

Directions:

Mix ground beef, eggs, Parmesan cheese, bread crumbs, parsley, garlic powder, oregano, salt, and pepper together in a large bowl; shape into meatballs using 1½ tablespoons each.

Heat oil in the pot of a pressure cooker set to Sauté. Brown meatballs in hot oil on all sides, about 2 to 3 minutes.

Pour marinara sauce and water over the meatballs. Lock pressure cooker lid in place. Set steam vent to Sealing. Select Pressure Cook (Manual) and cook for 10 minutes on High pressure. Set steam vent to Venting to quick-release pressure.

Serve immediately with sauce from the pot on the side.