

Instant Pot Ground Beef & Pasta



Ingredients

- 1 tablespoon olive oil
- 1 pound lean ground beef, chicken, or turkey
- 1 small onion, diced
- 3 cloves garlic, minced
- 1/4 cup dry red wine (sub with beef stock, if preferred)
- 1 (25-ounce) jar marinara sauce
- 1 3/4 cups low sodium beef stock
- 8 ounces campanelle, cavatappi, fusilli, or penne pasta
- salt and pepper, to taste
- 1/4 cup chopped fresh basil leaves
- 1/3 cup grated Parmesan

Instructions

- Set a 6-qt Instant Pot® to the high saute setting. Heat olive oil; add ground meat and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
- Add onion, and cook, stirring frequently, until translucent, about 2-3 minutes. Stir in garlic until fragrant, about 1 minute.
- Stir in wine (or beef stock sub), scraping any browned bits from the bottom of the pot.
- Stir in marinara sauce, beef stock, and pasta; season with salt and pepper, to taste. Select manual setting; adjust pressure to high, and set time for 5 minutes. When finished cooking, quick-release pressure according to manufacturer's directions. Stir in basil and Parmesan.
- Serve immediately.