

Instant Pot Bolognese

PREP TIME:

12 minutes

COOKING TIME:

23 minutes total

SERVES:

4 - 6

in a pinch, you can skip the sauté steps in preparation.



INGREDIENTS:

2 tbsp olive oil
4 oz pancetta or thick bacon, diced
1 cup / 1 medium onion, small dice
1 cup / 1 medium carrot, small dice
1 cup / 2 ribs celery, small dice
1 lb lean ground beef, minced **
vegetarian substitution
1 Mediterranean blend
6 tbsp / 1 x 5oz can tomato paste
1/3 cup red wine
1/3 cup water
toppings
parmesan cheese

PREPARE:

heat oil in Instant Pot on medium sauté function and cook bacon, onion, carrot, and celery for 5 minutes

add ground beef and brown for 3 minutes

turn off sauté function

stir in Mediterranean blend, tomato paste, red wine, and water

secure Instant Pot lid & set pressure valve to Sealing

cook on Manual / Pressure Cook for 15 minutes

once cooked turn the dial to Venting to Quick Pressure Release

leave to rest for 3-4 minutes

serve over freshly cooked tagliatelle noodles topped with Parmesan cheese