

# 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

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