

Instant Pot Spaghetti with Meat Sauce

MAKES 5 SERVINGS

Courtesy of Skinnytaste, modified

Submitted by Kathy Lindner

Ingredients

1 lb. ground beef or turkey
½ tsp. salt
¼ cup diced onion
1 clove minced garlic
1 jar (24 oz.) Barilla Tomato & Basil Pasta Sauce
2 cups of water
8 oz. whole-wheat spaghetti

Directions

1. Press sauté on the Instant Pot. When hot, add the meat and salt and cook, breaking it up for about 3 minutes.
2. Add the onions and garlic. Cook until softened, for about 3 to 4 minutes.
3. Add the pasta sauce, water, and spaghetti (broken in half), making sure the liquid covers everything. Do not stir.
4. Cover and cook on high pressure for 9 minutes.
5. Quick release, so that the pasta doesn't continue cooking, and serve.



NUTRITION FACTS (WITH TURKEY)

Per Serving (1/5 of recipe): 383 calories, 14 g fat, 3 g sat. fat, 479 mg sodium, 36 g carbs, 4 g fiber, 24 g protein