

Instant Pot Frittata with Sausage, Mushrooms & Feta



This frittata is perfect for breakfast or lunch to feed the whole family.

Course	Brunch
Cuisine	American
Prep Time	10 minutes
Cook Time	45 minutes
Total Time	55 minutes
Servings	6
Calories	259 kcal
Author	The Foodie Eats

Ingredients

- 4 oz. ground sausage
- 12 large eggs
- 1 tsp. sea salt
- 1/2 cup whole milk
- 4 oz. mushrooms sliced
- 1/2 cup red bell peppers diced
- 5 oz. baby spinach
- 4 oz. feta cheese crumbled or small cubes

Instructions

1. Using sauté setting... Add sausage to pot and begin browning – breaking up sausage as much as possible and scraping up bits from bottom.
2. Meanwhile – Crack eggs into a large mixing bowl. Add salt to eggs. Then, using a whisk, mix until yolks are broken up and fully incorporated. Add milk and whisk again, until eggs are light and airy.
3. Once sausage is fully browned, add mushrooms and peppers to pot and cook for 3-4 minutes. You want mushrooms to release their liquid and then most of that liquid evaporate. Turn off power to pot, then add spinach. Mix continuously until all spinach is wilted.
4. Spray 7-inch pan with nonstick cooking spray. Add sausage/vegetable mixture to pan. Pour eggs over top of sausage/vegetable mixture. Using a fork... gently “mix” in eggs. You’re not really mixing, just making sure the eggs reach the bottom of the pan. Add feta on top of egg mixture. Cover pan with aluminum foil.
5. Add 1 1/2 cups water to pot, along with 3-inch trivet. Place pan on top of trivet and lock lid. Cook for 45 minutes at high pressure.
6. Once cook time is complete, quick-release pressure. Remove lid and aluminum foil, then let cool for a few minutes. Slice and serve warm.

Recipe Notes

Eggs may seep through some push pans or springform pans. We definitely recommend testing this with water first. If your push pan leaks more than a tablespoon or two, you may need to use a different dish. A greased glass baking dish or a metal baking pan of the same size can be used. Cooking time will be 10 minutes longer if using a thicker glass dish.

Nutrition Facts

Instant Pot Frittata with Sausage,
Mushrooms & Feta

Amount Per Serving

Calories 259 Calories from Fat 162

% Daily Value*

Total Fat 18g **28%**

 Saturated Fat 7g **35%**

Cholesterol 359mg **120%**

Sodium 803mg **33%**

Potassium 424mg **12%**

Total Carbohydrates 4g **1%**

 Sugars 3g

Protein 18g **36%**

Vitamin A 64.1%

Vitamin C 27.7%

Calcium 19.1%

Iron 14.8%

* Percent Daily Values are based on a 2000 calorie diet.