

# Pressure Cooker Light Pizza Noodle Casserole



5 from 1 vote

Prep Time 5 mins	Cook Time 10 mins	bring to pressure 10 mins	Total Time 15 mins
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Servings: 5    Calories: 545

## Ingredients

- 1 lb lean ground beef
- 1 small onion diced
- 1/2 tsp. salt
- 1 tsp. garlic powder
- 1/2 tsp. ground oregano
- 1/4 tsp. crushed red pepper
- 1/2 c. turkey pepperoni quartered
- 1 c. roughly chopped fresh mushrooms optional
- 1 1/2 c. whole wheat rotini pasta uncooked
- 1 1/2 c. water
- 14 oz. jar pizza sauce
- 1/4 c. grated Parmesan
- 3 oz. shredded Mozzarella, Provolone or Havarti cheese optional

## Instructions

1. Set your 5 or 6 quart electric pressure cooker to saute and add the hamburger and onion. Break up the hamburger and saute for 4-5 minutes so meat is lightly browned. Press cancel.
2. Add the salt, garlic powder, oregano, crushed red pepper, pepperoni, pasta and water to the meat and give it a quick stir. Top with the pizza sauce and do NOT stir.
3. Lock the electric pressure cooker lid in place and manually set to 4 minutes on high. Press start.
4. When the time is up, quick release the pressure using an oven mitten to release the pressure nozzle. Allow to cool for 5 minutes and stir in the grated Parmesan cheese. Serve topped with shredded cheese.

## Nutrition

Calories: 545kcal | Carbohydrates: 55g | Protein: 45g | Fat: 14g | Saturated Fat: 6g | Cholesterol: 103mg | Sodium: 1315mg | Potassium: 897mg | Fiber: 8g | Sugar: 7g | Vitamin A: 595IU | Vitamin C: 8.2mg | Calcium: 191mg | Iron: 4.3mg