

Meatloaf

What You Know and Love, Just Rounded

Meatloaf may be one of the last things you'd expect to cook in a pressure cooker, but I assure you that the results are moist and delicious.

Prep Time: 20 min

Cook Time: 15 min

Temperature: High

Serves: 4

SHOPPING LIST

*2 pounds lean ground beef
1/2 cup Italian bread crumbs
1/4 cup grated Parmesan cheese
1/4 cup finely minced yellow onion
1 large egg, beaten
1 tablespoon minced garlic
2 teaspoons Worcestershire sauce
1/2 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon vegetable oil
1 yellow onion, diced
1 cup ketchup
1/2 cup beef stock or broth*

In a large mixing bowl, combine ground beef, bread crumbs, Parmesan cheese, onion, egg, garlic, Worcestershire sauce, thyme, salt, and pepper. Form the mixture into a round loaf, small enough to fit into your pressure cooker.

With the cooker's lid off, heat oil on HIGH or "brown," until sizzling.

Place onion in the cooker and sauté until translucent, 4–5 minutes.

Stir in ketchup and beef stock, and top with the rounded meatloaf. Securely lock the pressure cooker's lid and set for 15 minutes on HIGH.

Let the cooker's pressure release naturally for 10 minutes before quick releasing any remaining pressure. Serve topped with sauce from the cooker.

MAKE IT YOURS

For a tangier sauce, try substituting barbecue sauce in place of the ketchup.

