

INSTANT POT BEEF PENNE PASTA

THM E | High Protein | Instant Pot | Pantry-Friendly

MACROS (per serving 1 ½ cups)

Protein 34g • Fat 10g • Net Carbs 46g

(optional: Calories)

Macros calculated without cheese garnish.

 **Prep**
10 Mins

 **Cook Time**
2 Minutes

 **Serves**
6

 **Healthy**
Carbs



Ingredients

Pasta of Choice (Dreamfield)	2 cups
Ground Beef	2 cups
Onions Chopped Freeze Dried	1/4 cup
Green Bell Peppers Freeze Dried	1/3 cup
Mushrooms Freeze Dried	1/2 cup
Spinach Freeze Dried	1/4 cup
Tomato Powder or Paste	1/4 cup
Garlic Granulated	1 tbsp
Italian Seasoning	2 tbsp
Worchershire Sauce	1 tbsp
Better Than Bouillon Chicken	4 tsp
Water	4 cups
Tomatoes Canned Chopped 16 oz	1 tbsp
Red Pepper Flakes	1/4 tsp
Salt & Pepper to taste	
Optional	
Peperocini chopped	6 each

Direction

1. Measure all the ingredients first.
2. Set Instant Pot to Saute. Brown ground beef, remove, irinse in hot water and drain.
3. Return cooked beef to instant pot, add remaining ingredients. Make sure pasta is submerged.
4. Pressure cook
Secure the lid and set Manual/Pressure Cook on High for 2 minutes). Carefully quick release.
5. Remove from heat immediately to avoid overcooking the pasta. Add option peperocini.

Prep Notes / Variations

THM E: replace ground beef with ground turkey.

