Instant Pot Pasta

HEARTY

YIELD	ACTIVE	TOTAL	PER SERVING
2 servings (½ pot each)	15 min	≈35 min	777 kcal · 1,075 mg Na · 46 g protein

EQUIPMENT
Instant Pot · Scale

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Onion, *diced*	117 g		Set the Instant Pot to Sauté (high). Add the onion and beef. Cook until the beef is browned and the onion is soft, ≈6 min.
	Ground beef, 80/20, *raw*	223 g		
2	Water	80 g	⅓ cup	Add the water and scrape the bottom clean. Add the macaroni, tomatoes, salt, garlic and pepper, and push the pasta under the liquid.
	Macaroni, dry	217 g		
	Whole tomatoes, canned	804 g		
	Kosher salt	2 g		
	Garlic		to taste	
	Black pepper		to taste	
3				Lock the lid, valve on Sealing. High pressure 9 min, then quick release.
4				Stir, breaking up the tomatoes. Split into 2 equal portions.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Onion	117 g	47	5	1
Ground beef, 80/20	223 g	566	149	56
Macaroni, dry	217 g	775	0	27
Whole tomatoes, canned	804 g	166	1,196	7
Kosher salt	2 g	0	800	0
Total		**1,554**	**2,150**	**91**
Per serving (1/2)		**777**	**1,075**	**46**