

Beef and Italian Chicken Sausage Macaroni and Vegetables

A one pot meal In an Electric Pressure Cooker Recipe

Ingredients for a double batch

1 tablespoon vegetable oil
1 pound of ground beef
1 pound of Italian chicken sausage (or any kind you like)
1 green pepper (chopped)
1 red pepper (chopped)
2 tablespoons of dried oregano
2 tablespoons of dried basil
1 tablespoon of paprika
1 tablespoon of ground thyme
1 tablespoon of onion powder
1 tablespoon of Parsley and Garlic (no salt)
1 tablespoon of no salt seasoning
1 pinch of cayenne pepper (a little goes a LONG way)
1 teaspoon of salt
1 teaspoon of black pepper
2-28 oz cans of diced tomatoes in juice (mix it up if you like)
1 10 oz package of frozen spinach (or whatever vegetables you like)
3 cups of beef stock
½ to ¾ cup of ketchup (or as much as you like)
1 pound of macaroni
2 cups of cheddar cheese and 1 cup of parmesan cheese

Instructions

1. Preheat your electric pressure cooker (Instant Pot) using the browning setting
2. Add enough oil just to cover the bottom of the pot, then add the ground chicken and ground beef. Break up the meat, but it doesn't have to be broken too fine. Nor does it have to be completely brown.
3. Add in onions, peppers and all the seasoning. Stir well
4. Add the tomatoes, stock, ketchup and elbow macaroni and spinach.
5. Lock the pot and put on pressure for 6 minutes
6. Reduce the pressure with quick release method and carefully remove the lid. Stir then add cheese and stir again. Add salt or pepper to taste at this point.

ENJOY!!