

MEAL #6

ELECTRIC PRESSURE COOKER

Lasagna Soup

YIELD: 6 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 30 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Chop the onions and mince the garlic; brown the ground beef, onions, and garlic.

PREPARE TO FREEZE

Ingredients:

- 1 pound lean ground beef (or sausage, if preferred)
- 1 Tablespoon olive oil
- 2 Tablespoons chopped onions
- 2 teaspoons minced garlic
- 14.5-ounce can diced tomatoes (undrained)
- 1 jar (24-ounce) spaghetti sauce
- 2 teaspoons dried basil
- ½ teaspoon dried oregano

Instructions:

1. Press sauté button. Wait until the display reads HOT then add 1 Tablespoon olive oil. Add the onions and garlic. Cook for 2 minutes, stirring regularly.
2. Add ground beef and cook about 4–5 minutes, until no longer pink. Drain grease and cool the meat.
3. Put cooked and cooled ground beef, onions, and garlic into a gallon-size freezer bag set in a round bowl/dish, add the remaining ingredients.
4. Remove as much air as possible and seal shut.
5. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 6 ounces broken lasagna noodles or favorite pasta
- 4½ cups beef broth
- ricotta cheese
- shredded mozzarella cheese

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow-cooker lid, but you could just use a regular pot lid. Add 4½ cups beef broth. Heat on sauté for 10–15 minutes, stirring occasionally, until most of the liquid has thawed. Add 6 ounces broken lasagna noodles. Press the Cancel/Off button to turn off the sauté feature.
3. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or Pressure button. Make sure that the pressure is set to high and set the time to 4 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.
4. Stir and serve.
5. Top each bowl of soup with some ricotta cheese and a good sprinkle of shredded mozzarella cheese.

COOK FROM FRESH

See next page.

SERVING SUGGESTIONS

Sides: Garlic bread and green salad

MEAL #6 CONT.

ELECTRIC PRESSURE COOKER

Lasagna Soup

YIELD: 6 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 4 MINUTES + PRESSURE BUILD/RELEASE TIME

COOK FROM FRESH

Ingredients:

- 1 pound lean ground beef (or sausage, if preferred)
- 1 Tablespoon olive oil
- 2 Tablespoons chopped onions
- 2 teaspoon minced garlic
- 14.5-ounce can diced tomatoes (undrained)
- 1 jar (24-ounce) spaghetti sauce
- 2 teaspoons dried basil
- ½ teaspoon dried oregano
- 6 ounces broken lasagna noodles or favorite pasta
- 4½ cups beef broth
- ricotta cheese
- shredded mozzarella cheese



Instructions:

1. Press sauté button. Wait until the display reads HOT then add 1 Tablespoon olive oil. Add the onions and garlic. Cook for 2 minutes, stirring regularly.
2. Add ground beef and cook about 4–5 minutes, until no longer pink. Drain grease and return meat to pot.
3. Add the diced tomatoes.
4. Add spaghetti sauce, basil, oregano, beef broth, and broken lasagna noodles.
5. Stir to make sure noodles are covered with liquid.
6. Set electric pressure cooker to Manual/High Pressure for 4 minutes.
7. Natural Release.
8. Serve each bowl of soup topped with some ricotta cheese and a good sprinkle of shredded mozzarella cheese.

SERVING SUGGESTIONS

Sides: Garlic bread and green salad