



Porcupine Meatballs

Yield: 4-5 servings

INGREDIENTS

- 1 lb. ground beef
- 1/4 cup uncooked rice (not minute rice)
- 1 slightly beaten egg
- 2 Tablespoons finely chopped onion
- 1/2 teaspoon salt
- dash of pepper
- (2) 8 oz. cans tomato sauce
- 1/2 cup water
- 1 teaspoon soy sauce

DIRECTIONS

1. Combine ground beef, rice, egg, 1/2 cup tomato sauce, onion, salt and pepper.
2. Shape into about 15-20 balls.
3. Place meatballs in the instant pot.
4. Mix together the remaining tomato sauce, water and soy sauce.
5. Pour tomato sauce mixture over meatballs.
6. Set pressure to high for 15 minutes.
7. When done, let rest for 5-10 minutes and then release the pressure.
8. Serve and enjoy!

Wasatch County Cooking Class, May 2020

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Macaroni and Cheese

Yield: 6 servings

INGREDIENTS

- (1) 16 oz. package elbow macaroni
- 4 cups chicken broth (or water)
- 4 Tablespoons butter
- 1/2 tsp. salt
- 1 cup whipping cream
- 2 cups sharp cheddar cheese
- 1/2 cup mozzarella cheese
- 1/2 cup shredded parmesan cheese
- 1/2 teaspoon garlic salt
- 1/2 teaspoon parsley
- 1/2 teaspoon dry mustard or paprika

DIRECTIONS

1. Combine macaroni, chicken broth, butter and salt into the pressure cooker.
2. Pressure cook on high for 4 minutes.
3. Natural release for 5 minutes then vent.
4. Add whipping cream, cheeses and seasonings. Mix together until the cheese is melted and smooth.
5. Serve and enjoy.

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Parmesan Garlic Spaghetti Squash

Yield: 4 servings

INGREDIENTS

- 1 spaghetti squash
- 1 cup water
- 1 Tablespoon olive oil
- 3 cloves garlic
- 1/2 cup grated Parmesan cheese

DIRECTIONS

1. Place steaming rack and water into the pressure cooker.
2. Cut the spaghetti squash in half and scoop out the seeds.
3. Place the squash cut side down on the steaming rack.
4. Set Pressure Cooker to high pressure for 7 minutes.
5. When done, vent and do a quick release.
6. Remove the squash and use a fork to separate the squash from the shell.
7. Remove the water from the pressure cooker and set the cooker to sauté.
8. Add olive oil and garlic to pot and cook until fragrant.
9. Add the squash and parmesan cheese to the pot. Stir until heated through.
10. Serve and enjoy.

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Egg and Potato Hash

Yield: 4 servings

INGREDIENTS

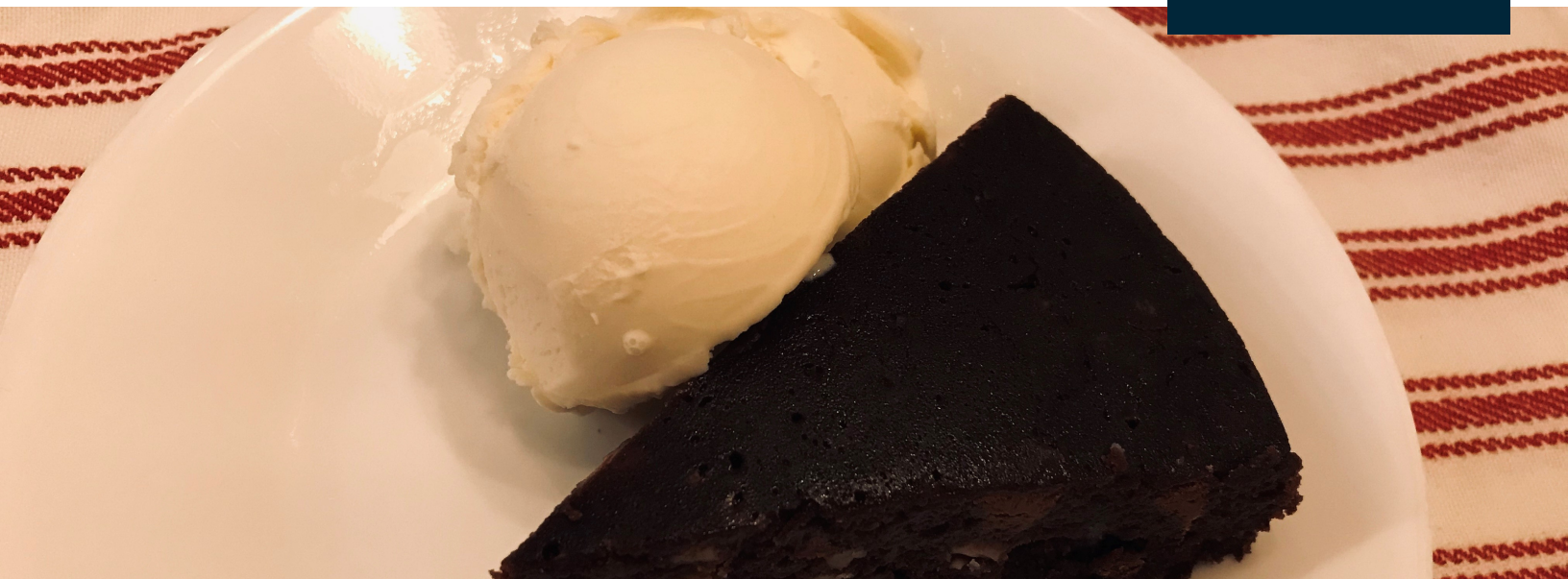
- 1/2 lb. bacon or sausage
- 1/2 red or yellow onion, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 2 teaspoons minced garlic
- 1/2 teaspoon cumin
- 1/4 teaspoon paprika
- salt and pepper to taste
- 1 lb. yukon gold potatoes (regular or baby)
- 2/3 cup chicken broth
- eggs, for topping

DIRECTIONS

1. Set pressure cooker to saute and cook bacon until crisp.
2. Add onion, peppers and garlic and cook for a couple of minutes.
3. Add seasonings and toss together.
4. Add potatoes and pour chicken broth over top.
5. Pressure cook on high for 8 minutes.
6. Quick release and serve topped with a fried egg.

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Fudgy Brownies

Yield: 4 servings

INGREDIENTS

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1 1/2 teaspoons vanilla
- 3/4 cup flour
- 1/4 cup baking cocoa
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup semi sweet or milk chocolate chips
- 1/2 cup chopped walnuts

DIRECTIONS

1. Beat softened butter with a hand mixer for about 10 seconds.
2. Add sugar and blend. Beat eggs into the mixture until well combined.
3. Add vanilla and mix.
4. In a separate bowl, add flour, cocoa, baking powder and salt. Whisk together until combined.
5. Add the dry ingredients to the wet mixture and mix with a spoon until combined.
6. Fold in chocolate chips and walnuts.
7. Lightly spray a 7 inch pan with non stick cooking spray.
8. Add batter to pan and spread evenly and cover tightly with aluminum foil.
9. Place on rack on bottom of instant pot and add 1 1/2 cups water.
10. Place pan on rack.
11. Cook for 55 minutes on high pressure, then natural release for 10 minutes and then quick release and remove from pressure cooker.
12. Let cool for about 15 minutes and then remove from pan.
13. Serve warm with ice cream.

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