



A Nutrition Resource

SPAGHETTI

Pressure Cooker Recipe

**Yield: 8 Servings | Serving Size: 1/2 cups Cost/
Serving: \$1.32**

Ingredients:

- 1 lb lean ground turkey
- 1/2 Teaspoon garlic powder
- 1/2 Teaspoon salt
- 1/2 Teaspoon pepper
- 16 oz uncooked spaghetti noodles
- 1 Teaspoon dried basil
- 40 oz jar spaghetti sauce
- 3 1/2 cups water

Directions:

- 1) Using saute feature, on pressure cooker, brown turkey.
- 2) While browning turkey mix in garlic powder, salt and pepper.
- 3) When browned, cancel saute function and drain grease (or absorb with paper towels).
- 4) Be sure pot is de-glazed and no meat is stuck to bottom of pan. May need to deglaze with a little water if needed.
- 5) Distribute meat evenly over bottom of pot.
- 6) Break noodles in half and layer crisscross style on top of one another in 5-6 layers.
- 7) Pour sauce over noodles and sprinkle with dried basil.
- 8) Pour water around edges of pot but do not stir.
- 9) Secure lid and set valve to seal. Pressure cook on high pressure for 7 minutes.

Nutrition Facts

8 servings per container

Serving size 1/2 Cup (362g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.53g **8%**

Trans Fat 0.071g

Cholesterol 45mg **15%**

Sodium 780mg **34%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 10) When cooking is over, quick release pressure.
- 11) Remove lid and toss ingredients together.
- 12) Let rest 4-5 minutes to thicken.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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