

Pressure Cooker Meatloaf

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Prep time: 10 mins

Cook time: 35 mins

Total time: 45 mins

Serves: 6 to 8 servings

Amazing one pot meal idea using an electric pressure cooker.

- Pressure Cooker Meatloaf Ingredients:

- 2 lbs hamburger
- 1½ cups of bread crumbs (any kind will do - I prefer the Panko)
- 1 cup Parmesan Cheese
- 4 large eggs
- 1 tablespoon minced garlic (fresh)
- 1 tsp of your favorite seasoning (I used McCormick's Montreal Steak Seasoning)
- salt and pepper to taste (I usually put a teaspoon of each)
- 1 cup beef broth
- Red Meatloaf Sauce Ingredients:
 - 5 tsp brown sugar
 - ⅔ cup of ketchup
 - 1 tbs dry mustard

1. Add all of your meatloaf ingredients in a bowl and mix it together with your hands.
2. In a separate bowl, mix together the red topping sauce ingredients. Make sure you mix this thoroughly so that all the brown sugar incorporates into the rest of the ingredients.
3. Press the Sauté button on the pressure cooker to heat it up. After a minute or two add about 2 tablespoons of olive oil. Then add your potatoes and carrots (I used about 10 small potatoes cut into quarters and one small bag of carrots) with a little bit of salt and pepper. Allow these to cook about 5 minutes.
4. Now add about 1 cup of beef broth and turn the pressure cooker off for a minute.
5. I used a vegetable steamer rack to place my meatloaf on in between the potatoes and carrots. You can use tin foil if you don't have a steamer rack.
6. Spread about half of the red topping sauce on top of the meatloaf before you cook it and reserve the other half for after it's done.
7. It was important to shape it in the size of the pressure cooker with a little bit of room on the sides.
8. Now turn on the manual button and add 25 minutes so this will steam on high. Be sure your vent is set to seal on top of the machine. When the timer is up you can do a quick release of the steam button. After all the steam has released, carefully remove the lid and check to make sure your meatloaf is done.
9. Add the remaining sauce to the top of the meatloaf and then I place it on a baking sheet and broil it for about 5 minutes.