

# DINNER IN AN INSTANT!

*Awesome recipes using an Electric Pressure Cooker!*

## Instant Pot Pasta with Sausage

### Source:

<https://kristineskitchenblog.com/instant-pot-pasta-with-sausage/>

### Nutrition Facts:

Serving: 1.5 cups  
Calories: 325 kcal  
Carbohydrates: 38g  
Protein: 17g  
Fat: 12g  
Saturated Fat: 3g  
Cholesterol: 46mg  
Sodium: 1104mg  
Potassium: 444mg  
Fiber: 6g  
Sugar: 7g  
Vitamin A: 2618 IU  
Vitamin C: 49mg  
Calcium: 70mg  
Iron: 2mg

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### Ingredients:

- 2 teaspoons olive oil
- 1 pound Italian chicken sausage see notes
- 1 small onion chopped
- 2 bell peppers chopped
- 3 cups water
- 1 teaspoon dried Italian seasoning
- 12 ounces whole wheat penne pasta about 4 ½ cups dry
- 25 ounce jar marinara sauce
- 3 cups fresh spinach coarsely chopped
- 2 ounces (½ cup) mozzarella cheese shredded



### Directions:

1. Turn on sauté mode on the electric pressure cooker and add the olive oil to the pot.
2. If using sausage that is already cooked, slice it and add it to the electric pressure cooker. If using uncooked sausage, remove it from the casings and add it to the pot.
3. Add the onion to the pot and sauté the onion and sausage for 2-3 minutes, or until sausage is browned (for uncooked sausage, break it up into smaller pieces as it cooks). Press cancel to turn off sauté mode.
4. Add the bell peppers, water, Italian seasoning and 1 cup of the marinara sauce. Stir, scraping up any bits from the bottom of the pot.
5. Add the penne pasta to the pot and do not stir. Press the pasta down into an even layer. Pour the remaining sauce evenly over the top of the pasta; do not stir.
6. Close the lid and turn the steam release valve to the sealing position. Set the cook time to 2 minutes at high pressure. (This 2 minute cook time is for whole wheat penne pasta with a stovetop package cook time of 9 minutes for al dente. You can adjust your pasta cook time as needed.)
7. The electric pressure cooker will take about 18 minutes to reach pressure and then the cook time will begin counting down. As soon as the cook time ends, do a controlled quick release of the pressure by turning the steam release valve towards the venting position, a little bit at a time. Use the handle of a long spoon to carefully move the valve. When all of the steam has escaped and the pin drops down, carefully open the lid. You may see a little bit of extra liquid in the pasta, but this will be absorbed as the pasta rests.
8. Stir the pasta and then stir in the spinach, followed by the shredded mozzarella cheese. Serve

### Notes:

- You can make this recipe with fully cooked Italian chicken sausage, which can be sliced into rounds and added. To use uncooked chicken, turkey or pork sausage, remove from casings and add, crumbling and browning the sausage on sauté mode.
- 2 minutes of pressure cooking is perfect for whole wheat penne with a package cook time of 9 minutes. Follow these guidelines for other pasta types: Pressure cook 2 minutes for package cook time of 6-9 minutes, pressure cook 3 minutes for package cook time of 10-12 minutes, pressure cook 4 minutes for package cook time of 13 or more minutes.