

# Instant Pot Whole Wheat Spaghetti & Turkey Meatballs

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes  
Yield: 6 servings | Serving Size: 1.5 cup

## Ingredients

### Meatballs:

2 tablespoons skim milk or water  
1/3 cup seasoned breadcrumbs  
1/3 cup grated Romano cheese  
2 small cloves garlic, crushed  
1 large egg  
1 tablespoon tomato paste  
1/4 cup parsley, chopped  
1/4 teaspoon kosher salt  
1.5 pounds 93% ground turkey

### Spaghetti & Sauce:

2 cloves garlic, crushed  
1/4 cup basil, torn  
28 ounce can crushed tomatoes  
Kosher salt & pepper to taste  
12 ounces dry whole wheat spaghetti  
2 cups low-sodium chicken broth

## Directions

1. In a large bowl combine the milk, breadcrumbs, Romano, garlic, egg, tomato paste, parsley and salt. Mix well to combine.
2. Add the turkey and mix using a fork to fully mix everything together. Form into 18 meatballs.
3. Press sauté on the Instant Pot and add the oil and garlic. Cook until golden, about 1-2 minutes.
4. Turn off the pressure cooker.
5. Add the tomatoes, basil, salt, and pepper into the Instant Pot. Gently add the meatballs into the sauce.
6. Break the dry spaghetti in half and spread them in one or two layers over the meatballs. DO NOT STIR.
7. Pour chicken broth
8. Lock the lid on and make sure the valve is set to seal. Set to cook on HIGH pressure for 8 minutes.
9. Use the quick release to let the pressure out when timer goes off. Shut off and uncover
10. Stir pasta into sauce, it will thicken and soak the sauce up.
11. Serve immediately with grated cheese

Nutrition Facts Per Serving: Calories: 480 | Total Fat: 13.5 g | Saturated Fat: 3.5 g  
Sodium: 830 mg | Total Carbohydrate: 55 g | Dietary Fiber: 6.5 g | Protein: 31 g

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