



Instant Pot Bison Pasta Pasta Bisonte

Savannah · 30/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

41 mins

Description

A savory onepot Instant Pot adaptation of my pasta with bison and veggies recipe Top with chopped basil and shaved Parmesan if desired

Ingredients

— - 12 ounces ground bison - 1 ½ cups diced onion - 1 ½ cups diced red bell pepper - 2 tablespoons olive oil - 1 (8 ounce) package sliced baby portobello mushrooms - ½ cup chopped fresh basil - 4 cloves garlic

— chopped - 1 tablespoon dried oregano - 1 bay leaf - 2 (14.5 ounce) cans diced tomatoes - 1 cup water - ½ cup red wine - 1 tablespoon tomato paste - 1 (16 ounce) package trottolo pasta - ½ teaspoon salt - ½ teaspoon onion powder - ½ teaspoon garlic powder

Instructions

1. Turn on a multi-functional pressure cooker (such as Instant Pot) and select Saute function; heat until indicator reads 'Hot.' Add bison
2. onion
3. red bell pepper
4. and olive oil. Saute until bison is browned and crumbly
5. 5 to 7 minutes. Add mushrooms; saute until slightly softened
6. 1 to 2 minutes. Stir basil
7. garlic
8. oregano
9. and bay leaf into the bison mixture. Add tomatoes
10. water
11. wine
12. and tomato paste. Turn cooker off. Add pasta; stir until coated. Mix in salt
13. onion powder
14. and garlic powder. Set cooker to Manual. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions
15. about 5 minutes. Unlock and remove lid. Stir well. Tips Use roasted garlic powder if available. Use any kind of bell peppers you prefer. You can replace the oregano with Italian herb mix. Any variety of pasta works in this recipe. I used Italian trottolo pasta
16. which is a bit thicker and takes a little longer to cook normally. Reduce cooking time to 4 minutes for more delicate pasta like farfalle. If it is too al dente for your taste
17. place the lid on and let it stand for another minute or two until it reaches your desired firmness.