

## **Instant Pot Meatloaf and Mashed**

### **Ingredients**

#### **Meatloaf**

- 1 1/2 lbs ground beef
- 2 pieces of bread broken into small pieces
- 1 egg
- 3 shakes Worstershire Sauce
- 5 shakes or parsley
- 4 shakes thyme leaves
- 1 1/2c water
- 1 tsp better than bullion chicken

#### **Mashed Potatoes**

- 4-5 medium red skin potatoes
- Milk, about 1/4C
- 4 tbsp butter
- 2 large spoons of sour cream

### **Directions**

- Add water and better than bullion to the IP
- Wash and quarter potatoes, add to IP
- Place trivet on top of potatoes. Make sure it sits flat and handles aren't sticking above the top of pot.
- Put foil on rack. Make sure there's enough on sides to keep grease in.
- In a large bowl, mix remaining meatloaf ingredients. Shape so it fits in pot. Place on foil and flatten a bit to take up most of the pot.
- Manual for 30 minutes. I use a 6 qt Instant Pot. It was very full and took about 30 mins to come up to pressure.
- When it's finished, do a quick release.
- Using pot holders, take the rack out, drain grease & transfer meatloaf to a plate.
- Drain most of the liquid off of the potatoes, leaving about 1/4 C.
- Add butter, milk and sour cream. Mix until smooth.

Serves 4.