



8 servings

Prep Time 15 mins

Cook Time 40-55 minutes

## Pressure Cooker Meat Loaf

### Ingredients

#### For The Meatloaf

- 1.5 pounds ground beef
- 1 large eggs
- 4 Tablespoons ketchup
- 2 Tablespoons Worcestershire sauces
- 2 teaspoons mustard
- 1 1/2 teaspoons garlic powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon dried sage
- 1/2 cup diced sweet onion
- 1/2 cup breadcrumbs

#### Meatloaf Topping

- 1/4 cup ketchup
- 2 tablespoons light brown sugar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon ground nutmeg

#### Potatoes

- 1 pounds Yukon Gold Potatoes , quartered
- 1 cup water

### Directions

1. Add all of the meatloaf ingredients to a large bowl and gently mix everything to combine.
2. Divide meat mixture in half before forming mixture into a 2 small loaf size sections.
3. Place the loafs on a large piece of aluminum foil and fold the edges up to make a secure nest for the meatloaf to rest in. (You want the edges high enough that grease from the loaf wont spill out.
4. Insert rake lifting food off of 1 cup of water in pot. Add the quartered potatoes. Salt and Pepper well before adding the meat in the middle of rack. Meat in foil may sit on a few of the potatoes.
5. Secure the lid on the pot and close the pressure release valve. Select manual/High pressure and cook at high pressure on meat setting. When the timer beeps, allow the pressure to naturally release.
6. While the meatloaf cooks, make the sauce by combining all of the sauce ingredients in a bowl.
7. Remove the lid, and carefully remove the meatloaf. Discard the aluminum foil and drippings. Spoon the meatloaf sauce over the top and cut into slices.
8. Mash the potatoes or serve as is. Add salt and pepper to potatoes if needed.

*Notes: Use an air fryer to crispen up the top of the meat loaf by using the 'fry' setting for about 5-8 minutes making sure it doesn't burn.*

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