

INSTANT POT TUNA CASSEROLE

1 tbsp. olive oil
3 tbsp. unsalted butter
1 small onion, diced
3 cups chicken broth
Salt and freshly ground pepper
1 tsp. garlic powder
½ tsp. onion powder
½ tsp. dill weed, dried
2 (6 oz.) cans tuna, mostly drained
12 oz. wide egg noodles, uncooked
2 (10.5 oz.) cans Condensed Cream of Mushroom Soup
1 cup half and half

To finish:

2 cups frozen peas
2 cups sharp cheddar cheese, grated

1. Turn on the Saute setting. When hot, add the oil, butter and onion. Cook, stirring occasionally, until onion starts to turn translucent.
2. Add the broth, salt, pepper, garlic powder, onion powder, and dill. Stir.
3. Add the half and half. Turn off the Saute setting. Add the egg noodles. Do NOT stir.
4. Add the tuna, spreading evenly over the noodles. Do NOT stir. Add the mushroom soup and spread to cover the noodles. Do NOT stir. Close the lid and set the steam release knob to the Sealing position.
5. Press the Pressure Cook/Manual button or dial, then the +/- button or dial to select 3 minutes for soft noodles (2 minutes for firmer noodles). The pot will take several minutes to come to pressure.

6. When the cook cycle has finished, turn the steam release knob to the Venting position to Quick Release the steam/pressure. When the pin in the lid drops back down, open the lid.

7. Carefully take the pot out of the pressure cooker housing and set on a heat safe surface. Add the peas and give a gentle stir. Add the cheese and stir. The casserole will thicken as it cools.

****Want a Crunchy Topping?** You can transfer the casserole to a baking dish and add a ½ cup Panko, 1 tbsp. melted butter and ½ cup Parmesan topping (mix those together and sprinkle on top). Then just broil for a few minutes. You can also just add crushed potato chips to your serving.

Serves 8-10

INSTANT POT SWEET POTATO COCONUT CURRY SOUP

2 tbsp. coconut oil
1 large onion, chopped
Salt
2 large garlic cloves, crushed
2 tbsp. red curry paste
1 tbsp. packed light brown sugar, plus more to taste
1 tsp. turmeric
2 ½ lbs. sweet potatoes, peeled and cut into 1-2 inch pieces
1 (13 oz.) can coconut milk
¾ cup smooth peanut butter
1 medium bunch spinach, stemmed and chopped
Juice of 1 lime, plus more to taste
Chopped roasted salted peanuts, for serving

1. Set the Instant Pot to saute. Heat the coconut oil in the pot. Add the onion, season with a generous pinch of salt and cook, stirring occasionally, until softened and translucent, almost 5 minutes. Add the garlic, and cook until fragrant, 1 minute. Add the curry paste and stir until combined, 1 minute. Stir in the brown sugar and turmeric, then add the sweet potatoes, 2 ½ cups water and salt. Cover and cook on high pressure for 25 minutes.

2. Release the pressure naturally for 10 minutes, then release the remaining pressure manually. Open the lid. Stir thoroughly, allowing some of the sweet potatoes to fall apart and thicken the soup. Add the coconut milk and peanut butter.

3. Using an immersion blender, puree the soup. Add the spinach and lime juice and stir to combine. Cook until the greens are wilted and tender, 3-5 minutes. Taste the soup and add salt, brown sugar, lime juice or curry paste as desired. Serve in bowls with peanuts on top.

Serves 6