

Meatballs Stroganoff

INGREDIENTS:

1/2 pound of white button mushrooms , sliced
1 large onions , sliced
3 cloves of garlic , sliced
1/2 cup dry white wine
1 tablespoon of olive oil
1/2 tsp of paprika
Salt & black pepper to taste
1 cup of sour cream at room temperature

Meatballs

1 lb of ground turkey or beef
1/2 cup of panko
1 egg
1/4 cup fresh parsley, chopped + more to garnish
1/2 teaspoon dried thyme

1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon kosher salt
1/4 teaspoon black pepper

Beef Stock Mixture

3/4 cup beef stock
1 tablespoon of regular soy sauce
1 tablespoon of Worcestershire sauce
1 tablespoon of dijon mustard

Thickener

2 tablespoons of cornstarch
2 tablespoons of cold water

Noodles

Egg noodles

METHOD

In a large bowl, combine ground meat, panko, egg, parsley, thyme, garlic powder, onion powder, salt, and pepper until just combined. Shape into 16 1-1/2-in meatballs.

Heat the Instant Pot in sauté mode. When hot, add 2 tablespoons of oil and brown the meatballs in batches, about 2 minutes per side. Transfer browned meatballs to a plate.

Mix the soy sauce, worcestershire sauce, dijon mustard, and beef stock in a glass measuring cup.

Saute mushrooms until slightly crisped and browned, the mushrooms will begin to release their moisture in roughly 3 minutes. Use the moisture to deglaze the bottom of the pot by scrubbing the flavorful brown bits with a wooden spoon. Add in onion slices, then saute for another 2 minutes, then add in sliced garlic and saute until fragrant.

Pour in the wine and completely deglaze bottom of the pot. Allow the wine to reduce for 2 minutes. Stir in 1/2 tsp paprika and beef stock mixture in the pot, then place the meatballs and meat juice in the pot ensure all the meatballs are partially submerged in the cooking liquid. Pressure cook at high pressure for 10 minutes + 5 minutes natural release.

Press cancel button, then sauté button to heat up the sauce in the pot. Slowly mix 1 cup of sour cream at room temperature. In a small mixing bowl, mix cornstarch with water and incorporate it in one third at a time until desired thickness. Taste and adjust the seasoning with kosher salt and black pepper if necessary.

Serve over egg noodles.