



Instant Pot Spaghetti and Meatballs Recipe

The Best Kind of Messy

My kitchen gets wonderfully messy with this recipe. I love the sound of the meatballs sizzling in the pot. Doesn't that smell amazing? It reminds me of my own grandma's kitchen.

She taught me that a messy kitchen means a happy cook. Food made with a bit of chaos tastes better. I still laugh at that. It is so true.

Making Your Meatball Friends

Making meatballs is like playing with your food. You get to mix everything with your hands. Just do not mix it too much. Gentle hands

make tender meatballs.

Why does this matter? Over-mixing makes the meat tough. We want our little meatball friends to be soft and juicy. That is the secret.

A Little Secret in the Sauce

Do you see the fennel seeds in the sauce? They are my favorite part. They add a sweet, little crunch. *Fun fact: fennel seeds taste a bit like a gentle licorice.*

My grandson once picked them all out. Now he asks for extra. What is your favorite spice? Do you have one you did not like at first?

Why We Break the Spaghetti

I know, breaking spaghetti feels wrong to some people. But for this recipe, it is a smart trick. It helps the pasta cook evenly under the sauce.

Why does this matter? It means every single bite is perfect. You get pasta, sauce, and a meatball all together. No one has to fight for the good bits.

Your Turn in the Kitchen

This whole meal comes together so fast. It feels like magic. In less than thirty minutes, you have a feast. It is perfect for a busy weeknight.

What is your favorite quick meal to make? Do you prefer cooking with a pot or a pan? Tell me about your last kitchen adventure. I love to hear your stories.



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Ingredients:

Ingredient	Amount	Notes
egg	1	For meatballs
Italian breadcrumbs	1/4 cup	For meatballs
fine sea salt	1 teaspoon	For meatballs
white ground pepper	1/2 teaspoon	For meatballs
Parmesan cheese	2 tablespoons	Finely grated, for meatballs
garlic powder	1 1/2 teaspoons	For meatballs
evaporated milk	2 tablespoons	For meatballs
90% lean ground beef	1 pound	For meatballs
extra virgin olive oil	2 tablespoons	For tomato sauce
garlic	2 cloves	Minced, for tomato sauce
onion	1/2 cup	Chopped, for tomato sauce
water	2 1/2 cups	For tomato sauce
crushed tomatoes	28 ounces	For tomato sauce
homemade Italian seasoning	1 tablespoon	For tomato sauce
fennel seed	2 teaspoons	For tomato sauce
dry spaghetti	10 ounces	Broken in half

My Cozy Instant Pot Spaghetti & Meatballs

Oh, this recipe brings back such happy memories. My grandson, Liam, helped me test it one rainy afternoon. He loved squishing the meatball mixture with his little hands. The whole house smelled like my Nonna's

kitchen. Doesn't that smell amazing? It's pure comfort in a bowl.

See also Poor Man Husband Casserole

Now, let's get our hands busy. This is easier than you think. I will walk you through it step-by-step. Just like I did with Liam. You will have a delicious dinner ready in no time.

Step 1: First, grab a medium bowl. Crack your egg right into it. Add the breadcrumbs, salt, pepper, Parmesan, garlic powder, and evaporated milk. Give it a good stir with a fork. It will look a bit like a paste. That is perfectly fine.

Step 2: Now, crumble in your ground beef. Use your hands to mix it all together. But be gentle! Do not over mix it. Just combine everything. Over-mixing makes tough meatballs. I learned that the hard way.

Step 3: Roll the meat into eight big meatballs. They do not have to be perfect. Set them aside for a moment. Now, turn your Instant Pot to 'Sauté'. Pour in the olive oil. Carefully add the raw meatballs.

Let them cook for about 5 minutes. Turn them so they get a little color on all sides. This gives them so much flavor. Then, stir in your chopped onion and minced garlic. Oh, that sizzle is the best sound. Cook for two more minutes.

Step 4: Time for the sauce! Pour in the water and crushed tomatoes. Add the Italian seasoning and fennel seeds. The fennel seed is my secret. It makes it taste just like my mom's. Stir everything to coat the meatballs.

Step 5: Break your spaghetti in half. Lay the pieces over the meatballs and sauce. Try to get them all in there. Then, spoon some sauce over the dry pasta. This helps it cook evenly. (A hard-learned tip: breaking

the pasta is key. Long noodles can get stuck!).

Step 6: Lock the lid on your pot. Make sure the valve is set to sealing. Set it for 10 minutes on high pressure. The pot will take time to get hot. Then the timer will start. What is your favorite part of this recipe so far? Share below!

Step 7: When the timer beeps, do a quick release. Be careful of the steam! If the sauce looks a bit watery, do not worry. Just set the pot to 'Simmer' for a few minutes. Leave the lid off. It will thicken up beautifully.

Step 8: Serve it up in big bowls. Top with a generous sprinkle of fresh Parmesan cheese. The cheese melts right into the hot sauce. It is simply wonderful. I still laugh at how fast Liam's bowl was empty.

See also [Spaghetti Casserole Recipe](#)

Cook Time: 5 mins (plus pressure building)

Total Time: 20 mins

Yield: 4 servings

Category: Dinner

Let's Mix It Up!

This recipe is like a good friend. It is always happy to see you. But sometimes, you want to play dress-up. Here are three fun ways to change it. They are all so tasty.

Turkey Twist: Use ground turkey instead of beef. It makes a lighter meal. Perfect for a sunny spring day.

Cheesy Surprise: Hide a tiny cube of mozzarella inside each meatball. You get a lovely, melty center. A real treat for the kids.

Spicy Kick: Add a big pinch of red pepper flakes to the sauce. It gives it a nice little warmth. Just like my husband likes it.

Which one would you try first? Comment below!

My Favorite Ways to Serve It

This spaghetti is a full meal by itself. But I love making it feel special. A little side dish can make all the difference. It turns dinner into a celebration.

For sides, I suggest a simple green salad. Or some crusty garlic bread for dipping. My grandkids love a side of buttery peas. They are sweet and colorful on the plate.

For a drink, a glass of red wine pairs nicely. For the kids, I make fizzy Italian sodas. Just a little sparkling water with a splash of cherry syrup. Which would you choose tonight?



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Keeping Your Spaghetti and Meatballs Fresh

This meal keeps well in the fridge for three days. Just pop it in a sealed container. You can also freeze it for a busy night later.

I once froze a big batch for my grandson. He loved having a hot meal after soccer. Batch cooking saves so much time and stress.

Reheat it in a pot with a splash of water. This stops the pasta from drying out. A good reheat makes a meal feel new again.

This matters because life gets busy. A ready-made meal feels like a warm hug. It helps you take care of your family easily.

Have you ever tried storing it this way? Share below!

Simple Fixes for Common Problems

Is your sauce too watery after cooking? Just use the sauté function. Let it simmer for a few minutes without the lid.

I remember when my meatballs fell apart. I had mixed the beef too much. Now I gently mix just until it is combined.

If the pasta seems sticky, add a little more sauce. This makes everything saucy and delicious. Fixing small problems builds your cooking confidence.

Getting the flavor right matters most. It turns a simple dinner into a happy memory. Good food brings everyone together.

Which of these problems have you run into before?

Your Spaghetti and Meatballs Questions

Q: Can I make this gluten-free? A: Yes! Use your favorite gluten-free pasta and breadcrumbs. It will taste just as wonderful.

See also Quick Sweet-Spicy Sesame Chicken Bites

Q: Can I make the meatballs ahead? A: You can shape them a day before. Keep them covered in the fridge until you cook.

Q: What can I use instead of fennel? A: A little dried basil works nicely. It still gives that lovely Italian flavor.

Q: Can I double this recipe? A: You sure can. Just use a six-quart Instant Pot or larger. *Fun fact: The first meatballs were not from Italy! They were found in ancient Rome.

Q: Any optional tips? A: Topping with fresh parsley makes it pretty. It adds a little bit of green color.

Which tip will you try first?

Thank You for Cooking With Me

I hope this recipe brings joy to your table. It is one of my family's favorite weeknight meals. Seeing you try it makes me so happy.

I would love to see your beautiful creations. Share a picture of your dinner with everyone. Your kitchen stories are my favorite thing to read.

Have you tried this recipe? Tag us on Pinterest!



Happy cooking! —Elowen Thorn.

You need to try this!



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Instant Pot Spaghetti and Meatballs Recipe





Instant Pot Spaghetti and Meatballs Recipe | 15

[Print Recipe](#)

Instant Pot Spaghetti and Meatballs Recipe

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Instant Pot Spaghetti and Meatballs Recipe | 17

Cooking Method: [Instant Pot](#)



Instant Pot Spaghetti and Meatballs Recipe | 18

Cuisine: [Italian](#)



Instant Pot Spaghetti and Meatballs Recipe | 19

Courses: [Lunch](#) [Main](#)



Instant Pot Spaghetti and Meatballs Recipe | 20

Difficulty: **Beginner**



Instant Pot Spaghetti and Meatballs Recipe | 21

Prep time: **15 minutes**



Instant Pot Spaghetti and Meatballs Recipe | 22

Cook time: **5 minutes**

Rest time:



Instant Pot Spaghetti and Meatballs Recipe | 24

Total time: **20 minutes**



Instant Pot Spaghetti and Meatballs Recipe | 25

Servings: **4 servings**



Instant Pot Spaghetti and Meatballs Recipe | 26

Calories: **134 kcal**

Best Season: **Summer**

Description

These lemon crinkle cookies bake soft and chewy with a bright citrus

flavor and a sweet sugar-coated crackle top. They mix up fast and look great on cookie trays, party tables, or lunchbox snacks.

Ingredients

=== Meatballs: ===

- ☐ 1 egg
- ☐ 1/4 cup Italian breadcrumbs
- ☐ 1 teaspoon fine sea salt
- ☐ 1/2 teaspoon white ground pepper
- ☐ 2 tablespoons Parmesan cheese (, finely grated)
- ☐ 1 1/2 teaspoons garlic powder
- ☐ 2 tablespoons evaporated milk
- ☐ 1 pound 90% lean ground beef

=== Tomato Sauce: ===

- ☐ 2 tablespoons extra virgin olive oil
- ☐ 2 cloves garlic (, minced)
- ☐ 1/2 cup onion (, chopped)
- ☐ 2 1/2 cups water
- ☐ 28 ounces crushed tomatoes
- ☐ 1 tablespoon homemade Italian seasoning
- ☐ 2 teaspoons fennel seed
- ☐ 10 ounces dry spaghetti (, broken in half)

Instructions

1. In a medium mixing bowl, stir together the egg, breadcrumbs, salt,

white pepper, Parmesan cheese, garlic powder and evaporated milk. Crumble in the ground beef and toss to combine, but do not over mix.

2. Form the ground beef mixture into 8 large meatballs. Set aside.
3. Set the Instant Pot to the saute function, add the olive oil and raw meatballs. Cook, turning every so often for 5 minutes. Stir in the onion and garlic, sauteing for 2 minutes.
4. Add the water, crushed tomato, Italian seasoning and fennel seed, tossing to coat the meatballs.
5. Break the spaghetti pieces in half and place over the meatballs and sauce, spoon sauce over the pasta to try and cover it.
6. Lock lid in place. Set to manual high pressure and set for 10 minutes.
7. Use quick release method. If the sauce is too watery, change function to simmer for 3-4 minutes and leave it uncovered for the water to evaporate.
8. Serve and top with freshly grated parmesan cheese.
9. If you've tried this recipe, come back and let us know how it was in the comments or star ratings.

Keywords: Instant Pot, Spaghetti, Meatballs, Pasta, Italian