MIIA Well Aware
Your Health Promotion Partner

Instant Pot Tomato Sauce with Artichokes and Olives

Recipe by Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients

2/3 cup extra virgin olive oil
1 medium onion, diced
3 cloves garlic, minced
2-16 oz cans artichoke hearts, drained and cut in half
1/2 cup pitted Kalamata olives, whole
1/4 cup fresh basil, chopped
2-28 oz cans crushed tomatoes
2 Tablespoons tomato paste
1/2 Tablespoon dried oregano
Salt and pepper, to taste

Instructions

1. Set the Instant Pot to saute. Add the extra virgin olive oil and wait one minute to heat up.
2. Add the onion and garlic, saute for one minute. Stir often.
3. Add the artichokes, olives, chopped basil and saute for one minute, stirring often.
4. Add the crushed tomatoes, tomato paste, oregano, salt, and pepper. Stir well. Cover the Instant Pot.
5. Set the manual timer for 10 minutes. It takes about 5 minutes for the Instant Pot to reach the temperature it needs for it to start the timer counting down. You will hear a beep when this happens. When the timer reaches zero, carefully turn the vent to “venting”. Use a utensil or a towel so you don’t burn your hand from the steam being released.