

Porcupine Meatballs and Orange Gravy

Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 1 hour

Yield: 8 servings



Ingredients

- 2 pounds lean ground beef
- 1 cup uncooked white rice (see footnote)
- 4 tablespoons all-purpose flour
- 1 small white onion, chopped fine
- 2 teaspoons salt
- 1 teaspoon fresh ground pepper
- 4 cans condensed tomato soup*
- 2 1/2 soup cans of water*

Directions

1. Place ground beef into large mixing bowl. Add chopped onion, rice, flour, salt, and pepper. Using your hands, gently mix ingredients together taking care not to overwork the meat. Form meat mixture into walnut-size balls, again not packing the mixture too tightly.
2. In a pressure cooker pot, add 4 cans of tomato soup and 2 1/2 soup cans of water and bring to a rolling boil over medium-high heat. Use a wire whisk to stir soup and water together until no lumps remain. Carefully add meatballs to pot. Seal pressure cooker with lid, increase heat to high, and allow pressure cooker to heat until the steam indicator pops up. Turn heat to medium or medium-low and place the regulator over steam pipe.
3. Cook meatballs for 25 minutes while maintaining a steady but slow rocking of the regulator. After 25 minutes, remove pressure cooker from heat and allow the pressure to drop on its own before opening lid. This will take approximately 15-20 minutes. (Allowing the pressure to drop slowly allows meatballs to continue to cook while increasing their tenderness.)
4. Once steam indicator has dropped, carefully remove lid taking care of the steam. Using a slotted spoon, remove meatballs to a large serving bowl and keep warm.
5. Taste the orange gravy remaining in the pot and season to taste with additional salt and pepper. Stir in a bit of hot water if the gravy is too thick. Pour orange gravy into separate serving bowl.

Notes

FOOTNOTE: I have great success using instant rice in this recipe, but long-grained white rice would work as well.

*EDIT: Since posting this recipe, I have purchased a Cuisinart 6-Quart Electric Pressure Cooker and have found that if making this recipe with my electric pressure cooker rather than my stovetop

pressure cooker, the tomato soup should be reduced to 2 cans and the water should be reduced to one can and it should be cooked on low pressure. Everything else in the recipe remains the same.

Recipe by my mom!

<http://www.pressurecookingtoday.com/porcupine-meatballs-and-orange-gravy/>

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