

# AT – Instant Pot Monster Mash



## **Ingredients:**

- 3 - Minute Jasmine Rice (Dry) roughly 300g
- 2 - 12 oz. Simple Truth Natural Group Bison
- 2 - 16 oz. 85/15 Ground Beef
- 1 TBSP - Ghee (14g)
- 1 - 32 oz. Simple Truth Free Range Chicken Bone Broth
- 24 oz. - Simple Truth Organic Baby Carrots

Pink Himalayan Salt to Taste

## **Prep / Cooking:**

1. Add Ghee to Instant Pot and set to Sauté
2. Sauté Bison and Beef
3. Add Bone Broth, Rice, Diced Carrots, and Salt
4. Cook on Manual High Pressure for 4 minutes
5. Allow 10-minute Natural Release and then release remaining pressure manually

## **Nutritional Breakdown:**

Recipe makes roughly 119 oz.

### Per Ounce

Calories:	45	<b>Carbs:</b>	<b>2.7 g</b>
<b>Fat:</b>	<b>2.2 g</b>	Fiber:	0.2 g
Saturated:	1 g	Sugar:	0.3 g
Cholesterol:	11.2 mg	Potassium:	22.7 mg
Sodium:	31 mg	15.5% DV Vitamin A	
<b>Protein:</b>	<b>3.5 g</b>	0.7% DV Calcium	

