

---

# Insta- Cooker Sausage And Cheese

## Frittata

*4 portions*

1 1/2 cups water  
1 Tablespoon Butter  
4 eggs, beaten  
2 tablespoons sour cream  
1/2 cup sausage, cooked,  
crumbled  
1/4 cup grated cheddar  
cheese  
Salt  
Pepper

- ➊ Add the water to the insta-cooker and place the steam rack inside.
- ➋ Butter a 6-7 inch soufflé or baking dish.
- ➌ In a medium bowl, beat together eggs and sour cream. Add sausage and cheese and mix. Season with salt and pepper.
- ➍ Pour mixture into the buttered pan. Cover with foil and place on steam rack. Secure lid.
- ➎ Select manual and cook on low pressure for 17 minutes.
- ➏ Once cooking is complete, use a quick release. Very carefully remove dish.
- ➐ If desired, broil for a few minutes to brown the top.