

# Meals Under Pressure

Recipe Booklet Provided By:



**K-STATE**

**Research and Extension**  
Midway Extension District

785-472-4442 / 785-483-3157

K-State Research and Extension is an equal  
opportunity provider and employer.

BBQ Beef	3
Beef Roast and Vegetables	4
Breakfast Casserole	5
Cavatini	6
Chicken Pot Pie	7
Jalapeno Cheese Bread	8
Meat Loaf	9
Raspberry Chipotle Chicken	10
Spicy Macaroni Meal	11
Spicy Pulled Pork	12
Spicy Sweet Country-Style Ribs	13
Stuffed Peppers	14
Sweet 'n Sour Chicken	15
Sweet and Sticky Short Ribs	16
Vegetable Beef Soup	17
White Bean, Pork, and Green Chile Chili	18

## BBQ Beef

Makes 6-8 servings

### Ingredients

- 1 ½ to 2 pound beef round roast
- 1 onion
- 1 cup water
- 2 Tbsp vinegar
- ¾ cup barbecue sauce
- 6 to 8 hamburger buns

### Directions

Heat oil on browning or high setting of pressure cooker; roast with salt and pepper; when oil is shimmering, add roast and brown on all sides. Add water and vinegar to pot.

Secure lid. Cook on manual setting, high pressure for 75 minutes.

*Natural release.*

Roast should be very fork-tender; remove beef from liquid in pot and shred.

Serve on buns with your favorite barbecue sauce.

Recipe source: [KidsACookin.org](http://KidsACookin.org)

**Nutrition Facts:** One ½ cup serving provides 510 calories, 24g total fat, 95mg cholesterol, 660mg sodium, 35g total carbohydrate

## Beef Roast and Vegetables

Makes 6 servings

### Ingredients

- 4 small potatoes, cut into eighths
- 4 medium carrots, diced
- 1 medium onion, chopped fine
- 1 ½ to 2 pound beef round roast
- 1 tsp salt
- 1 tsp pepper
- 1 to 1½ cups water
- 2 Tbsp vinegar

### Directions

Heat oil on browning or high setting of pressure cooker; roast with salt and pepper; when oil is shimmering, add roast and brown on all sides. Transfer roast to a dish.

Add onion to pot and saute until softened.

Add liquid. Lower rack into pot; set browned roast on rack.

Secure lid. Cook on manual setting, high pressure for 60 minutes.

*Quick release.* Test meat, it should be fork tender. Remove meat, wrap in aluminum foil and set aside.

Remove rack. Add potatoes and carrots to the cooker.

Secure lid. Cook on manual setting, high pressure for 4 minutes.

*Quick release.*

Transfer vegetables to large dish; cover with foil.

Cut pot roast into thin slices. Arrange on platter and surround with vegetables.

Recipe source: KidsACookin.org

**Nutrition Facts:** One serving provides 410 calories, 20g total fat, 95mg cholesterol, 490mg sodium, 23g total carbohydrate

## Breakfast Casserole

Makes 5 servings

### Ingredients

- 10 eggs
- ¼ cup shredded cheese
- ¼ cup chopped lean, cooked meat
- ¼ cup vegetables of choice: bell pepper, mushrooms, onion, black olive, diced tomato, diced potato, or other favorite vegetables.

### Directions

Spray a pressure cooker sized pan with no-stick spray.

Put eggs in pan and whisk until well blended.

Add additional ingredients and mix until everything is covered with egg.

Cover pan with foil.

Place rack into pressure cooker and add 1 cups of water.

Put foil covered pan on top of rack.

Secure lid. Cook on manual setting, high pressure for 20-25 minutes.

*Quick release* and remove lid as soon as pressure is released.

**Nutrition Facts:** One serving provides 180 calories, 12g total fat, 380mg cholesterol, 190mg sodium, 2g total carbohydrate

\*Nutrition information provided was analyzed using eggs, cheddar cheese, green pepper, onion, and mushrooms.

## Cavatini

Makes about 4 servings

### Ingredients

- 1 pound lean ground beef
- 3 cups water
- 4 cups Penne noodles
- Jar spaghetti sauce
- 1 cup mozzarella cheese

### Directions

In inner pot, brown ground beef.

Add water, Penne noodles, and spaghetti sauce.

Secure lid. Cook on high pressure for 7 minutes.

When finished, *quick release*, stir, add cheese on top. Replace lid with valve open (cooker should be on warm mode). Allow to sit until ready to eat.

**Nutrition Facts:** One serving provides 450 calories, 8mg total fat, 15mg cholesterol, 570mg sodium, 74g total carbohydrate

## Chicken Pot Pie

Makes 8 servings

### Ingredients

- 5 boneless, skinless chicken breasts
- 1 cup sliced celery
- ½ cup diced onion
- 2- 14.5oz cans low-sodium, cream of chicken soup
- ¼ tsp celery seed
- ½ tsp poultry seasoning
- 1- 12oz bag frozen mixed vegetables
- 1- 8 count can low-fat biscuits

### Directions

Place all ingredient, except biscuits, in pressure cooker.

Cook on high pressure for 20 minutes.

(Cook biscuits in oven, while pressure cooker is cooking.)

*Natural release* for 5 minutes, then *quick release*.

Shred chicken. Serve over cooked biscuits.

**Nutrition Facts:** One serving provides 340 calories, 8g total fat, 60mg cholesterol, 930mg sodium, 42g total carbohydrate

## Jalapeno Cheese Bread

Makes 16 servings

### Ingredients

- 2 ¼ cups all purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- 2 tsp sugar
- 1 tsp salt
- 1 Tbsp dried Italian herb blend
- 2 Tbsp dried parsley
- ½ tsp coarsely ground black pepper
- 2 large eggs
- 1 ¼ cups non-fat buttermilk
- 2 Tbsp oil or butter
- 1 cup (4oz) shredded cheddar cheese
- 1 or more (to taste) jalapenos, chopped

### Directions

In large bowl, combine flour, baking powder, baking soda, sugar, salt, herbs, and pepper.

In a small bowl, whisk eggs, buttermilk, oil.

Stir liquid ingredients into dry ingredients just until moistened.

Fold in cheese and jalapenos.

Grease a pressure cooker sized pan.

Line bottom of pan with parchment paper. Pour in batter.

Place rack into pressure cooker. Pour in 1 to 2 cups water.

Place pan on rack.

Secure lid. Cook on manual setting, high pressure for 30 minutes.

*Natural release* for 10 minutes, then *quick release*.

Remove pan carefully from pressure cooker. Cool 10 minutes before removing from pan to wire rack.

When bread has cooled, wrap tightly and wait a day, to allow flavors to mellow.

Inspired by: Sun-Dried Tomato Provolone Bread by TasteOfHome.com

**Nutrition Facts:** One serving provides 120 calories, 4.5g total fat, 30mg cholesterol, 320mg sodium, 16g total carbohydrate

## Meat Loaf

Makes 6 servings

### Ingredients

- 1 egg
- ½ cup milk
- ¾ cup oats
- 1 pound lean ground beef
- 3 Tbsp chopped onion
- ½ tsp salt
- ½ cup grated cheese, any variety

### Directions

Mix all ingredient, except the cheese, with your hands until the mixture holds together.

Use a pressure cooker sized pan, or tear an 18-inch-long piece of aluminum foil, then fold the foil in half lengthwise to form a 18x6-inch piece. Grease the pan/foil.

Place the meat mixture in the pan or on the foil and shape into a 7x5-inch loaf.

Add 1 cup water to the pot of an electric pressure cooker. Add pressure cooker rack. Place pan/foil on rack.

Secure lid. Cook on manual setting, high pressure for 35 minutes.

*Quick release.*

Allow the meatloaf to rest on a cutting board for 10 minutes before slicing.

Recipe source: KidsACookin.org

**Nutrition Facts:** One serving provides 260 calories, 11g total fat, 70mg cholesterol, 450mg sodium, 16g total carbohydrate

## Raspberry Chipotle Chicken Drumettes

Makes 6 servings

### Ingredients

- 1/3 cup water
- ¼ cup seedless raspberry jam
- 3 Tbsp fresh lime juice
- 1 ½ Tbsp minced canned chipotle chiles in adobo
- 1 ½ tsp minced garlic
- 1 tsp light brown sugar
- 5/8 tsp kosher salt
- ½ tsp black pepper
- 1 ½ pounds chicken drumettes, skinned
- 1 Tbsp cornstarch
- 1 Tbsp cold water

### Directions

Whisk together water, jam, lime juice, chipotles, garlic, sugar, salt, and pepper in a 6 quart programmable electric pressure cooker. Add drumettes, toss to coat.

Secure lid. Cook on manual setting, high pressure for 20 minutes.

While drumettes are cooking, preheat broiler to HIGH with oven rack 6 inches from heat.

When finished *quick release*. Transfer drumettes to large bowl.

Program cooker to saute. Bring raspberry sauce to a simmer in cooker.

Whisk together cornstarch and cold water in a small bowl.

Whisk cornstarch mixture into raspberry mixture, and cook, whisking constantly until thickened, 1 to 2 minutes.

Add 1/3 cup raspberry sauce to bowl with chicken, toss to coat.

Transfer chicken to an aluminum foil lined baking sheet. Broil until lightly charred, 3 to 4 minutes.

Serve with remaining raspberry sauce for dipping.

Recipe source: Cooking Light

**Nutrition Facts:** One serving provides 94 calories, 1g total fat, 250mg sodium, 12g total carbohydrate

## Spicy Macaroni

Makes 6 servings

### Ingredients

- 1 pound ground beef or turkey
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- 2 tsp ground cumin
- 2 tsp chili powder
- ½ tsp garlic powder
- ½ tsp pepper
- 2 cups tomato juice
- 2 cups water
- 1 ½ cups uncooked elbow macaroni

### Directions

In inner pot, brown ground meat, onion, and green pepper.

Stir in remaining ingredients.

Secure lid. Cook on high pressure for 7 minutes.

When finished, *quick release*, stir. Replace lid with valve open (cooker should be on warm mode). Allow to sit until ready to eat.

Recipe source: [KidsACookin.org](http://KidsACookin.org)

**Nutrition Facts:** One serving provides 260 calories, 8g total fat, 30mg cholesterol, 350mg sodium, 26g total carbohydrate

## Spicy Pulled Pork

Makes 16, 3oz servings

### Ingredients

- 4 Tbsp dried, minced onion
- 1 Tbsp chili powder
- ½ cup brown sugar
- 1 Tbsp garlic powder
- 1 tsp dried oregano
- 2 tsp ground cumin
- 1 Tbsp salt
- Pinch of ground black pepper
- 3 Tbsp olive oil
- 2 Tbsp white vinegar
- 5 pound pork shoulder

### Directions

Place all ingredients, except pork, in pressure cooker insert.

Add pork and rub mixture all over the pork.

Add 1 to 2 cups of water to pressure cooker.

Secure lid. Cook on manual setting, high pressure for 30-45 minutes.

*Natural release* for 15 minutes, then *quick release*.

Shred, and serve with BBQ sauce or in a tortilla.

Recipe source: Chef Alli

**Nutrition Facts:** One serving provides 200 calories, 7g total fat, 80mg cholesterol, 530mg sodium, 8g total carbohydrate

## Spicy Sweet Country-Style Ribs

Makes 6, ½ lb servings

### Ingredients

- 3 lbs boneless country-style ribs, seasoned to tastes with kosher salt and fresh ground black pepper
- 1 Tbsp vegetable or sunflower oil
- 1 cup ketchup
- ½ cup low-sugar apricot jam
- 1 Tbsp cider vinegar
- ½ tsp red pepper flakes
- ½ tsp kosher salt
- ½ cup low-sodium chicken broth

### Directions

Heat oil on browning or high setting of pressure cooker; when oil is shimmering, add ribs a couple at a time and brown on all sides. Remove browned ribs from pot and set aside; keep warm. Repeat with remaining ribs, working in batches. Combine sauce ingredients in a small sauce pan over medium heat; whisk to combine. Drain fats from pressure cooker pot and put all ribs back into the pot; pour the prepared sauce over the ribs. Reserve sauce pan. Secure lid. Cook on manual setting, high pressure for 25 minutes. *Natural release* for 15 minutes, then *quick release*. (If time allows, natural release until pressure is fully released.) Remove ribs from pot and place in casserole dish. Pour sauce from pot into reserved sauce pan. Place sauce pan in freezer to speed cooling. When sauce is cool enough to handle, pour sauce into a zip-top freezer bag and let fats gather at the top. Reserve sauce pan. Make a small incision in a bottom corner of the bag and let sauce escape back into reserved sauce pan. Pinch off hole before fats can escape from the bag. Toss bag and fats. In a small bowl, combine 1 Tbsp cornstarch and 2 Tbsp water and pour into sauce, whisking to combine. Simmer over medium heat and constantly stir until thickened. Pour over ribs and place under broiler for a few minutes if desired.

Recipe source: Chef Alli

**Nutrition Facts:** One serving provides 500 calories, 28g total fat, 160mg cholesterol, 780mg sodium, 18g total carbohydrate

## Stuffed Peppers

Makes 4 servings

### Ingredients

- 4 large multicolored bell peppers
- 1 lb lean ground turkey
- ¾ cup cooked brown rice
- 1/3 cup breadcrumbs
- ¾ cup reduced-sodium marinara sauce, divided
- ¼ cup minced onion
- 1 oz grated Parmesan cheese (about ¼ cup)
- 3 Tbsp chopped parsley
- 2 tsp tomato paste
- ¼ tsp kosher salt
- Black pepper to taste
- 1 large egg, beaten
- 1 garlic clove, minced
- ½ cup water
- 1 oz shredded mozzarella cheese (about ¼ cup)

### Directions

Wash peppers and cut around stems to remove stem, seeds, and membrane from inside peppers and set aside.

Combine ground turkey, cooked brown rice, breadcrumbs, ¼ cup marinara sauce, onion, Parmesan cheese, parsley, tomato paste, salt, black pepper, egg, and garlic. Mix thoroughly.

Stuff about 1 cup ground turkey mixture into each pepper. Pour ½ cup of water into bottom of pressure cooker pot.

Place rack in the pot; stand stuffed peppers upright on the rack. Cover each pepper with 2 Tbsp marinara sauce.

Secure lid. Cook on manual setting, high pressure for 15 minutes.

*Natural release.* Top peppers with mozzarella cheese and cover until cheese melts.

Recipe source: Cooking Light

**Nutrition Facts:** One serving provides 399 calories, 16g total fat, 648mg sodium, 31g total carbohydrate

## Sweet 'n Sour Chicken

Makes 14, 5oz servings

### Ingredients

- 1 Tbsp vegetable oil
- 3 lbs chicken, cut into serving pieces and skinned
- 1- 8oz can pineapple chunks, undrained
- ½ cup sliced celery
- 1 green or red pepper, cut into chunks
- ¼ cup brown sugar
- ½ cup vinegar
- 2 Tbsp soy sauce
- 1 Tbsp ketchup
- ½ tsp Worcestershire sauce
- ¼ tsp ground ginger
- 2 Tbsp cold water
- 2 Tbsp cornstarch

### Directions

Heat oil on browning or high setting of pressure cooker; when oil is shimmering, add chicken and brown on all sides.

Combine remaining ingredients except water and cornstarch; pour over chicken.

Secure lid. Cook on manual setting, high pressure for 8 minutes.

*Quick release.*

Remove chicken, pineapple, and vegetables to a warm platter.

Mix water and cornstarch. Stir into hot liquid. Heat until sauce thickens, stirring constantly.

Pour sauce over chicken, pineapple, and vegetables.

Serve with steamed rice, if desired.

**Nutrition Facts:** One serving provides 150 calories, 3.5g total fat, 70mg cholesterol, 140mg sodium, 7g total carbohydrate

## Sweet and Sticky Short Ribs

Makes 6 servings

### Ingredients

- 1 ½ Tbsp olive oil
- 6 (10oz total) bone-in beef short ribs, trimmed
- ¾ tsp kosher salt
- ¼ tsp black pepper
- 2 tsp finely chopped, fresh ginger
- 2 tsp chopped garlic
- ½ cup unsalted beef stock
- ½ cup barbecue sauce
- 2 Tbsp unseasoned rice vinegar
- 2 Tbsp light brown sugar
- 2 Tbsp gochujang
- 1 ½ Tbsp low-sodium soy sauce
- 1 Tbsp cornstarch
- 1 Tbsp cold water
- Thinly sliced scallions

### Directions

Heat oil on browning or high setting of pressure cooker; sprinkle short ribs with salt and pepper; when oil is shimmering, add ribs and brown on all sides. Transfer to a plate. Add ginger and garlic to cooker, and cook, stirring constantly until fragrant, about 1 minute. Add stock, and cook 1 minute; scraping bottom of cooker to loosen browned bits. Add barbecue sauce, vinegar, sugar, gochujang, and soy sauce; stir to combine. Return ribs to cooker. Secure lid. Cook on manual setting, high pressure for 45 minutes. *Natural release* for 10 minutes, then *quick release*. Remove ribs and set aside. Heat cooker to medium heat (saute) and bring sauce to a simmer. In small bowl, whisk together cornstarch and cold water. Whisk cornstarch mixture into sauce. Cook, whisking often, until thickened and slightly reduced, 12 to 15 minutes. Serve sauce over ribs. Garnish with scallions.

Recipe source: Cooking Light

**Nutrition Facts:** One serving provides 298 calories, 16g total fat, 724mg sodium, 14g total carbohydrate

## Vegetable Beef Soup

Makes 6 servings

### Ingredients

- 3 cups beef roast, cut bite size
- 1 cup low-sodium beef broth
- 1 medium onion, diced
- 2 medium carrots, sliced
- 2 stalks celery, sliced
- 4 potatoes, peeled and cubed
- 2 to 3 cups water
- ½ tsp pepper
- 1- 15oz can diced tomatoes with liquid
- 1- 15oz can green beans with liquid
- 1- 15oz can whole kernel corn with liquid

### Directions

Heat oil on browning or high setting of pressure cooker; when oil is shimmering, brown beef with onions.

Add broth add additional water.

Secure lid. Cook on manual setting, high pressure for 6 minutes.

*Quick release*, open add additional ingredients.

Secure lid. Cook on manual setting, high pressure for additional 3 minutes.

*Quick release*. Thicken with a flour or cornstarch mixture if desired.

Recipe source: KidACookin.org

**Nutrition Facts:** One serving provides 370 calories, 14g total fat, 60mg cholesterol, 650mg sodium, 35g total carbohydrate

## White Bean, Pork, and Green Chile Chili

Makes 6 servings

### Ingredients

- 1 Tbsp olive oil
- 1 ½ lbs ground pork
- 2- 4.5oz cans chopped green chiles, drained
- 1 cup chopped white onion
- 1 large poblano chile, seeded and chopped (about 1 cup)
- 1 tsp chopped garlic
- 2 tsp ground cumin
- 1 ¼ tsp kosher salt
- ½ tsp black pepper
- ½ lb dry cannellini beans (about 1 ¼ cups)
- 4 cups unsalted chicken stock
- 2 Tbsp lime juice
- 1 medium, ripe avocado, sliced
- 2 oz Monterey Jack cheese (about ½ cup)
- 2 Tbsp chopped fresh cilantro

### Directions

Heat oil on browning or high setting of pressure cooker; add pork; cook, stirring to break into pieces, until browned. Using slotted spoon, transfer pork to a plate; set aside.

Add green chiles, onion, poblano, garlic, cumin, salt, and pepper to cooker; cook, stirring occasionally, until vegetables are tender.

Add beans, stock, and pork to cooker.

Secure lid. Cook on manual setting, high pressure for 50 minutes.

*Quick release.*

Stir in lime juice.

Divide soup among 6 bowls; garnish with avocado, cheese, and cilantro.

Recipe source: Cooking Light

**Nutrition Facts:** One serving provides 407 calories, 15g total fat, 793mg sodium, 32g total carbohydrate