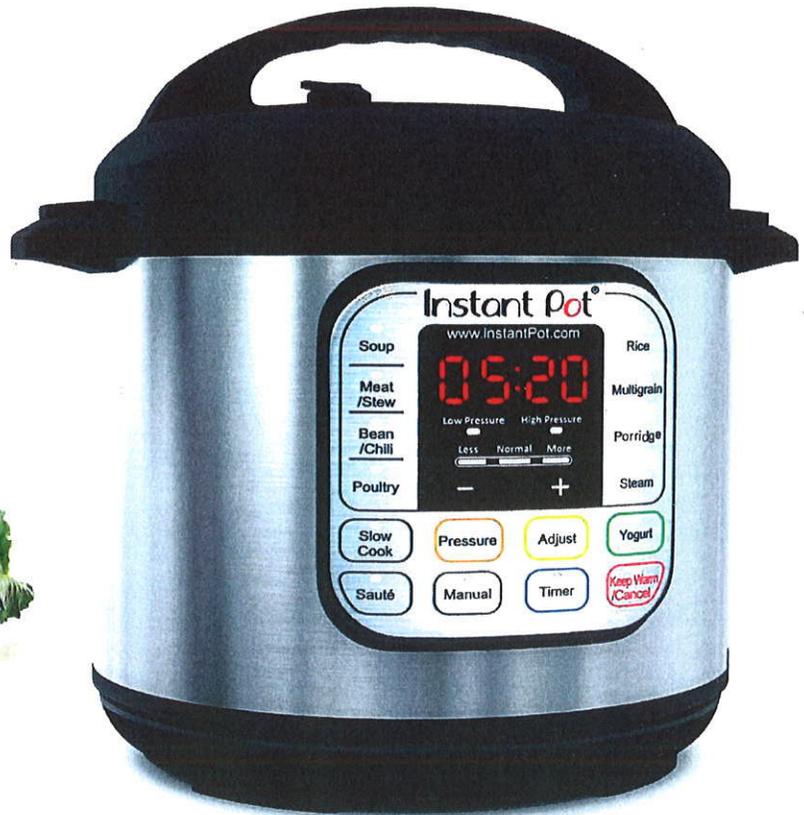


# Pressure Cooking



Compiled by:  
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# LAZY-BUTT SLOW COOKER SUBS

## INGREDIENTS

- Chuck roast, 3-4 lbs.
- 3-4 garlic cloves, sliced
- 16 oz. jar sliced pepperoncini peppers, with juice
- 12 slices Provolone cheese
- Your favorite BBQ sauce
- 1 generous batch caramelized onions
- 6 large Hoagie buns, split open and toasted

## DIRECTIONS

1. Using a sharp paring knife, make small slits all over roast and insert garlic slices.
2. Place prepared roast in slow cooker; pour pepperoncini and juice over roast.
3. Cover slow cooker and cook on low setting for 8-10 hours, or until beef shreds easily with a fork and is very tender.

## TO MAKE SUBS

Place toasted buns on to a baking sheet. Dress buns with a bit of the BBQ sauce; top with beef and caramelized onions; add provolone slices. Pop subs into a very hot oven for just a few minutes until cheese melts.

<https://chefallisfarmfreshkitchen.com/>

## BAKED STEAK

- Step 1: Brown less tender cuts of steak (round, chuck) thoroughly on both sides until juices evaporate.
- Step 2: Remove meat from cooker and stir in 1 can mushroom soup and 1 can of water. Blend thoroughly with a whisk.
- Step 3: Add meat to gravy, make sure meat is covered completely.
- Step 4: Place lid on cooker. Heat until regulator begins to rock. Begin timing. Tenderized steaks cook for 12 minutes. Non tenderized steak cook for 15 minutes
- Step 5: Cool cooker quickly.

## CHICKEN BREAST

- Step 1: Put frozen or thawed chicken breasts in pressure cooker.
- Step 2: Add 2 cups water. Place lid on cooker, heat until regulator begins to rock, begin timing.  
Frozen breasts cook for  
Thawed breasts cook for 5 minutes.
- Step 3: Cool cooker quickly

### Variations:

**Chicken and gravy:** add 1 teaspoon chicken base (taste) or 1 cube chicken bouillon. Shred or cut chicken into smaller pieces, thicken with cornstarch.

**Chicken and noodles:** Cut chicken into small pieces, add noodles and cook until noodles are tender.

## VEGETABLE SOUP

- 1 pound ground beef, browned and drained or leftover roast beef cut into pieces.
- 1 can cut or kitchen sliced green beans with juice from can
- 1 can green peas with juice from can
- 2-3 potatoes diced
- 1/2 onion, chopped
- 4 carrots, sliced
- 3 stalks celery sliced
- 1 can beef broth
- 3 cups tomato juice or crushed tomatoes or canned tomatoes

Step 1: Put all ingredients into pressure cooker.

Step 2: Place lid on cooker, heat until regulator begins to rock, begin timing, cook for 10 minutes

Step 3: Cool cooker quickly.

Step 4: Serve

## POTATO SOUP

- 1 tablespoon vegetable oil
- 1 cup finely chopped onions
- 1/2 cup finely sliced celery
- 3 cups chicken broth
- 4 cups peeled, diced potatoes
- 1/4 teaspoon white pepper
- 1/4 teaspoon basil
- 1 can (12 ounces) evaporated skim milk
- Salt to taste

Step 1: Heat oil in pressure cooker over medium heat. Sauté onion and celery until soft.

Step 2: Add broth, potatoes, pepper, and basil to pressure cooker. Close cover securely. Place pressure regulator on vent pipe and cook 5 minutes with pressure regulator rocking slowly. Let pressure drop of its own accord. Remove 2 cups of potato mixture; place in blender or food processor and process until smooth. Return to pressure cooker and stir in evaporated milk.

*Nutrition Information per serving 6 servings 160 Calories, 2 g Fat, 2 mg Cholesterol*

## SWEET N SOUR CHICKEN

- 1 tablespoon vegetable oil
- 3 pound chicken, cut into serving pieces and skinned
- 1 can (8 ounces) pineapple chunks, undrained
- 1/2 cup sliced celery
- 1 green or red pepper, cut into chunks
- 1/4 cup brown sugar
- 1/2 cup vinegar
- 2 tablespoons soy sauce
- 1 tablespoon catsup
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon ground ginger
- 2 tablespoons cold water
- 2 tablespoons cornstarch

Step 1: Pour oil into cooker. Turn heat selector to medium and brown chicken.

Step 2: Combine remaining ingredients except water and cornstarch; pour over chicken. Close cover securely. Place pressure regulator on vent pipe and **cook 8 minutes with pressure regulator rocking slowly. Cool cooker at once.** Remove chicken, pineapple, and vegetables to a warm platter.

Step 3: 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.

## CAJUN ALFREDO

- 4 cups chicken broth
- 4 cups uncooked penne pasta
- 1 cup heavy whipping cream
- 12 oz. beef sausage, cut in chunks
- 6 oz. (weight) shaved parmesan cheese
- 1 T. oil
- 1T. Cajun Seasoning

1. Turn your pressure cooker on to sauté function. Add oil. Once it is hot, add cut sausage and brown some. Because the sausages are already fully cooked, this is to “crisp” them and increase flavor. Remove from pan. Add chicken broth and stir to remove the drippings from the bottom of pan. Add pasta and stir to make sure it is covered. Place the lid on and turn to manual for 8 minutes. Quick release. **Do NOT drain!** Add whipping cream, cheese, seasoning, and sausage to pan. Turn your pressure cooker back to sauté. Keep stirring until cheese has melted and sauce thickens.

### Alternatives

\*Chicken could be used instead of sausage or in addition to

\*Mozzarella cheese could be used or in addition to

# MEATS

When it comes to creating juicy, tender, flavorful meat dishes, the pressure cooker has no equal. Even budget cuts of meat that usually require slow, moist-heat cooking will turn out succulent and savory-in very little time in the pressure cooker.

An important step when preparing meat in the pressure cooker is to sear meat to a crispy brown on all sides to seal in natural juices. This can be done right in the pressure cooker. The following recipes were written for fresh or completely thawed meats. To cook frozen meats, thaw one half hour or more so that the surface of the meat will sear crispy brown.

Then increase the cooking times given in the recipes. Frozen beef, veal, and lamb should be cooked 25 minutes per pound.

Frozen pork should be cooked 30 minutes per pound. Cooking time will vary depending on the size and thickness of the cut, the distribution of fat and bone, the grade and cut of the meat, and the degree of doneness desired.

After cooking if gravy is desired, stir 1-2 tablespoons of flour or cornstarch into 1/4 cup cold water. Heat cooking liquid in pressure cooker and slowly pour in flour mixture, stirring to blend. Heat to boiling, stirring constantly for 1 minute or until thickened. Season with salt and pepper.

**FOR MEAT, DO NOT FILL PRESSURE COOKER OVER 2/3 FULL! NO PORTION OF THE MEAT SHOULD EXTEND ABOVE THE 2/3 FULL MARK.**

**Operating the cooker without cooking liquid or allowing the cooker to boil dry will damage the cooker.**

## SPICY PULLED PORK MARINADE

Recipe by Pioneer Woman

### Ingredients

- 4 T. Dried Minced Onion
- 1 T. chili powder
- 1/2 cup Brown sugar
- 1 T. Garlic Powder
- 1 t. Dried oregano
- 2 t ground cumin
- 1 T. Salt
- Pinch of ground black pepper
- 3 T olive oil
- 2 T. white vinegar

1. Mix all ingredients in a quart bag. Place in freezer.
2. When ready to use, thaw and rub over a 5-7 pound pork shoulder. Place in crockpot with 1-2 cups of water and cook on low for 6-8 hours. Shred and enjoy. This is great to serve as is, with BBQ sauce, or in a tortilla.
3. Pressure cook for 30-45 minutes on high, natural release for 15 minutes.

## SPAGHETTI MEAT SAUCE

- 1 pound lean ground beef
- 1 can (14 to 15 ounces) diced tomatoes
- 1/2 cup water
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup diced green pepper
- 1 clove garlic, minced
- 2 teaspoons sugar

**Step 1.** Turn heat selector to medium and brown beef. Stir in remaining ingredients except tomato paste.

**Step 2:** Close cover securely. Place pressure regulator on vent pipe and **cook 8 minutes with pressure regulator rocking slowly.** Cool cooker at once.

**Step 3:** Stir in tomato paste and simmer, uncovered, to desired thickness. Serve sauce over spaghetti. Sprinkle with Parmesan cheese, if desired.

*Nutrition Information Per Serving 6 servings 229 Calories, 12 g Fat, 51 mg Cholesterol*

## SWISS STEAK

- 2 pounds round steak, 1-inch thick
- 1 can (8 ounces) tomato sauce
- 1/2 cup water
- 1 cup chopped onion

**Step 1:** Place all ingredients in cooker.

**Step 2:** Close cover securely. Place pressure regulator on vent pipe and **cook 18 minutes with pressure regular rocking slowly.** Cool cooker at once. Thicken sauce, if desired.

## FRESH AND FROZEN VEGETABLE TIMETABLE

When using the vegetable timetables, cook the vegetables the minimum amount of time indicated if you prefer your vegetables crisp. If you prefer your vegetables soft, cook them the maximum amount of time indicated.

**TO PREVENT OVER-COOKING, COOL COOKER AT ONCE AFTER COOKING VEGETABLES, EXCEPT WHEN NOTED.**

If the timetable says to cook 0 minutes, this means to cook food until the pressure regulator begins to rock, then cool cooker at once.

Quantity of vegetables does not change pressure cooking times. More mature vegetables may require longer pressure cooking times than given in chart.

For fresh and frozen vegetables, pour liquid into the cooker. Place vegetables on rack in cooker.

**FOR FRESH AND FROZEN VEGETABLES, DO NOT FILL PRESSURE COOKER OVER 2/3 FULL.**

# CHICKEN NOODLE SOUP W/HOMEMADE EGG NOODLES

- 1 Tbs. good olive oil
  - 1 Tbs. unsalted butter
  - 1 yellow onion, diced
  - 1 cup diced celery
  - 4-5 medium carrots, sliced into coins
  - 1/2—1 tsp. turmeric
  - 1 tsp. dried oregano leaves
  - 3-4 chicken breasts, cooked and shredded  
(I often use 5-6 boneless, skinless chicken thighs in place of the breasts.)
  - 8-10 cups good, strong chicken broth
  - 1 batch egg noodles, recipes below (or use frozen egg noodles if you prefer)
  - Kosher salt and freshly ground black pepper, to taste
  - 1 Tbsp. cornstarch stirred into 2 Tbs. water to make a slurry, stir until smooth
  - Splash of heavy cream
  - Fresh Italian parsley, chopped, 1-2 Tbs. (or sub 1 tsp. dried)
1. In a large Dutch oven over medium heat, combine oil and butter; add onions, celery, carrots, turmeric, and oregano. Cover pot with lid and cook until vegetables are fork-tender, reducing heat, if needed. Add cooked chicken and broth to Dutch oven along with egg noodles; bring to a simmer, cooking until noodles are tender, approx. 12-15 minutes; season to taste with salt and pepper.
  2. Add prepared slurry to soup and cook, stirring until nicely thickened. To finish, stir in cream and parsley.

## Pressure Cooker Method

If you are preparing this recipe in a pressure cooker, make as directed above. When you add the noodles to the soup in the pressure cooker pot, lock lid into place and choose High setting for 2 minutes. When timer sounds, do a quick pressure release, remove lid and stir in the splash of cream and parsley.

## Homemade Egg Noodles

- 2 cups all-purpose flour
  - 2 tsp. kosher salt
  - 3 egg yolks
  - 1 egg
  - 1/4-1/2 cup water
1. In a large mixing bowl, combine flour with salt, then create a well in the center of the flour mixture. Place egg yolks and egg into the well, along with a couple tablespoons water; stir or use your hands to combine well, adding more water as needed, a tablespoon at a time, until dough comes together. Divide dough in half and let rest for 10 minutes. Once dough has rested, roll out on a lightly floured work surface to 1/8" inch thickness; use a pizza cutter to cut noodles to desired width. Repeat with remaining half of dough. Noodles can be used at once—I used mine immediately after rolling them out and they were so fat and tender once simmered in the broth...delicious

\*\*Dough and noodles also freeze great. Sometimes, while I have all the mess on my counter anyway, I'll go ahead and make a few batches at once, then package them into freezer bags to grab and use later.

# MAC AND CHEESE WITH BROWNE KIELBASA BITES

ChefAlli / December 28, 2015

*I've never used a can of cheddar cheese soup to make mac and cheese before, so I wasn't quite sure how this recipe would turn out when I began experimenting. But, heck, if Paula Deene can do it, so can we! And, guess what? My family ADORES this recipe-it's fast, creamy, and perfectly fattening...just how Mac and Cheese was meant to be. I'd like to add a nice green veggie to this dish, such as cooked broccoli or green beans, but my guys wouldn't hear of it!*

- 3 cups elbow macaroni
- 3 cups chicken broth
- 1 tsp. dry mustard
- 2 cups shredded sharp cheddar
- 1 can Campbell's Condensed Cheddar Cheese Soup (10 3/4 oz.), or substitute 1 cup small cubes processed cheese, such as Velveeta
- 1 egg eaten with 1/2 cup sour cream (I use light sour cream)
- 1 lb. beef or turkey kielbasa, sliced and browned, reserved
- Kosher salt and freshly ground black pepper, to taste

## **Pressure Cooker Method**

Combine macaroni and chicken broth in PC pot; lock lid in place and choose high setting; set timer for 6 minutes (if using a larger pasta in place of elbow macaroni pasta, I set PC timer for 7-8 minutes). When timer goes off, use quick release method to release pressure from PC. Do not drain water from macaroni! Stir in dry mustard, sharp cheddar, soup, sour cream/egg mixture; combine well, then fold in kielbasa; season macaroni and cheese to taste with salt and pepper. Serve at once.

## **Stove Top Method**

Combine macaroni and chicken broth in a large pot; bring to a boil over medium high heat and cook for 12-14 minutes or until macaroni is al dente, per package directions. Do not drain broth from macaroni! Stir in dry mustard, sharp cheddar, soup, and sour cream/egg mixture; combine well, then fold in kielbasa; season macaroni and cheese to taste with salt and pepper. Serve at once.

## **Slow Cooker Method**

Combine macaroni and chicken broth in a large pot; bring to a boil over medium high heat and cook for 5 minutes. Do not drain water from macaroni! Stir in dry mustard, sharp cheddar, soup, and sour cream/egg mixture; combine well, then fold in kielbasa; season macaroni and cheese to taste with salt and pepper. Place macaroni into a pre-heated slow cooker and cook on low for 2 hours.

# SPICEY SWEET COUNTRY-STYLE RIBS

ChefAlli / June 2, 2015

- 3 lbs. boneless country-style ribs, seasoned to taste with kosher salt and freshly ground black pepper
- 1 Tbs. vegetable or sunflower oil

## Sauce

- 1 cup ketchup
- 1/2 cup apricot jam
- 1 Tbs. cider vinegar
- 1/2 tsp. red pepper flakes
- 1/2 tsp kosher salt
- 1/2 cup beef or chicken broth

1. Heat oil on browning or high setting of pressure cooker pot; when oil is shimmering, add ribs, a couple at a time and brown on all side.
2. Remove browned ribs from pot and set aside; keep warm. Repeat with remaining ribs, working in batches.
3. Meanwhile combine sauce ingredients in a small sauce pan over medium heat; whisk to combine.
4. Reserve sauce pan.
5. Drain fats from pressure cooker pot and put all ribs back into the pot; pour the prepared sauce over the ribs and cover pressure cooker with the lid.
6. Program pressure cooker for 25 minutes on high setting and let cook. When timer goes off, let ribs sit under natural pressure release for 10-15 minutes; use tongs to release pressure and steam in pot and remove lid. (Or if you have time, let ribs set until natural pressure release is completely finished on its own)
7. Using a slotted spoon, remove ribs from pot and place into a casserole dish. Pour sauce from pot and into reserved sauce pan. Place sauce pan into freezer to speed cooling
8. When sauce is cool enough to handle, pour sauce into a freezer bag and let fats gather at the top. Make a small incision in bottom corner of one bag and let sauce escape back into reserved sauce pan, pinching off the hole before fats can escape from the bag (they will gather at the very top) into the sauce. Toss bag and fats.
9. In a small bowl, combine 1 Tbs. cornstarch with 2 Tbs. water and pour into sauce, whisking to combine. Bring sauce a simmer over medium heat and constantly stir until nicely thickened. Pour over ribs and place under the broiler for a few minutes, if desired. Serve at once with your favorite side dishes.

## MONGOLIAN BEEF INGREDIENTS

- 2 lbs. top sirloin or flank steak, trimmed of gristle and thinly sliced against the grain.
- 2 Tbsp. vegetable oil
- 1 tsp ginger, minced
- 2-3 cloves garlic, minced
- 1/2 cup water
- 1 cup LOW SODIUM soy sauce
- 1.5 cups dark brown sugar
- 2 Tbsp. cornstarch
- 3 Tbsp. cold water
- Green onions, chopped
- White Rice, cooked

### Instructions

1. Turn the instant pot to sauté on high. Once pot is hot add oil and brown meat in 2-3 batches. Do not crowd. Transfer meat to plate when browned.
2. Add the garlic and ginger and sauté, while stirring, 1 minute. Add water, soy sauce, and brown sugar. Stir to combine.
3. Add browned beef and any accumulated juices. Make sure the valve is sealed and press manual. Set the timer for 12 minutes.
4. When beep sounds turn pressure cooker off and use a quick pressure release. When valve drops carefully remove the lid. Turn the instant pot off.
5. In a small bowl, combine the cornstarch and 3 tablespoons water, whisking until smooth. Add cornstarch mixture to the sauce in the pot stirring constantly. Turn the instant pot back on and select sauté and stir constantly until sauce thickens. Stir in green onions. Serve over cooked rice and ENJOY!
6. <http://www.auntbeesrecipes.com/2016/12/instant-pot-mongolian-beef.html>

## MISSISSIPPI POT ROAST

- 3-4 Lb. Chuck Roast
- 2 Tbsp. oil
- 1 packet Ranch Dressing Powder
- 1 packet Au Jus Gravy Mix
- 1 cup coca cola
- 5-6 Pepperoncini Peppers from a jar
- 4 tbsp. butter

### For Gravy

- 2 Tbsp. cornstarch
- 2 Tbsp. milk

For the gravy: Combine cornstarch and cold milk and stir until smooth. Turn the instant pot to the sauté fun. Stir the smoothed cornstarch mixture into the pan juices in the instant pot. Stir until thickened and serve over mashed potatoes! ENJOY!

### Instructions

1. Turn the Instant Pot to the sauté function and adjust to the HOT setting. While it is heating, cut roast in half or 4 pieces. Once pot is hot, add 2 Tbsp. oil and brown roast on all sides. (You can do this in 2 batches if need be.)
2. After the roast has browned, place all of roast pieces back in the pot and sprinkle with ranch and au jus powder. Pour coke over and top with 6 peppers and the butter.
3. Close the lid, making sure the pressure release valve is closed. Press the meat program button, and adjust the time to 40 minutes. The pot should reach pressure within 10-15 minutes.
4. Once the pot reaches pressure, it will begin counting down. Once it has finished it's cooking program, it will beep, then allow roast to remain in pot for 20 minutes NPR, for a natural pressure release. Release any pressure left at that time, removing roast to a platter and covering with foil.

# CHEESY JALAPENO BREAD

## Ingredients

- 2 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 T. dried Italian herb blend
- 2 T. dried parsley
- 1/2 teaspoon coarsely ground pepper
- 2 large eggs
- 1 1/4 cups buttermilk
- 2 tablespoons oil or butter
- 1 cup (4 ounces) shredded cheddar cheese
- 1 or more (to taste) jalapenos, chopped

1. In a large bowl, combine flour, baking powder, baking soda, sugar, salt, herbs, and pepper.
2. In a small bowl, whisk eggs, buttermilk, and oil.
3. Stir into dry ingredients just until moistened. Fold in cheese and jalapenos.
4. Prepare (Grease/butter/spray) a pan of your choice. I use my 7" cheesecake pan with removable bottom. Line the bottom w/parchment paper. Pour in batter. Pour 1-2 cups water into IP liner. Place cake pan on trivet, using foil sling, close and lock lid, seal vent, manual—high pressure, 30 min., 10 min. NPR, the QR.
5. Remove pan carefully from IP liner. Cool 10 minutes before removing from pan to wire rack. When bread has cooled, wrap tightly and wait a day, so it has time for the flavors to mellow.

Inspired by a recipe Sun-Dried Tomato Provolone Bread on TasteofHome.com

# CHEESECAKE

## Ingredients

- 2 blocks Cream Cheese, room temp (low fat **NOT** recommended)
- 2 eggs, room temp
- 1/4 C. Sour Cream
- 1/2 C. Granulated Sugar
- 1/4 t. lemon extract

## Crust

- 2/3 box of Graham Crackers, Crushed (this was 2 of the 3 bags within)
- 1/4 C. Butter—melted

## Instructions

1. Make the crust first—by melting the butter and adding into the crushed graham crackers.
2. Mix well and then push into a 7" springform pan and work a little up the sides.
3. Pop in the freezer until the filling is ready.
4. In your KitchenAid, add the Cream Cheese, Eggs, Sugar, Sour Cream, and Lemon Extract—it's incredibly important that the Cream Cheese and Eggs be at room temperature (if not your mixture will not whip up smooth!)

5. Mix on high with the blender-until well mixed and smooth.
6. Pour the mixture into the cheesecake pan (from your freezer).
7. Place 1 C. water in the Instant Pot and insert the trivet—the water should be enough to create steam but it shouldn't yet touch the trivet.
8. Take an 18" piece of tin foil and fold the long way to make a sling—place that in the Instant Pot to act as a sling when your cheesecake is done.
9. Then gently put the cheesecake in the Instant Pot on the sling—being careful not to touch the sling against the top of the cheese cake.
10. Put the lid on—push Manual and 25 minutes, and let it cook.
11. Once it's done, quick release the steam and remove the cheesecake using the sling—let it sit on the counter for 10-15 minutes and then put in the fridge.
12. Don't remove the springform until it's cooled and you are ready to serve.

\*\*\*Erin's Note—She doesn't use essential oils, she just used 1/2 t. of lemon extract.

## Cooking Time

As with conventional cooking, cooking with Instant Pot is full of personal choices, creativity, a lot of science and experimentation. No two people would have exactly the same tastes, preferences of tenderness and texture of food. The cooking time chart provided in this recipe booklet is for reference purpose. The user is encouraged to experiment and find your own time setting for the best result to the user's own liking.

There are other factors that may affect the cooking time. Different cuts of meat and different types of rice, for example, may require different cooking time to yield the same tenderness or texture.

The following pressure cooking timetables provide a general guideline on the length of pressure cooking time for various food.

<http://instantpot.com/cooking-time/fruits/>

Fruits	Fresh, Cooking Time (in Minutes)	Dried, Cooking Time (in Minutes)
Apples, in slices or pieces	2-3	3-4
Apples, whole	3-4	4-6
Apricots, whole or halves	2-3	3-4
Peaches	2-3	4-5
Pears, whole	3-4	4-6
Pears, slices or halves	2-3	4-5
Prunes	2-3	4-5
Raisins	N/A	4-5

Vegetable	Fresh, Cooking Time (in minutes)	Frozen, Cooking Time (in Minutes)
Artichoke, whole, trimmed without leaves	9-11	11-13
Artichoke, hearts	4-5	5-6
Asparagus, whole or cut	1-2	2-3
Beans, green/yellow or wax, whole, trim ends and string	1-2	2-3
Beets, small roots, whole	11-13	13-15
Beets, large roots, whole	20-25	25-30
Broccoli, flowerets	2-3	3-4
Broccoli, stalks	3-4	4-5
Brussel sprouts, whole	3-4	4-5
Cabbage, red, purple or green, shredded	2-3	3-4
Cabbage, red, purple or green, wedges	3-4	4-5
Carrots, sliced or shredded	1-2	2-3
Carrots, whole or chunked	2-3	3-4
Cauliflower flowerets	2-3	3-4
Celery, chunks	2-3	3-4
Collard	4-5	5-6
Corn, kernels	1-2	2-3
Corn, on the cob	3-4	4-5
Eggplant, slices or chunks	2-3	3-4
Endive	1-2	2-3
Escarole, chopped	1-2	2-3
Green Beans, whole	2-3	3-4
Greens (beets greens, collards, kale, spinach, Swiss chard,	3-6	4-7
Leeks	2-4	3-5

Vegetable continued	Fresh, Cooking Time (in minutes)	Frozen, Cooking Time (in Minutes)
Mixed vegetables	2-3	3-4
Okra	2-3	3-4
Onions, sliced	2-3	3-4
Parsnips, sliced	1-2	2-3
Parsnips, chunks	2-4	4-6
Peas, in the pod	1-2	2-3
Peas, green	1-2	2-3
Potatoes, in cubes	7-9	9-11
Potatoes, whole, baby	10-12	12-14
Potatoes, whole, large	12-15	15-19
Pumpkin, small slices or chunks	4-5	6-7
Pumpkin, large slices or chunks	8-10	10-14
Rutabaga, slices	3-5	4-6
Rutabaga, chunks	4-6	6-8
Spinach	1-2	3-4
Squash, acorn, slices or chunks	6-7	8-9
Squash, butternut, slices or chunks	8-10	10-12
Sweet potato, in cubes	7-9	9-11
Sweet potato, whole, small	10-12	12-14
Sweet pepper, slices or chunks	1-3	2-4
Tomatoes, in quarters	2-3	4-5
Tomatoes, whole	3-5	5-7
Turnip, chunks	2-4	4-6
Yam, in cubes	7-9	9-11
Yam, whole, small	10-12	13

Vegetables, continued		
Yam, whole large	12-15	15-19
Zucchini, slices or chunks	2-3	3-4

<http://instantpot.com/cooking-time/rice-and-grains/>

Rice and Grain	Water Quantity (Grain: Water ratios)	Cooking Time (in Minutes)
Barley, Pearl	1:4	25-30
Barley, pot	1:3 ~ 1:4	25-30
Congee, thick	1:4 ~ 1:5	15-20
Congee, thin	1:6 ~ 1:7	15-20
Couscous	1:2	5-8
Corn, dried, half	1:3	25-30
Kamut, whole	1:3	10-12
Millet	1:1 2/3	10-12
Oats, quick cooking	1:1 2/3	6
Oats, steel-cut	1:1 2/3	10
Porridge, thin	1:6 ~ 1:7	15-20
Quinoa, quick cooking	1:2	8
Rice, Basmati	1: 1.5	4-8
Rice, Brown	1: 1.25	22-28
Rice, Jasmine	1: 1	4-10
Rice, white	1: 1.5	8
Rice, wild	1:3	25-30
Sorghum	1:3	20-25
Spelt berries	1:3	15-20
Wheat berries	1:3	25-30

Meat	Cooking Time (in Minutes)
Beef, stew meat	15-20
Beef, meat ball	10-15
Beef, dressed	20-25
Beef, pot roast, steak, rump, round, chuck, blade or brisket, large	35-40
Beef, pot roast, steak, rump, round, chuck, blade or brisket	25-30
Beef, ribs	25-30
Beef, shanks	25-30
Beef, oxtail	40-50
Chicken, breasts	8-10
Chicken, whole	20-25
Chicken, cut up with bones	10-15
Chicken, drumsticks, legs or thighs	10-15
Cornish Hen, whole	10-15
Duck, cut up with bones	10-12
Duck, whole	25-30
Ham slice	9-12
Ham picnic shoulder	25-30
Lamb, cubes	10-15
Lamb, stew meat	10-15
Lamb, leg	35-45
Pheasant	20-25
Pork, loin roast	55-60
Pork, butt roast	45-50
Pork, ribs	20-25
Turkey, breast, boneless	15-20

Meat continued	Cooking Time (in Minutes)
Turkey, breast, whole, with bones	25-30
Turkey, drumsticks (leg)	15-20
Veal, chops	5-8
Veal, roast	35-45
Quail, whole	8-10

<http://instantpot.com/cooking-time/dry-beans-legume-and-lentils/>

Dried Beans & Legume	Dry, Cooking Time (in Minutes)	Soaked, Cooking Time (in Minutes)
Adzuki	20-25	10-15
Anasazi	20-25	10-15
Black beans	20-25	10-15
Black-eyed peas	20-25	10-15
Chickpeas (chick peas, garbanzo bean or kabuli)	35-40	20-25
Cannellini beans	35-40	20-25
Gandules (pigeon peas)	20-25	15-20
Great Northern beans	25-30	20-25
Lentils, French green	15-20	N/A
Lentils, green, mini (brown)	15-20	N/A
Lentils, red, split	15-18	N/A
Lentils, yellow, split (moong dal)	15-18	N/a
Lima beans	20-25	10-15
Kidney beans, red	25-30	20-25
Kidney beans, white	35-40	20-25
Navy beans	25-30	20-25
continued		

Dried Beans & Legume continued	Dry, Cooking Time (in Minutes)	Soaked, Cooking Time (in Minutes)
Pinto beans	25-30	20-25
Peas	15-20	10-15
Scarlet runner	20-25	10-15
Soy beans	25-30	20-25

<http://instantpot.com/cooking-time/seafood-and-fish/>

Seafood and Fish	Fresh, Cooking Time (in minutes)	Frozen, Cooking Time (in Minutes)
Crab	3-4	5-6
Fish, whole (trout, snapper, etc.)	5-6	7-10
Fish fillet	2-3	3-4
Fish steak	3-4	4-6
Lobster	3-4	4-6
Mussels	2-3	4-5
Seafood soup or stock	6-7	7-9
Shrimp or Prawn	1-2	2-3