



**30** *printable*  
**Instant Pot**  
**Recipes**



# Instant Pot Recipe Book

By Karen Petersen of 365 Days of Slow Cooking

If you know me, you know I love my slow cooker. So it may surprise you that I've put together a recipe book about the Instant Pot. Well, to me the Instant Pot is an amazing tool that can help you achieve "slow cooker" results in a small amount of time. The Instant Pot is perfect for people that want to make a slow cooker recipe but forget to put it in the pot in the morning. It's also great for busy people who want to make a delicious dinner but don't have a lot of time to spend in the kitchen. The Instant Pot is my new obsession! I can't get over how much I love it. Chances are, if you're reading this, you love yours too! Here are 30 awesome Instant Pot recipes that you can add to your repertoire. For all of these recipes I used a 6 quart [Instant Pot IP-LUX60 V3 Programmable Electric Pressure Cooker](#).



Enjoy!  
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## Wheat Berries

Tender, chewy wheat berries cooked in minutes in your pressure cooker. I like to use them in salads, chili or spaghetti sauce.

Total Time: 40 minutes

### INGREDIENTS

3 cups water

1 cup wheat berries (I used hard white wheat)

Pinch of salt

### INSTRUCTIONS

1. Add water, wheat and salt to Instant Pot. Secure the lid and set the valve to "sealing."
2. Set the manual timer for 30 minutes.
3. When the timer beeps you can do a quick release by moving the valve to "venting."
4. Drain the wheat berries and enjoy by themselves or in other recipes.



## Single Serving Steel Cut Oatmeal

Make one serving of chewy and hearty steel cut oats easily in your Instant Pot in 15 minutes from start to finish.

Total Time: 15 minutes

Yield: 1 serving

### INGREDIENTS

1/3 cup steel cut oats (not the quick cooking kind)

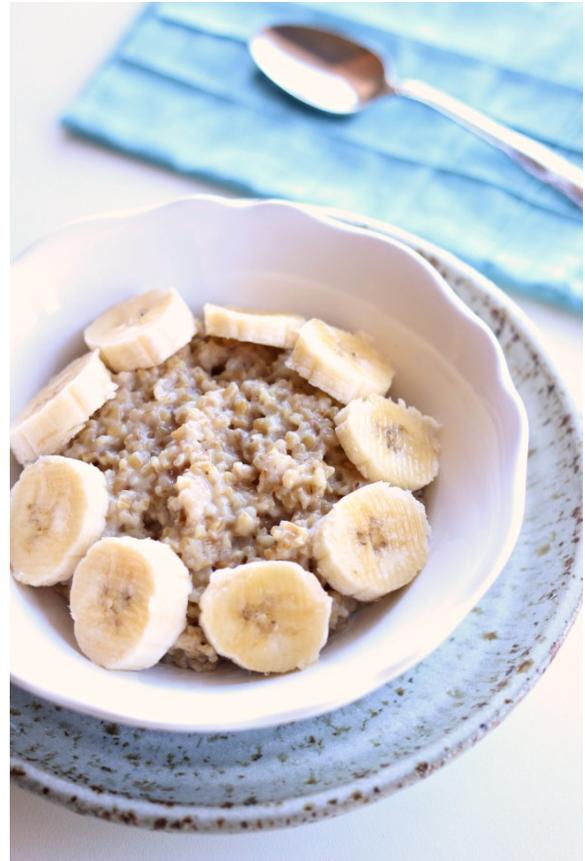
1/3 cup milk

1/2 cup water

1 1/2 tsp brown sugar

### INSTRUCTIONS

1. Lightly spray the bottom of your Instant Pot with non-stick cooking spray.
2. Add in the oats, milk, water and brown sugar. Stir.
3. Cover the pressure cooker and make sure the valve is on "sealing." Push the manual button and set the timer for 10 minutes.
4. Once the timer beeps turn the valve from sealing to "venting." As soon as the pressure is released you can open the Instant Pot and spoon your oatmeal into a bowl. I like to eat mine with sliced bananas and a splash of milk.



## Cinnamon Banana Oatmeal

Old fashioned oatmeal is cooked with cinnamon, brown sugar and banana in your electric pressure cooker for a hearty, delicious and quick breakfast.

Total Time: 25 minutes

Yield: 3 servings

### INGREDIENTS

- 1 cup old fashioned oatmeal
- 1 cup milk
- 1 cup water
- 2 bananas
- 2 tsp cinnamon
- 1 Tbsp brown sugar

### INSTRUCTIONS

1. Spray the bottom of your Instant Pot lightly with non-stick cooking spray. Add in the oatmeal, milk and water.
2. Slice up 1 of the bananas and add it into the pot. Add in cinnamon and brown sugar. Stir. Set the manual button to 5 minutes.
3. Once the timer beeps let the pressure release naturally for 10 minutes and then carefully release the rest of the pressure. Be careful though since grains can get really foamy. The best way to release extra pressure is to gently move the valve halfway between “sealing” and “venting.” If any foam comes out move the valve back to venting and wait for 20 seconds and then try again.
4. Stir the oatmeal and scoop into bowls. Slice the second banana and add fresh slices to the top of each bowl.



## Hard Boiled Eggs

Easy to peel hard boiled eggs without the gray ring around the yolk, made in your pressure cooker. I like to make hard boiled eggs in the Instant Pot because they are so much easier to peel.

Total Time: 26 minutes

### INGREDIENTS

Eggs

1 cup water

### INSTRUCTIONS

1. Place stainless steel trivet in the bottom of the Instant Pot. Add 1 cup of water into the bottom of the pot.
2. Add in as many eggs as you'd like (don't fill higher than halfway full).
3. Secure the lid and turn the sealing vent to "sealing".
4. Press the manual button and adjust the time to 2 minutes.
5. Once the timer beeps let it sit for 10-15 minutes and then turn the valve from "sealing" to "venting."
6. Remove the lid and use tongs to place the eggs in a strainer and then run cold water over them. After that feel free to eat them or just store in the fridge until you're ready to use them.



## Seasoned Shredded Chicken

If you love rotisserie-style chicken you need to make this chicken! It's super tender and moist. My husband said to me, "I think this is the best chicken you've ever made."

Total Time: 70 minutes\*

### INGREDIENTS

4-5 lbs of boneless, skinless chicken thighs and breasts (you can use all thighs or you can use a mix of thighs and breasts)

1 cup water

1 1/2 tsp chicken bouillon granules

1 Tbsp garlic powder

1 Tbsp onion powder

1 Tbsp seasoned salt

1 1/2 tsp oregano

1 1/2 tsp black pepper

### INSTRUCTIONS

1. Put chicken in the Instant Pot. My chicken was 3 totally frozen blocks of chicken. Add in the water, bouillon, garlic powder, onion powder, seasoned salt, oregano and pepper. Secure the lid and turn the sealing vent to "sealed".
2. Press the manual button and adjust the time to 30 minutes (if frozen) and 25 minutes (if not frozen).
3. Once the timer beeps let it sit for 10 minutes and then turn the valve from "sealing" to "quick pressure release." Remove the lid and then remove the chicken and place on a cutting board. Shred or cut the chicken.
4. Eat as is or use in recipes that call for cooked chicken. Store leftover chicken in an airtight container in the refrigerator or in the freezer.

### NOTES

\*My pressure cooker took almost 25 minutes to come to pressure since the chicken was frozen solid. Then it took 30 minutes to cook. And then 10 more for the pressure to release naturally.



## Shredded BBQ Cream Cheese Chicken

Tender chicken breasts cooked in minutes in your pressure cooker and then mixed with cream cheese and BBQ sauce. This 3-ingredient chicken is addictive! Perfect to serve on sandwiches, rolled up in tortillas or on pizza.

Total Time: 22 minutes

Yield: 6 servings

### INGREDIENTS

2 lbs chicken breasts

1 cup water

3/4 cup BBQ sauce

4 oz cream cheese

### INSTRUCTIONS

- 1. For the Instant Pot:** Add water and chicken to the pot. Cover and set valve to “sealing.” Press manual and set the timer to 12 minutes. When the pressure cooker beeps you can do a quick release by pressing the valve to “venting.” Remove the chicken and place on a cutting board. Shred the chicken. Drain all the water out of the pot. Add shredded chicken back into pot. Add in cream cheese and BBQ sauce. Stir and let the cream cheese melt and coat the chicken. Serve chicken on sandwiches, rolled up in tortillas, on pizza, or on salad greens.
- 2. For the Slow Cooker:** Add water and chicken to the slow cooker. Cover cook on low for 4 hours. Remove the chicken and place on a cutting board. Shred the chicken. Drain all the water out of the crockpot. Add shredded chicken back into crockpot. Add in cream cheese and BBQ sauce. Stir and let the cream cheese melt and coat the chicken. Serve chicken on sandwiches, rolled up in tortillas, on pizza, or on salad greens.



## Cafe Rio Chicken

This quickly cooked shredded chicken is perfect to serve with your Mexican dinners on salads, in burritos, in enchiladas or over rice.

Total Time: 47 minutes

Yield: 15 servings

### INGREDIENTS

2 1/2 lbs of boneless, skinless chicken breasts

2 1/2 lbs of boneless, skinless chicken thighs,  
trimmed of excess fat

1 cup Italian dressing

1 Tbsp chili powder

1 Tbsp cumin

1 Tbsp garlic powder

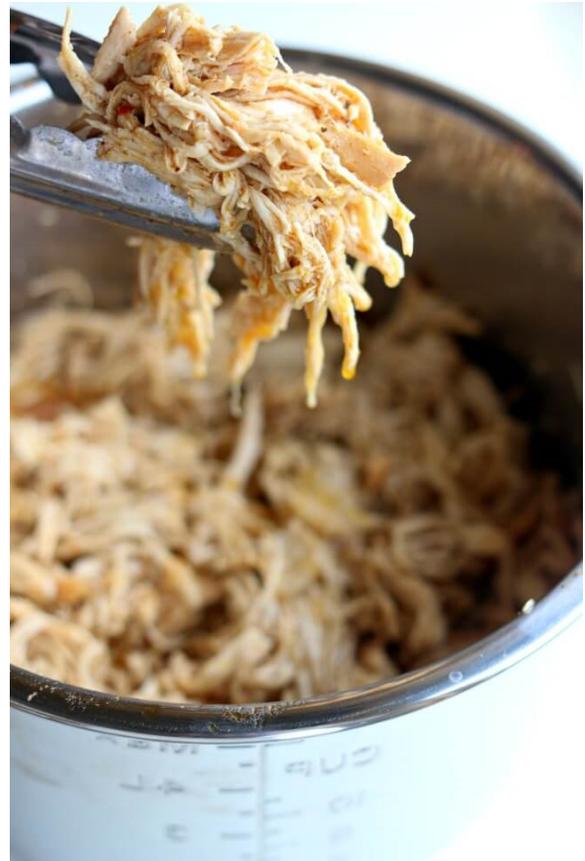
1 tsp kosher salt

### INSTRUCTIONS

Add all ingredients to the Instant Pot. Cover the pot and turn the valve to “sealing.” Push manual and adjust the time to 17 minutes.

When the pressure cooker beeps let the pressure release naturally for 15 minutes and then remove the lid.

Transfer the chicken to a cutting board and shred and then add the chicken back into juices inside the Instant Pot. Stir and then serve the chicken. You may need to salt and pepper to taste.



## BBQ Chicken Spaghetti

This easy 5-ingredient recipe is a perfect family friendly weeknight meal and is made even faster with your electric pressure cooker.

Total Time: 33 minutes

Yield: 4-6 servings

### INGREDIENTS

- 1 1/2 lbs boneless skinless chicken thighs, thawed
- 2 cups spaghetti sauce
- 1/2 cup BBQ sauce
- 1/2 cup Greek yogurt or cream cheese or sour cream
- 8 oz spaghetti

### INSTRUCTIONS

1. Place chicken, spaghetti sauce and bbq sauce in the Instant Pot. Cover and turn the valve to "sealing." Set the timer to 13 minutes on manual.
2. While the chicken is cooking prepare the pasta on the stove top according to directions on the package.
3. When the timer beeps let the chicken sit for 5 minutes and then release the rest of the pressure slowly.
4. Remove the chicken and place on a cutting board. Shred or cut the chicken and then return it to the pot. Add in Greek yogurt (I used full fat). Stir until incorporated.
5. Add in the drained pasta and stir. Serve and enjoy.



## Smothered Pork Chops

Thin sirloin pork chops cooked in the pressure cooker until tender and topped with a savory sauce and bacon crumbles.

Total Time: 31 minutes

Yield: 4 servings

### INGREDIENTS

4 strips of bacon, uncooked  
1 onion, diced  
2 garlic cloves, minced  
1/2 tsp dried thyme  
1/2 tsp brown sugar  
1/2 cup chicken broth  
2 Tbsp lite soy sauce  
1 lb boneless thin sirloin pork chops  
Salt and pepper  
1 1/2 tsp apple cider vinegar  
2 Tbsp cornstarch

### INSTRUCTIONS

1. Turn the Instant Pot to sauté. Fry the bacon in the bottom of the Instant Pot until crispy. Remove the bacon and place on top of a couple paper towels and press the paper towels over the bacon to absorb the grease.
2. Drain all but 1 tsp of the bacon grease out of the Instant Pot. Sauté the onion in the bacon grease and when onions are almost translucent add in the garlic and sauté it as well.
3. Add in thyme, brown sugar, chicken broth, soy sauce and stir.
4. Nestle the pork chops into the Instant Pot and lightly salt and pepper the pork chops.
5. Cover the pot and press manual and set the timer to 1 minute. After the pressure cooker beeps let the pressure release naturally for 10 minutes.
6. Remove the lid and place the pork chops onto a platter. Loosely tent the pork chops with foil. Add the vinegar into the pressure cooker.
7. Turn the Instant Pot to sauté and mix 2 Tbsp of cornstarch with 2 Tbsp of water in a small

bowl. Stir the cornstarch slurry into the sauce in the pressure cooker. The sauce will thicken up almost instantly.

8. Crumble the bacon that you cooked earlier. Place the pork chops on a platter. Spoon the sauce over the pork chops and then top with crumbled bacon.



## St Louis Baby Back Pork Ribs

The best (and easiest) ribs that you can make at home. Fork tender meat that practically falls off the bone.

Total Time: 1 hour 23 minutes

Yield: 4 servings

### INGREDIENTS

2 1/2 lbs St Louis baby back pork ribs  
2 1/2 tsp dry rub (you can buy it or make your own)  
1 cup water  
1/2 cup barbecue sauce

### INSTRUCTIONS

1. Place the rack of ribs on a cookie sheet and rub the seasonings all over the ribs, top and bottom. Place the cookie sheet into the fridge and let it sit there for at least 30 minutes (I did 45 minutes).
2. If cooking in the Instant Pot place trivet in bottom and pour in one cup of water. Place the ribs in the Instant Pot so that the ribs coil around the inside of the pot. Cover and press valve to "sealing." Press manual and set the timer to 28 minutes. Once the timer beeps let the pressure come down naturally for 25 minutes and then open the Instant Pot.
3. Remove the ribs from the pressure cooker and place on a cookie sheet. Turn on the broiler of your oven. Baste the ribs on both sides with plenty of barbecue sauce. Broil for 3 minutes on each side. Remove from the oven and enjoy!



## Mexican Pulled Pork

Fall apart tender pork is cooked in your pressure cooker and then a few extra ingredients are added to give the meat a southwestern flare. This pork is perfect for tacos, salads, nachos and burritos!

Total Time: 1 hour 50 minutes

Yield: 16-20 servings

### INGREDIENTS

- 1 large onion, cut into large slices
- 2 cups chicken broth (or water with chicken bouillon)
- 4-5 lbs pork carnitas meat or pork shoulder, trimmed of excess fat
- 1 (15 oz) can diced tomato with jalapenos
- 2 Tbsp tomato paste
- 1 1/2 tsp garlic salt
- 1/4 tsp pepper
- 1 tsp oregano

### INSTRUCTIONS

1. Place onions in bottom of Instant Pot. Pour in the broth. Place pork on top of the onions. Cover the pot and make sure the valve is on "sealing." Press the manual button and set the timer to 70 minutes. Once the timer beeps let the pressure release naturally for up to 20-25 minutes.
2. Remove the lid and place the meat on a cutting board. Throw away the onions and any liquid in the pot. Shred the meat and return it to the pot.
3. Add in tomatoes, tomato paste, garlic salt, pepper and oregano. Stir until meat is coated evenly. Season to taste with extra salt and pepper. If you want it very saucy you can add in a can of tomato sauce.
4. Serve meat in tacos, burritos, enchiladas, salads, sandwiches etc.



## Brown Sugar Carving Ham

Deliciously moist carving ham that is warmed in your electric pressure cooker in just a few minutes.

Total Time: 22 minutes

Yield: 8 servings

### INGREDIENTS

2 1/2 lb precooked carving ham with brown sugar glaze  
1 cup water

### INSTRUCTIONS

1. Open the ham package and place the ham on a large sheet of heavy duty foil. Baste the ham with the brown sugar glaze that comes with the ham. Wrap the ham tightly in the foil. Place the trivet in the bottom of the Instant Pot. Add in the water. Place the ham (fat side up) on the trivet.
2. Cover the Instant Pot and press the manual button. Set the timer for 9 minutes (you'll need about 2-3 minutes per pound of ham). Make sure the valve is on "sealing." When the timer beeps let the pot sit on warm until all the pressure is released and you can open up the pot (mine took 8 minutes to release all the pressure).
3. Using oven mitts, remove the foil packet and place on a cutting board. Carefully open the foil and make sure the ham is heated to your liking. Carve the ham and serve.



## Beef Short Ribs

Tender pieces of beef that have been rubbed with a dry rub and then cooked in the pressure cooker and then basted with barbecue sauce.

Total Time: 1 hour 8 minutes

Yield: 2-4 servings

### INGREDIENTS

1 lb beef short ribs

Dry Rub (you can buy or make your own)

1 cup water

1/2 cup bbq sauce

### INSTRUCTIONS

1. Rub the ribs with dry rub (I used 2 tsp). Place on a plate and refrigerate for 30 minutes.
2. Place the trivet in the bottom of the Instant Pot. Pour one cup of water in the bottom of the Instant Pot. Place ribs on top of trivet.
3. Cover and press manual set the timer for 28 minutes. After the timer beeps, let the pressure come down naturally for 10-15 minutes. Open the pot and place ribs on a cookie sheet.
4. Baste the ribs with bbq sauce and put under the broiler for 3 minutes. Serve and enjoy!



## Beef Gyros with Tzatziki Sauce

Total Time: 1 hour

Yield: 4-6 servings

### INGREDIENTS

#### FOR THE MEAT:

1 1/2 lbs beef chuck roast or beef cross rib roast, sliced into thin quarter inch strips  
1 large onion, sliced very thinly  
2 Tbsp olive oil  
1 tsp garlic powder  
1 tsp oregano  
1/2 tsp salt  
1/4 tsp pepper  
2 Tbsp fresh lemon juice  
1/3 cup water  
Salt and pepper, to taste  
Soft pita bread  
Lettuce  
Tomatoes

#### FOR THE TZATZIKI SAUCE

1 cup plain Greek yogurt  
1 cup diced cucumber, seeded and shredded  
1 Tbsp dried dill or 2 Tbsp fresh dill  
1/4 tsp salt  
1 garlic clove, minced  
Salt and pepper

### INSTRUCTIONS

1. Add beef, onion, oil, garlic powder, oregano, salt, pepper and lemon juice to the Instant Pot.
2. Cover and turn the valve to "sealing." Press manual and set the timer for 30 minutes.
3. Once the timer beeps let the meat sit in there for 15 minutes before opening. Open the pot and stir. Season to taste with salt and pepper.
4. Make the tzatziki sauce. Combine yogurt, cucumber, dill, salt and garlic in medium bowl. Stir until creamy and combined. Salt and pepper to taste.
5. Serve beef over pita folds with Tzatziki sauce, onions, tomatoes and lettuce.



## Beef Pot Pie

Tender, bite size pieces of beef stew meat encompassed in a flavorful sauce with peas and topped with a crispy pie crust.

Total Time: 1 hour

Yield: Makes 2 Pies

### INGREDIENTS

1 medium onion, diced  
3 garlic cloves, minced  
3 Tbsp tomato paste  
2 tsp dried thyme  
1/4 cup flour  
1 1/2 cups chicken broth  
1 Tbsp soy sauce  
2 lbs chuck roast or rump roast, cut into bite-size pieces  
Salt and pepper  
1 (12 oz) package of frozen peas or frozen mixed vegetables  
2 uncooked pie crusts

### INSTRUCTIONS

1. Add onion, garlic, tomato paste, thyme, flour, chicken broth and soy sauce to the Instant Pot. Whisk together until smooth. Add in the beef. Salt and pepper the beef to taste.
2. Place lid on the Instant Pot and turn the valve to sealing. Press the meat/stew setting and set to 30 minutes. Once the Instant Pot beeps you can do a quick release by turning the valve to venting. Stir in the frozen vegetables.
3. Pour the filling into two pie tins. Gently top the pie tins with an uncooked pie crust. Pinch the edges of the crust. Bake for 25 minutes at 350 degrees F. Remove from oven and let sit for 10-15 minutes, then cut and serve.



### 3 Packet Roast

A super easy and fast way to make an incredibly tender and flavored roast. You'll just need a packet of ranch, Italian dressing mix and brown gravy along with a chuck roast for this recipe. If you prefer to make homemade versions of these "packets" I have those recipes for you too!

Total Time: 1 hour 35 minutes

Yield: 12 servings

#### INGREDIENTS

##### FOR THE ROAST

3 lbs chuck roast (trimmed of excess fat)  
3 Tbsp ranch dressing mix (prepackaged or use recipe below)  
2 Tbsp gravy mix (prepackaged or use recipe below)  
2 Tbsp Italian dressing mix (prepackaged or use recipe below)  
2 cups water

##### FOR THE RANCH DRESSING MIX

1/3 cup dry buttermilk powder  
3 Tbsp parsley flakes  
2 1/2 tsp garlic powder  
2 1/2 tsp onion powder  
2 tsp dried minced onion  
2 tsp dried dill weed  
1 1/2 tsp kosher salt  
1 tsp black pepper

##### FOR THE GRAVY MIX

3 Tbsp beef bouillon granules  
1 tsp onion powder  
1 tsp garlic powder  
1/2 tsp thyme  
1/2 tsp pepper  
1/2 cup flour

##### FOR THE ITALIAN DRESSING MIX

1 Tbsp garlic powder  
1 Tbsp onion powder  
1 Tbsp sugar  
2 Tbsp oregano  
1/4 tsp thyme  
1 tsp basil  
1 Tbsp dried parsley  
2 Tbsp salt

#### INSTRUCTIONS

**To make the roast** place the roast in the bottom of the Instant Pot\*. In a bowl whisk the water together with the 3 mixes. Pour the mixture over the roast. Cover the pot and make sure valve is on "sealing." Set to manual for 60 minutes. The pot will probably take 10-15 minutes to come to pressure, then it will cook for 60 minutes. Once the pot beeps let the pressure release naturally for 15-20 minutes or until you can open the pot. Remove the lid and shred the meat and serve.

**For the ranch dressing mix:** Run all the ingredients through a blender or food processor. Pulse about 10 times until all the granules are the same consistency. Store in an airtight container. To make ranch dressing whisk together 3 Tbsp of ranch mix, 1 cup mayonnaise and 1 cup milk until smooth. Refrigerate for half hour before serving.

**For the gravy mix:** Run all the ingredients through a blender or food processor. Pulse about 10 times until all the granules are the same consistency. Store in an airtight container. To make gravy, mix 1/4 cup of mix with 2 cups of milk or water in a saucepan. Whisk over medium heat until smooth and it thickens.

**For the Italian dressing mix:** Run all the ingredients through a blender or food processor. Pulse about 10 times until all the granules are the same consistency. Store in an

airtight container. To make Italian dressing mix together 1/4 cup cider vinegar, 2/3 cup olive oil, 2 Tbsp water and 2 Tbsp mix. Store in the refrigerator.

#### NOTES

\*If you want to brown the roast it will take just a few extra minutes but will make it taste great. Turn the pot to sauté and let it heat up. Heat 2 tsp of oil over medium-high heat. Brown the roast on each side for 5 minutes. This step is not mandatory but it does make the roast taste better!



## Steamed Asparagus

1 minute of cooking time is all your little asparagus spears need in the pressure cooker. They turn out perfectly steamed—not limp and overcooked and not too crisp.

Total Time: 6 minutes

#### INGREDIENTS

Asparagus spears, washed and trimmed  
1 cup water

#### INSTRUCTIONS

1. Place trivet in bottom of Instant Pot. Pour 1 cup water in the bottom of the Instant Pot.
2. Place asparagus across the top of the trivet. If needed, you can cut them in half. Place the lid on the Instant Pot and turn the valve to “sealing.” Press the manual button to 1 minute.
3. The pressure will build (mine took 5 minutes) and then the 1 minute countdown will start. Once the one minute is up turn the valve to “venting.” Open the pot and enjoy your asparagus! I serve mine simply with butter and salt and pepper.



## Cafe Rio Black Beans

From dried beans to cooked and seasoned in less than 45 minutes (no soaking required!). These black beans will be a hit at your next Mexican dinner.

Total Time: 43 minutes

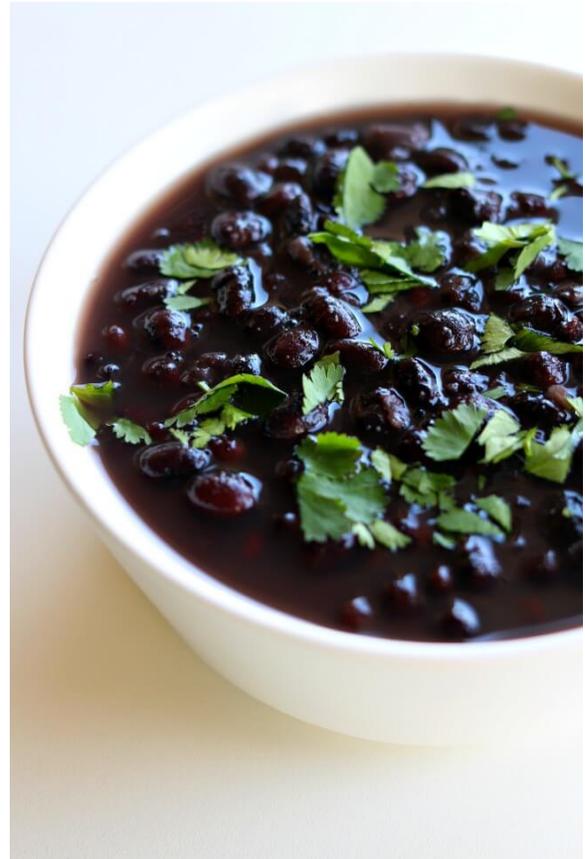
Yield: 6-8 servings

### INGREDIENTS

1 cup dry black beans (rinse them in a colander and pick out any rocks/dirt)  
4 cups water  
1 1/2 Tbsp chicken bouillon  
2 Tbsp dehydrated onion flakes  
7 garlic cloves, peeled or 2 tsp garlic powder  
3/4 tsp salt  
1 bay leaf  
Red wine vinegar, to taste

### INSTRUCTIONS

1. Add all ingredients to the Instant Pot except the red wine vinegar.
2. Cover and turn the valve to sealing. Press manual and push the timer to 23 minutes (if your beans are older you may want to cook for 25 minutes and if your beans are soaked you can cook for 15 minutes).
3. When the timer beeps let the pressure release naturally for 10 minutes or so and then press the valve to venting.
4. Remove the lid and add in some red wine vinegar to taste. I added in a couple tablespoons.
5. Serve on salads, with rice, or with Mexican food. Store in an airtight container in the fridge for up to one week.



## Perfect Brown Rice

Perfectly cooked brown rice without any fuss made in your pressure cooker in a total of 40 minutes.

Total Time: 40 minutes

Yield: 4 cups of rice

### INGREDIENTS

2 cups brown rice

2 1/2 cups water

Pinch of salt

### INSTRUCTIONS

1. Turn your instant pot to the “sauté” function to start it heating up. Then add in the water and the brown rice and a pinch of salt (if desired).
2. Place the lid on the pressure cooker and turn the valve to sealing. Turn the sauté function off and turn to manual for 22 minutes.
3. When the beeper goes off, keep the lid on for an additional 10 minutes and then turn the valve to venting.
4. Remove the lid and the rice should be ready to eat and enjoy!



## Cafe Rio Cilantro Lime Rice

This quickly cooked seasoned rice made in your pressure cooker is just like Cafe Rio's and it makes the perfect addition to any Mexican dish for dinner.

Total Time: 23 minutes

Yield: 12 servings

### INGREDIENTS

- 1 Tbsp butter
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 4 cups water
- 2 2/3 cup white rice
- 1 Tbsp chicken bouillon
- 1 tsp cumin
- 1 (4 oz) can green chiles
- 1/2 bunch cilantro, chopped
- 1 1/2 tsp fresh lime juice
- 1/4 tsp salt

### INSTRUCTIONS

1. Press the sauté function on your Instant Pot. Melt the butter and then add in the onion. Cook until translucent. Add in the garlic and cook for about 30 seconds. Add in the water, rice, bouillon, cumin, green chiles, cilantro, lime juice and salt.
2. Turn off the sauté function. Cover the pot and turn it to manual. Press the timer to 8 minutes. Make sure the valve is set to "sealing." When the timer beeps let the pot sit for about 5 minutes.
3. Turn the valve gently to "venting." If any foam comes out then turn the valve back to sealing and try again in a minute to release the pressure. Once pressure is released remove the lid and stir a bit and then serve.



## Ranch Potatoes

The easiest and fastest potatoes ever! This side dish of cubed yellow potatoes with ranch dressing seasoning and a little bit of butter couldn't be easier to make but these potatoes will be eaten in no time. The perfect side dish to any meal.

Total Time: 16 minutes

Yield: 4 servings

### INGREDIENTS

3 large yellow potatoes, cubed with (I left the skins on)  
2 Tbsp Ranch dressing/seasoning mix  
2 Tbsp butter  
1/2 cup water  
Salt and pepper, to taste

### INSTRUCTIONS

1. Place cubed potatoes in the Instant Pot. Sprinkle the potatoes with the ranch dressing mix.
2. Cut the butter into 8 pieces and distribute evenly into the pot. Pour in the water. Cover the Instant Pot and turn the valve to "sealing." Press manual and turn the timer to 6 minutes.
3. When the timer goes off press the valve to "venting." Once pressure is released open the pot and stir. Salt and pepper to taste and serve.



## Mashed Potatoes

Easy to make and quick to cook, creamy and buttery mashed potatoes made with a tangy Greek yogurt twist.

Total Time: 30 minutes

Yield: 4-6 servings

### INGREDIENTS

2 1/2 lbs potatoes (I used half Russets and half Yukon gold, it was about 8 small to medium potatoes)

2 cups water

1 tsp kosher salt

1 bay leaf

2 peeled garlic cloves

3 Tbsp butter

1/4 cup Greek yogurt (I used full fat but you can use nonfat or sour cream or even buttermilk if you want)

1/4 cup milk

Kosher salt and freshly ground pepper



### INSTRUCTIONS

1. Peel and wash the potatoes and then cut them into quarters. Place them in your Instant Pot.
2. Add in the water, 1 tsp salt, bay leaf and garlic cloves.
3. Cover the pot and turn the valve to “sealing.” Press manual button and set the timer to 6 minutes. Once the timer beeps let the pot sit for 5 more minutes.
4. Release the rest of the pressure by turning valve to “venting.” Open the pot and carefully remove the bay leaf. Drain the liquid (I use a colander for this part). Then add in butter, yogurt and milk. Mashed the potatoes with a potato masher. Salt and pepper to taste (I love using kosher salt and freshly ground pepper).
5. Serve the mashed potatoes and enjoy!

## Mac and Cheese with Green Chiles

Super easy recipe for macaroni and cheese that's spiced up with a can of green chiles and made in your electric pressure cooker.

Total Time: 17 minutes

Yield: 4 servings

### INGREDIENTS

8 oz (2 cups) uncooked macaroni noodles  
1 1/2 cups water  
1 cup milk  
1/2 tsp salt  
1/4 tsp pepper  
1/2 tsp garlic powder  
1 (4 oz) can green chiles  
5 oz (about 1 1/2 cups) grated sharp cheddar  
1/3 cup Parmesan cheese  
Hot sauce, optional

### INSTRUCTIONS

1. Lightly spray the bottom of your Instant Pot with non-stick cooking spray.
2. Place macaroni, water, milk, salt, pepper, garlic powder and green chiles in the pot.
3. Cover the pot and turn the valve to "sealing." Set to manual and set timer to 4 minutes. When the timer beeps let it count up for 3 minutes. Gently turn the valve in between "sealing" and "venting." If any foam comes out then turn the valve back to sealing and keep it there for 20 seconds. Then try to release the pressure again. Do this until all the pressure is release. Remove the lid.
4. Stir in the cheeses until melted. Scoop into bowls and serve with hot sauce, if desired.



## Yellow Baked Potatoes

Use your electric pressure cooker for the easiest and possibly the fastest way to make baked potatoes.

Total Time: 25 minutes

Yield: 6 servings

### INGREDIENTS

Yellow potatoes, similar in size

1 cup water

### INSTRUCTIONS

1. Pour 1 cup of water in the bottom of the Instant Pot.
2. Place your trivet in the bottom of the pressure cooker. Place washed potatoes of similar size on top of the trivet. I filled my Instant Pot about halfway full of potatoes. You can fill it higher if you want.
3. Cover the pot and make sure the valve is on “sealing.” Press manual and set the timer to 10 minutes. Once the timer beeps let the pressure release for about 5 minutes and then turn the valve to “venting.” Remove the lid and serve the potatoes.

### NOTES

I used yellow potatoes for this recipe. If you use Russet’s use a full natural release to allow them to cook a little longer.



## Pesto Chicken Rice Soup

A flavorful soup with tender bites of chicken, chewy brown rice and flavorful basil pesto made in minutes in your pressure cooker

Total Time: 42 minutes

Yield: 6 servings

### INGREDIENTS

3 cups chicken broth (or 3 cups water with chicken bouillon)  
2 carrots, sliced into quarter inch rounds  
2 ribs of celery, sliced into quarter into pieces  
1 medium onion, diced  
1 tsp dried oregano  
1/2 tsp garlic powder  
3 frozen boneless, skinless chicken thighs  
3/4 cup brown rice  
1 1/2 cups milk or half and half, warmed  
1/2 cup basil pesto

### INSTRUCTIONS

1. Turn Instant Pot to sauté to warm up while you add ingredient to pot. Add broth, carrots, celery, onions, oregano, garlic powder, chicken and brown rice to the Instant Pot.
2. Secure the lid and turn valve to sealing. Turn off the sauté function, press manual and enter 22 minutes.
3. Once the 22 minutes is up the pressure cooker will beep. Let it sit for 10 minutes. Then turn the valve to venting. Remove the lid and stir in warmed milk or half and half if you want it creamier. Make sure that it's warmed up or else the soup will curdle. Stir in the pesto. Ladle into bowl and serve.



## Tomato Basil Parmesan Soup

Creamy tomato based soup that is made from start to finish in 45 minutes thanks to the help of your pressure cooker. This is my favorite soup to make for company. I always get tons of compliments. I don't believe I've tasted soup at a restaurant that is as good as this version.

Total Time: 45 minutes

Yield: 8 servings

### INGREDIENTS

4 cups chicken broth (or 4 cups water with chicken bouillon)  
1 (28 oz) can crushed tomatoes  
1 cup finely diced celery (I used 3 celery ribs)  
1 cup grated carrots  
1 medium yellow onion, finely diced  
1 tsp dried oregano  
1 Tbsp dried basil  
1 bay leaf  
1/2 cup butter  
1/2 cup flour  
2 cups milk (I used 1% milk)  
1 cup Parmesan cheese  
1 tsp kosher salt  
1/4 tsp freshly ground black pepper

### INSTRUCTIONS

1. Turn your Instant Pot to sauté to allow it to warm up while you're preparing your vegetables. Pour the broth into the pot along with the crushed tomatoes.
2. Prepare your vegetables and then add the celery, carrots, onion, oregano, basil and bay leaf to the pressure cooker.
3. Cover the pot and turn off the sauté function. Make sure the valve is on "sealing." Press the manual button and set the timer for 5 minutes.
4. When the pot starts counting down from 5 minutes (it will take about 10 minutes to come to pressure) warm a large pan on the stove over medium high heat. Melt the butter. Once the butter is melted, whisk in the flour a tablespoon

at a time. It will form a thick mixture. Then slowly add in the milk about a quarter cup at a time. Make sure to keep whisking the entire time. The mixture will thicken up. Then add in the Parmesan cheese and whisk until melted. Add in the salt and the pepper and stir.

5. By this time the Instant Pot will probably have beeped. You can do a quick release by moving the valve to "venting." Once the pressure is released you can open the pot. Stir in the creamy mixture and whisk until combined. I turned on the sauté function at this point to make sure everything was heated through well and combined well. Taste at this point and season to taste.
6. Ladle into bowls and serve with crackers.



## Sausage and Bacon Chili Soup

A mix of dried kidney, pinto and black beans cooked in your pressure cooker with onion and chili seasonings. Then a generous amount of sliced sausage and crispy, crumbled bacon and sour cream are added to make it a creamy and comforting soup that you won't be able to resist.

Total Time: 53 minutes

Yield: 8-10 servings

### INGREDIENTS

1 (15.5 oz) package Hurst's Slow Cooker Chili with seasoning packet  
1 Tbsp salt  
5 cups water  
1 large onion, diced  
3 garlic cloves, minced  
1 (13 oz) package Cajun Style Andouille Smoked Sausage, sliced into quarter inch pieces  
7 slices of cooked bacon, crumbled  
1 (14.5 oz) can diced tomatoes  
1 (6 oz) can tomato paste  
1 cup sour cream  
Kosher salt

### INSTRUCTIONS

1. Open package of beans and set aside the seasoning packet for later. Rinse off the beans in a colander. Then add the beans to the pressure cooker. Turn valve to sealing. Add in 1 Tbsp of salt. Add in enough water to cover the beans by a couple of inches. Place lid on Instant Pot and cook for 2 minutes on the manual setting. When the timer beeps let the beans sit for 10 more minutes. Then release the rest of the pressure by turning the valve from sealing to venting. Remove the lid and pour beans into colander and rinse off.

2. Add beans back into empty Instant Pot. Add in 5 cups of water, diced onion, minced garlic and half of the seasoning packet.

3. Cover the pressure cooker and set the valve to sealing. Set the timer on manual to 23 minutes. When the timer beeps let the pressure release naturally for 10 minutes and then open the valve to venting and let the rest of the pressure out.

4. Add in the sausage, bacon, diced tomatoes, and tomato paste. Stir. If desired add in the sour cream. Add kosher salt to taste.

5. Ladle into bowls and serve with grated cheddar and green onions, if desired.



## Ground Turkey Lentil Chili

This healthy, easy pressure cooker turkey lentil chili is the perfect meal for any night of the week. It fills you up without filling you out while still having tons of flavor.

Total Time: 43 minutes

Yield: 6 servings

### INGREDIENTS

- 1 lb ground turkey
- 1 medium yellow onion, diced
- 2 minced garlic cloves
- 2 Tbsp tomato paste
- 1 1/2 tsp salt
- 1 cup dry green lentils
- 2 cups water
- 1 (8 oz) can tomato sauce
- 1 (14.5 oz) can petite diced tomatoes
- 1 (4 oz) can diced green chiles
- 2 tsp chili powder
- 1 tsp cumin
- 1/2 tsp pepper

### INSTRUCTIONS

1. Turn your Instant Pot onto “sauté.” Brown the ground turkey. Add in the diced onions, garlic, tomato paste and salt and cook until meat is browned and onions are soft and translucent.
2. Add in the lentils, water, tomato sauce, diced tomatoes, green chiles, chili powder, cumin and pepper.
3. Cover the Instant Pot and turn it to “manual,” set the timer to 13 minutes. Make sure the valve is set to “sealing.”
4. When the timer beeps let it sit for 10 minutes and then slowly release the pressure by moving the valve to “venting.”
5. Remove the lid and ladle the chili into bowls. We topped ours with a dollop of sour cream and some diced green onions.



## Tomato Based Ham and Bean Soup

A healthy and quick soup recipe that's full of bright flavor thanks to crushed tomatoes and fresh lemon juice. A perfect way to use up leftover ham.

Total Time: 45 minutes

Yield: 10 servings

### INGREDIENTS

1 (15 oz) can cannellini beans  
1 (15 oz) can kidney beans  
1 (28 oz) can crushed tomatoes  
1 medium yellow onion, diced  
1 cup diced carrots  
1 cup diced celery  
2 Tbsp Worcestershire sauce  
1 bay leaf  
1 tsp garlic powder  
1 tsp ground mustard  
1/2 tsp chili powder  
1 tsp kosher salt  
1/2 tsp black pepper  
Juice from one large lemon  
4 cups water  
2-3 cups cubed ham

### INSTRUCTIONS

1. Add all ingredients to Instant Pot. Cover and make sure the valve is on "sealing." Press manual and set the timer to 10 minutes. Once the timer beeps let the pressure come down naturally for at least 15 minutes. Carefully release the rest of the pressure and open the pot. Discard the bay leaf.
2. Season to taste with additional seasonings, if needed. Ladle into bowls and serve. Store leftovers in an airtight container for up to a week. You can also freeze this soup in individual containers for a healthy and easy lunch.



## Dulce de Leche (Caramel Dipping Sauce)

If you're a fan of all things sweet and caramelly you're going to love this dulce de leche that is a perfect dipping sauce for apples or to pour over ice cream. The best part is that all you need is your electric pressure cooker and a can of sweetened condensed milk.

Total Time: 1 hour 20 minutes

Yield: 3 (3 oz) jars

### INGREDIENTS

1 (14 oz) can sweetened condensed milk

3 (3 oz) canning jars

### INSTRUCTIONS

1. Open the can of sweetened condensed milk and pour the contents evenly into the 3 canning jars. Put the lids on the canning jars and close. Place the cans on the top of the trivet that has been placed in the bottom of your Instant Pot. Fill the Instant Pot with enough water to come up to about a 1/2 inch below the tops of the jars.
2. Cover the Instant Pot and place valve on "sealing." Press the manual button and set timer to 50 minutes. When the timer beeps let the pressure release naturally. Once you can open the pot do so and carefully remove the jars with tongs and place on a towel or cooling rack. Let them sit for 15 minutes. Remove the lids and give a quick stir. Place lids back on and store in the refrigerator until they are ready for use.

