

Instant Pot Cooking Times

Food	Cooking Time	Pressure Release Method	Notes
Fresh boneless, skinless chicken breasts (for slicing)	1 minute per ounce of the average chicken breast and then subtract 2-3 minutes of total cooking time	5-10 minute NPR	
Fresh boneless, skinless chicken breasts (for shredding)	1 minute per ounce of the average chicken breast	5-10 minute NPR	
Frozen boneless, skinless chicken breasts (for slicing)	1 minute per ounce of the average chicken breast	5-10 minute NPR	
Frozen boneless, skinless chicken breasts (for shredding)	1 minute per ounce of the average chicken breast + 3 minutes extra	5-10 minute NPR	
Boneless, skinless chicken thighs	12 minute for fresh and 15 minutes for frozen	5-10 minute NPR	
Bone-in chicken pieces	15 minutes for fresh and 18 minutes for frozen	5-10 minute NPR	
Whole Chicken	6 minutes per pound	NPR	
Chicken, cut into bite-size pieces	4 minutes	5-10 minute NPR	
Chuck Roast	20 minutes per 1 inch of thickness (<i>so 3 inch roast would be 60 minutes</i>)	NPR	Thickness is more important than weight in determining pressure cook time
Pork Shoulder	15-20 minutes per 1 inch of thickness	NPR	Thickness is more important than weight in determining pressure cook time
Black or Kidney Beans, dried	25 minutes or 8 minutes for soaked	NPR	1 pound of dried beans (about 2 cups): 3.5 cups water ratio
Pinto Beans	30 minutes or 10 minutes for soaked	NPR	1 pound of dried beans (about 2 cups): 3.5 cups water ratio

Green Lentils	6-8 minutes (no soaking necessary)	NPR	1 cup lentils: 2 cups water ratio
Quinoa	1 minute	10 minute NPR	1 cup quinoa: 1.5 cups water ratio
Long Grain Brown Rice	22 minutes	10 minute NPR	1 cup rice: 1.25 cups water ratio
Long Grain white Rice	4 minutes	10 minute NPR	1 cup rice: 1.5 cups water ratio (use less water for less soft rice)
Steel Cut Oats	5 minutes	15 minute NPR	1 cup oats: 1.5-3 cups water (depending on the texture you like)
Pasta	About 4 minutes, look at the back of the box divide number by 2 and subtract 1 minute	5 minute NPR	1.75 cups - 2 cups water per 8 ounces of pasta
Hard Boiled Eggs	2 minutes	10 minute NPR	1.5 cups water in bottom and use trivet or steamer basket
Potatoes	Large whole: 25-30 minutes Small whole: 20-25 minutes Cubed: 3-4 minutes	5-10 minute NPR	1.5 cups water in bottom and use steamer basket
Sweet Potatoes	Whole: 15-20 minutes Cubed: 2-4 minutes	5-10 minute NPR	Larger potatoes on bottom, smaller on top
Carrots	Whole or large chunks: 6 minutes	QR	Use steamer basket with 1.5 cups water in bottom
Broccoli	Whole crown: 0-1 minutes	QR	Use steamer basket with 1.5 cups water in bottom
Cauliflower	Florets: 2-3 minutes	QR	Use steamer basket with 1.5 cups water in bottom
Green Beans	1-2 minutes	QR	Use steamer basket with 1.5 cups water in bottom
Corn on the Cob	2 minutes (barely steamed) or 4 minutes (softer)	QR	Use steamer basket with 1.5 cups water in bottom

The chart lists the cooking times that I use when I make these foods. Everyone has different preferences on how well done they like foods. You may need to adjust the times to your personal preference. These times are what I use in my 6 quart Instant Pot. If you're using a 3 quart pot or an 8 quart pot the times might slightly vary. Everything in my chart is meant to be cooked on high pressure. I always use my Manual/Pressure Cook button. NPR stands for Natural Pressure Release and QR stands for Quick Release. When I say 10 minute or 5 minute NPR it just means that you let the pot sit for 5-10 minutes and then move the valve to venting. It is a combination of the natural pressure release and the quick release.