








# INSTANT POT COOKING TIMES



## ... Quick Cheat Sheet ...

		COOKING TIME	PRESSURE RELEASE METHOD	NOTES	
CHICKEN	Fresh, boneless, skinless chicken breast (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 breast (for shredding)	1 minute per ounce of the average chicken breast	5-10 minute NPR		
	Frozen, boneless, skinless chicken breast (for slicing)	1 minute per ounce of the average chicken breast	5-10 minute NPR		
	Frozen, boneless, skinless chicken breast (for shredding)	1 minute per ounce of the average chicken breast + 3 minutes extra	5-10 minute NPR		
	Boneless, skinless, chicken thighs	12 minutes 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-sized pieces	4 minutes	5-10 minute NPR		
	BEEF + PORK		COOKING TIME	PRESSURE RELEASE METHOD	NOTES
		Chuck Roast	20 minutes per 1 inch of thickness (so a 3 inch roast would be 60 minutes)	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	
HARD BOILED EGGS		2 minutes	10 minute NPR	1.5 cups water in bottom and use trivet or steamer basket	

# BEANS + GRAINS

		COOKING TIME	PRESSURE RELEASE METHOD	NOTES
Black or Kidney Beans, dried		25 minutes or 8 minutes soaked	NPR	1 pound of dried beans (about 2 cups) : 3.5 cups water ratio
Pinto Beans		30 minutes or 10 minutes 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 soft rice)
Steel Cut Oats		5 minutes	15 minute NPR	1 cup oats : 1.5-3 cups water ratio (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

# VEGETABLES

		COOKING TIME	PRESSURE RELEASE METHOD	NOTES
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.