



A **BOUNTIFUL** KITCHEN

Instant Pot Recipes



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Instant Pot, Now What?

I resisted buying an Instant Pot for the past couple of years because I was simply afraid. This goes back to my childhood, when my mom cooked with a pressure cooker (the old fangled type) at least 2-3 times a week for as long as I can remember. That dull silver pot sat on top of our stove and the little pressure valve moved from side to side while the pot hissed and bobbed in a very loud way. I remember my mom and dad's caution to "stay away" and to never, ever touch the lid of the pot or the little pressure regulator, or else... OR ELSE WHAT??? I would think. Thank heavens there wasn't the internet back in my day, or I'm sure I would have googled "old pressure cooker" or "pressure cooker accidents" and seen people bandaged up in hospital rooms. Oh my. You have been warned. Just don't go there. Who knows if those people really did experience an unfortunate pressure cooker accident, or if it's just urban legend, but that's where my fear comes into play, and probably yours as well. Welcome to the 21st century. The age of electronics and safety regulators and the Instant Pot!

What the Instant Pot is, and What it's Not

1. The Instant Pot, in my opinion, is not a quick solution to getting dinner on the table. I mean, I believe the word "instant" is a bit deceiving. I thought Instant Pot would mean quick meals, as in comparable to microwaving quick, but it's called the Instant Pot, not the Magic Pot for a reason. The pot has a heating up stage, which can take 10 or more minutes. To be fair, I think you should add 10-15 minutes on the front end of cooking time to allow the pot to get up to proper temp before it starts cooking and the timer is counting down. Meaning, if you plug the pot in at 5 pm, it will take until about 5:10-5:15 for the cooking time to appear. Then, let's say you are pressurizing for 35 minutes, after the pot has heated up, with all of your dinner sealed inside of the closed pot, the 35 minute time illuminates and begins counting down. Then there is the cool down or depressurizing time (see #2).
2. On the back (finish) end of cooking a dish, the Instant Pot isn't quite finished cooking when the timer goes off. For best results, I suggest adding another 20 minutes to let the pressure naturally release, some recipes recommend the "quick release" method, which requires you to manually turn the valve to the VENTING position.
3. The Instant Pot isn't a quick dinner solution as much as it speeds up the process of what would otherwise take hours to slow cook or braise in the oven. The time to produce fork tender meat in the Instant Pot is about 1 hour total, as opposed to 8 hours using a slow cook method. To me, this is the real value of the Instant Pot.
4. Handy Dandy "do it all" cooking appliance? Lots of people buy the Instant Pot as a type of "all in one" type of cooking appliance. I've used the Insta Pot to sauté, pressure cook, steam, and cook rice. So far, I've been pleased with all of the above. I purchased the 6 Quart Instant Pot. It received 4.6 (out of 5 stars on Amazon and about 4,600 customer reviews).
5. If you're using the Instant Pot to cook dinner for a gathering such as a dinner party, I suggest using a serving dish on the table. The Instant Pot is many things, but not a pretty serving dish. The Instant Pot will keep your food warm for hours. The pot automatically shifts to KEEP WARM mode for 10 hours after cooking.

Basic Instructions and How to Get Started

1. Always make sure to place the pot away from your cabinets. Steam rises rapidly and sometimes spurts a bit, and you don't want to give your cabinets a steam bath. Or maybe you do? If so, leave the pot plugged in right under your cabinets (joking, of course). I like to place my Instant Pot on top of a wood cutting board on my range. I have a stainless cover for my griddle, so I place the pot on top so I can turn on the fan if needed. You can also place the pot on an island if you have one. I recommend a sturdy surface, out of reach of animals and children. The cord is purposely short so it won't get tangled and end up toppling over. I do not recommend using an extension cord for safety purposes.
2. Make sure to place the inner metal pot inside of the appliance before you start cooking. I learned this the hard way. Threw butter right into the appliance before I placed the metal pot in place. Oops. Butter sizzling on the heating element inside of the pot, not good. I unplugged it let it cool for a minute then wiped it out and started again. Are you saying *of course* the pot goes in before the food! Welcome to my life.
3. The rubber seal aka sealing ring. Very important this is in place before you start cooking. If the rubber seal/sealing ring is not in place, large amounts of steam will escape and you will be thinking, hmmm why is this Instant Pot letting off so much steam?? The seal must be in place. Again, I learned from experience.
4. If you are sautéing before using a pressure cooker setting, do not close the lid. Too much steam will be trapped in the pot and you won't be able to achieve the browning effect you're looking for on your meat or veggies. The SAUTÉ setting is very high, and doesn't take long to give a nice brown appearance to your food. The SAUTÉ mode may be cancelled at any time by pressing the KEEP WARM or CANCEL button.
5. After the cooking program has finished, do not try to open the pot until the steam pressure has been released. This can be done naturally by letting the pot cool down, or by carefully turning the valve to the VENTING mode. If the word "LID" appears on the display, the lid needs to be closed or open to continue. Be very careful when opening the pot or releasing steam. Do not put your face over the pot. The steam releases at a very high temperature. If necessary, I use a dishtowel or cloth when releasing steam. There are safety measures built into the pot to prevent accidental opening before the pressure is released.
6. To cook with high pressure, use the HIGH PRESSURE button or MANUAL button (depending on your Instant Pot model). In this book, we will refer to high pressure as MANUAL mode.

Ready, Set, Cook!

Now you've unearthed the Instant Pot you're ready to go. I think you're going to love so many things about this small appliance. Pressure cooking has many health benefits, including preserving vitamins in foods because of shortened cooking time. I love the one pot, less mess in the kitchen benefit of using the Instant Pot as well. No boiling over in the oven or stove!

This cookbook is a compilation of many of my favorite Instant Pot recipes. Most of the recipes take about 1 ¹/₄ - 1 ¹/₂ hours start to finish, but most of that time is cooking in the pot. I hope this introductory tutorial to the Instant Pot has been helpful, answered a few of your questions, and helped to take the mystery out of using the Instant Pot!





Note: If after the apple butter is cooked and blended it seems not quite thick enough, you may cook with lid off in Instant Pot for additional time on SAUTÉ setting. Make sure to stir pot to prevent scorching!

Apple Butter - No Peel

PREP TIME

10 min

COOK TIME

30 min

TOTAL TIME

40 min

Ingredients

YIELDS: 3-4 PINTS

- 4 lbs apples (any type of sweet apple) do not remove peel
- 2 tablespoons water
- 1 teaspoon pumpkin pie spice
- 2 tablespoons brown sugar
- Dash salt
- 2 tablespoons lemon juice

For a family sized batch, or to share with friends:

- 8-10 apples, or about 5 lbs apples before cutting
- $\frac{1}{3}$ cup water
- 1 tablespoon pumpkin pie spice
- $\frac{1}{2}$ cup brown sugar
- 2 dashes salt
- 2 tablespoons lemon juice (same as with small batch)

Instructions

1. Wash apples, remove any stickers and cut the apples into fourths.
2. Place apple on a cutting board and cut each side (4 cuts) until just the core is left in the middle. Discard core.
3. Place the apples into the Instant Pot and add water, spice, brown sugar and salt.
4. Make sure rubber seal is in place inside the Instant Pot lid. Close and secure the lid to the locked position. Check to make sure the vent is turned to SEALING.
5. Push MANUAL setting, and set the timer for 15 minutes, adjust time using the up or down arrow. START or push MANUAL again to begin cooking.
6. When timer is finished, let pressure in pot release naturally for about 15 minutes. After 15 minutes, turn the dial to the VENTING position and let remaining steam release, if any remains.
7. Let the apples cook on the SAUTÉ setting or SLOW COOKER setting, while stirring in lemon juice. Place the immersion blender into the Instant Pot and pulse until smooth, moving the blender around the pan as you bend up bits of apple until completely smooth. If you don't have an immersion blender, let the apple butter cool for about 30 minutes, then place the apple mixture in blender in small batches until smooth.
8. Spoon apple butter into jars or other containers. Use within 10 days stored in refrigerator, or freeze until ready to use.
9. Makes about 3-4 pints for large batch, depending on how much you sample before placing in jars.



Beef Stew

Ingredients

YIELDS: 8-10 SERVINGS

- 2 lbs beef stew meat
- 1-2 tablespoons olive oil
- salt and pepper to season meat
- 2 tablespoons flour
- 3 tablespoons Worcestershire sauce
- 1-2 cloves garlic, chopped
- 2 1/2 cups chicken or beef broth
- 1 large onion, 2 cups chopped, 1 inch pieces
- 2 stalks celery- 1 cup chopped into one inch pieces
- 1 lb bag baby carrots
- 2 lbs potatoes, red, white or russets, cleaned, cut into 1.5 inch cubes
- 14-oz can chopped tomatoes or 2 cups chopped tomatoes with juice
- 1 tablespoon Knorr beef seasoning or 2 beef bullion cubes (I look for no MSG included)
- 1 teaspoon each, salt and pepper
- 2 tablespoons dried parsley
- 1 teaspoon each dried thyme and oregano
- 1 tablespoon plus 1 teaspoon cornstarch (optional)

Note: If your meat is frozen, or you don't have time to brown the meat, add the meat to the pot and omit the browning step. Do not add the flour. Simply add the meat and follow directions for adding the rest of the ingredients: Worcestershire, garlic, salt, pepper and broth, then cook.

Instructions

1. Turn the Instant Pot to the **SAUTÉ** setting. Pour olive oil into the pot. Place the meat into the pot, season generously with salt and pepper (this is in addition to the salt and pepper added with vegetables). Add flour to the meat and sauté on high until the meat is browned a bit. This takes about 2-3 minutes. Toss meat around so the flour is not visible and the meat browns.
2. Add Worcestershire sauce, garlic, and broth. Turn the pot to the **MANUAL** setting and use the up arrow until the display shows 20 minutes. Place the lid in the locked position with the seal in place and the vent to the **SEALING** position. Start the pot. While the meat is cooking, chop the veggies. You should have about 10 cups total of any combination of vegetables listed in the recipe.
3. When the timer goes off and the meat is finished cooking, let the pressure naturally release for about 10-15 minutes. Release any remaining pressure using the pressure release valve.
4. Add the vegetables to the Instant Pot, along with the canned or fresh tomatoes, beef flavoring, salt and pepper and dried herbs. No need to mix yet. Set the lid on the Instant Pot and using the **STEAM** setting, set the steam for 6 minutes. Lock the lid in position and turn the pot on.
5. After the vegetables have steamed, release the pressure and give the stew a mix. If it is not as thick as you'd like, remove some of the liquid from the pot (about 1 cup) and place in a cup. Add the tablespoon of cornstarch to the liquid and whisk. Add liquid back to the pot and stir gently. Leave the pot on the **WARM** mode and it will come to a boil, stir until thickened, then turn off pot to serve.



Note: You may use other cuts of meat, but stay away from cuts that are too high in fat. Round Steak is perfect for this dish, it is relatively inexpensive and cooks up nicely in the Instant Pot.

Beef Stroganoff

PREP TIME

10 min

COOK TIME

1 hr

TOTAL TIME

1 hr 10 min

Ingredients

YIELDS: 3-4 PINTS

- 1 lb mushrooms, cleaned and sliced thick
- 1.5 lbs round steak, sliced into 3 inch strips, about 1/2 inch thick
- Olive oil
- Salt and pepper, about 1 1/2 teaspoon of each (add more to taste)
- 6 tablespoons butter, divided
- 2 tablespoons flour
- 1 clove garlic, minced
- 3 tablespoons Worcestershire Sauce
- 2 Tablespoons apple or grape juice, unsweetened (optional)
- 2 cups beef broth
- 1 cup fresh parsley, chopped, some reserved for garnish or about 2 tablespoons dry parsley or green onion for garnish (both optional)
- 1/2 to 3/4 cup sour cream or plain Greek yogurt
- Pasta or rice for serving

Instructions

1. Turn the Instant Pot to the **SAUTÉ** mode and heat for a few minutes, Add about 1 tablespoon olive oil and 2 tablespoons butter. Place sliced mushrooms in the pot, season with few dashes of salt and pepper and cook until browned. Remove from pot and place in dish. Set aside.
2. Leaving the pot on the **SAUTÉ** mode, add the remaining 4 tablespoon butter to pan. Add chopped meat and brown. Season generously with salt and pepper while browning.
3. After the meat has browned, sprinkle with flour and stir until the flour is cooked, about one minute. Add the chopped garlic, Worcestershire sauce, juice and broth. Place the lid on the pot, with the sealing ring in place, and the pressure valve turned to **SEALING**. Lock the lid into place and set the timer to the **MEAT** setting (35 minutes).
4. Meanwhile, cook the pasta or rice and set aside. You'll need about 2-3 cups of uncooked rice or about 1lb of pasta. Cook as directed on package, toss (pasta) with a little oil or butter and set aside.
5. When the timer on the Instant Pot goes off and the cooking cycle is complete, let sit for another 20-30 minutes and allow the pressure to release naturally for best results. Carefully release any remaining pressure by using the pressure release valve and remove lid. If the meat needs more gravy, you may add more broth after cooking. If you want to thicken the sauce, add a teaspoon of cornstarch to some water or broth and whisk together, then add to the pot while the meat and sauce are still hot.
6. Stir in cooked mushrooms, chopped parsley and sour cream or Greek yogurt. Turn pot to **SAUTÉ** mode and let mixture heat up again, then turn to **OFF** position or **KEEP WARM**. Taste before serving, add salt and pepper if needed.



Black Beans - No Soak

PREP TIME

10 min

COOK TIME

2 hr

TOTAL TIME

2 hr 10 min

Ingredients

YIELDS: 6 SERVINGS

- 1-2 tablespoons Olive Oil
- 12 oz Sausage (pork, chicken or turkey)- I used Cajun Style Andouille for a little spice
- 1 lb dried black beans
- 1 onion white, yellow or sweet, chopped (about 2 cups)
- 2-4 cloves garlic, minced
- 2 teaspoons ground coriander
- 2 teaspoons sea salt
- 1 teaspoon ground pepper
- 2 quarts chicken or vegetable stock or broth
- cilantro, chopped for garnish

Note: The recipe says to remove the meat from the pot before cooking the beans, and then add the meat back just before serving. I like to remove the meat so it won't turn the color of the beans. If you forget to remove the meat, it is not a problem.

Note: If you add additional vegetables to this recipe, it will produce more liquid, which is fine, but will water down the flavors a bit. Compensate by adding a bit more of any spices used. You may drain off a bit of the liquid when finished, or thicken by setting the pot to the SAUTÉ mode and letting some of the liquid cook off with the lid off after the beans are cooked and pressure is released. The beans may also be pulsed a bit using a blender or an immersion blender. Remove about a cup or two of the beans and liquid. Blend, then replace back into pot of beans.

Instructions

1. Turn Instant Pot to SAUTÉ setting and pour oil into pot.
2. Add sausage and cook until cooked and lightly browned. Remove sausage from pot and set aside until the beans are completely finished cooking.
3. Turn pot off. Leave remaining oil in pot to prevent beans from foaming while cooking.
4. Add the dry black beans, chopped onion, garlic, coriander, salt, pepper and stock.
5. Place the seal in the lid, and place the lid on the pot. Turn the lid to the closed position, make sure the pressure valve is in SEALING position, and set the timer for 45 minutes.
6. Let the beans cook. When the timer goes off let the pot sit until the pressure naturally releases, at least 30 minutes. The remaining pressure may then be released by turning the pressure valve to VENTING. The KEEP WARM setting may be used until you are ready to serve.
7. A few minutes before serving, add the meat back to the pot and stir. Garnish and serve.



Boiled Eggs

PREP TIME

0 min

COOK TIME

5 min

TOTAL TIME

5 min

Ingredients

- 4, 6, or 12 eggs, free of cracks, small to extra large
- 1 cup cold water

Note: For soft boiled eggs: the eggs will firm up and become less runny (including the whites) as they sit. Do not leave in cold water bath for longer than a minute or eventually the egg yolk will become completely firm.

Note: The eggs peel quite easily when submerged in cold water or an ice bath. I simply place the eggs in a bowl in the sink and run cold water over in a small stream for about a minute.

Note: Regardless of the number of eggs (4 or 12), I use only 1 cup of cold water.

Instructions

1. Place rack (or metal or silicone steam basket) in Instant Pot.
2. Carefully place eggs in the Instant Pot on rack.
3. Add one cup cold, warm or hot water to pot.
4. Place the lid on the pot, making sure the rubber sealing ring inside of lid is in place.
5. Place the lid on the Instant Pot, lock into place.
6. Make sure the pressure release valve is in the SEALING position.
7. Using the MANUAL setting, adjust the timer to 5 minutes for hard boiled, 3 minutes for medium set yolks or 2 minutes for soft boiled eggs.
8. When the timer goes off, carefully release the pressure using the pressure release valve.
9. Remove the eggs and set in a bowl filled with ice water. You may also run a stream of cool water over the eggs while in a bowl.
10. If cooking eggs for soft boil, remove and set the eggs in cool water for about 30 seconds to a minute for easier handling,. Then remove, set in bowl and cut in half with sharp knife. Scoop out the cooked egg, including the yolk into a small clean bowl for serving.



Bolognese Sauce

Ingredients

YIELDS: 6-8 SERVINGS

- 1 lb Italian pork
- 1 lb lean ground beef, I used 85-93% lean
- sea salt and fresh ground pepper, about ½ teaspoon each
- 3 tablespoons olive oil
- 3 cups white or sweet onions, chopped
- 3 cloves garlic, minced
- 2 cups carrot, chopped
- ½ cup celery, chopped
- 2 tablespoons Italian herbs, dried
- 1- 15 oz can chicken or beef broth
- 1- 14.5-15 oz can tomatoes, chopped, with juice, or 1½ cups fresh chopped tomatoes
- after cooking add:
- 3 tablespoons tomato paste
- fresh basil, parsley, oregano chopped, about ¼ cup each (optional, but highly recommended)
- ½ cup cream or half and half
- 1-2 tablespoons butter, unsalted

Instructions

1. Turn the Instant Pot to **SAUTÉ** and cook the Italian sausage, ground beef, salt and pepper together in the Instant Pot until meat is no longer pink. Drain any grease and place meat back in pot.
2. Add olive oil, onions, garlic, carrot, celery, dried Italian herbs, broth, and tomatoes to the meat mixture in the Instant Pot and give the ingredients a stir.
3. Place the lid on the Instant Pot on the **SEALING** position, make sure the sealing ring (inside of lid) is in place and lock the lid to the closed position.
4. Turn the setting to **MANUAL**. Adjust the time to 30 minutes on high pressure.
5. After the 30 minute pressure cooking has completed, let the pressure naturally release for 30 minutes.
6. After the pressure has naturally released, add 3 tablespoons tomato paste, fresh herbs, ½ cup cream or half and half and butter. Stir, replace lid and keep sauce on **WARM** setting until ready to serve. If the sauce is not as thick as desired, leave the lid off, turn the pot to **SAUTÉ** mode, and heat up sauce for a while until some of the excess liquid cooks off. Stir every few minutes to ensure sauce does not burn. As soon as sauce is at the right thickness, replace lid and keep sauce on **WARM** setting.
7. Cook 1-1½ lbs pasta al dente according to package directions and serve with sauce.



Brown Rice

PREP TIME

0 min

COOK TIME

25 min

TOTAL TIME

25 min

Ingredients

YIELDS: 6 SERVINGS

- 2 cups brown rice
- 2 1/2 cups cold water
- 1/2 teaspoon salt

Note: If you have leftover rice, place in a ziplock bag or bags (I usually do this according to serving sizes) and freeze. When ready to use, microwave rice for about a minute to use.

Instructions

1. Place the rice, water and salt in the Instant Pot.
2. Make sure the rubber seal (in lid) is in place.
3. Lock the lid, set the steam release valve to the SEALING position.
4. Use the MANUAL setting and set timer to 25 minutes.
5. After rice has finished cooking and timer goes off, let sit for 10-15 minutes.
6. Release the remaining pressure in the pot by opening the pressure release valve.
7. Open, fluff rice and serve.



Café Rio Sweet Pork

PREP TIME

10 min

COOK TIME

30 min

TOTAL TIME

40 min

Ingredients

YIELDS: 8-10 SERVINGS

- 4-7 lbs boneless pork shoulder, butt or boneless pork rib meat*, cut into large chunks, large visible chunks of fat removed
- Menudo spice mix, or make your own (see below)
- 1 tablespoon olive oil
- 2 cups cold water
- for sauce
- $\frac{3}{4}$ to 1 cup brown sugar light or dark to taste
- 1 - 16 oz can red enchilada sauce*
- 1 4 oz can chopped green chiles, not drained
- 1 12 oz can Coke, Pepsi or Dr Pepper

Note: If using Boston butt, or pork butt, count on about $\frac{1}{2}$ of total pounds being discarded after cooking. The fat will need to be picked off.

Note: I did not marinate the pork in the sauce before cooking.

Menudo Spice Mix

- 2-3 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 2 teaspoons salt
- 1 teaspoon finely ground pepper

Instructions

1. Place 3 tablespoons spice mix in a large gallon size Ziplock bag. Add meat chunks and shake until meat is coated.
2. Turn Instant Pot to **SAUTÉ** mode. Add one tablespoon olive oil. Place meat in pot when hot, and brown on both sides. If you are in a hurry, skip this step and omit the oil in the pot. When meat is browned on both sides, add water around sides of meat.
3. Place the lid on top of the pot (make sure the sealing ring is in place inside of the lid) and lock into **SEALING** position. Turn the setting to **MANUAL** and set the timer for 50 minutes. Make sure the lid is set to the **SEALING** position.
4. After the timer goes off, allow the pot to naturally release pressure. Carefully remove the lid from the pot when all of the pressure is released. Remove the meat and set on a cutting board. Allow to cool for a few minutes. When cool enough, pull any remaining visible fat off of meat and set aside. Discard any fat. Shred meat with a fork. Remove the remaining juice from the pan and place in a small bowl.
5. Whisk the enchilada sauce, chopped green chiles, brown sugar and one can of soda together in the Instant Pot. Place the shredded meat back into the Instant Pot and turn the setting to **SAUTÉ**. Heat just until sauce boils and the meat is heated through, then turn the setting to **KEEP WARM** mode.
6. If you would like to thicken the sauce a bit, whisk one tablespoon of cornstarch into a cup of the liquid (removed from pan after the meat was cooked) and add back to the Instant Pot with meat and enchilada sauce. Continue to heat up until thickened. Serve on top of tortilla chips, tortillas, or a bed of rice.



Frozen Chicken

Ingredients

YIELDS: 6-8 SERVINGS

- 2 lbs frozen chicken
- 1/2 cup water
- salt, pepper, other seasonings as desired

Note: I have a 6 quart pot and have cooked up to 5 lbs of frozen chicken at one time. Cook with 1 cup of water for 15 minutes. Follow same directions for cooking as with 2 lbs of chicken.

Note: Seasoning will depend on how you intend to use the chicken. I usually season generously with salt and pepper. If I am using it for a Mexican dish, I season with chili powder, coriander and garlic. You can also use salsa instead of water when cooking.

Note: I like to let the chicken sit in the juice (broth) for a few minutes before shredding, and then spoon a small amount of the remaining liquid over the chicken after shredding.

Note: You can pour the remaining broth over a strainer and freeze or use the chicken broth within 5 days. Use in any recipe calling for chicken broth or stock.

Instructions

1. Spray the Instant Pot insert with cooking oil.
2. Place the chicken in the pot, season generously with salt and pepper and any other seasonings desired.
3. Pour 1/2 cup water around the sides of the chicken in the pot.
4. Make sure the sealing ring (inside the lid) is in the proper position.
5. Place the lid on the pot and set to the lock or SEALING position.
6. Turn the Instant Pot to the MANUAL setting for 12 minutes. If the chicken is not frozen, 8 minutes will work.
7. Press the MANUAL button to start the cooking process.
8. When the timer goes off and the chicken is cooked, the pressure may be released by carefully turning the valve on top of the Instant Pot to the VENTING position (be careful to not position your face over the pot while steam is releasing), or simply allow the pressure to naturally release for about 10-15 minutes before removing lid.
9. Remove chicken from the pot, shred or chop and use as needed.



Salsa Chicken

PREP TIME

5 min

COOK TIME

15 min

TOTAL TIME

20 min

Ingredients

YIELDS: 6-8 SERVINGS

- 2.5-3 lbs chicken breasts, trimmed of fat, fresh or frozen
- 1 cup prepared green salsa, any brand
- salt and pepper
- 1 cup frozen corn (do not thaw)
- 1 can black beans, rinsed
- 2 -3 cups grated cheese, cheddar, jack or a combination
- tortillas, chips, lettuce, tomatoes, guac, sour cream, cilantro for serving

Note: If you would like, add 3-4 oz block of cream cheese to the top of the dish when the beans and corn are added. Let soften while the beans, corn and cheese melt together.

Instructions

1. Place the chicken into the Instant Pot and season generously with salt and pepper.
2. Pour 1 cup green salsa over the top of the chicken.
3. Place lid on the Instant Pot, making sure the sealing ring is in place inside of the lid.
4. Lock the lid into position and set the timer for 10 minutes on the MANUAL setting, or 10 minutes POULTRY if you do not have a MANUAL setting. If the chicken is frozen, set timer for 12 minutes.
5. When the timer goes off, let the chicken sit for 10-15 minutes and allow the pressure to naturally release. After this time, turn the dial to steam release and allow the extra steam to release, or let the chicken sit in the pot for up to an hour until you are ready to finish up the dish.
6. Remove the lid and place the chicken on a cutting board and chop. If you would like to shred the chicken, pour off the liquid and reserve 1½ cups liquid, discard the rest of liquid.
7. Place the chicken and the 1½ cups liquid into the pot and turn a hand mixer on low. The chicken will shred easily.
8. Add the frozen corn, can of black beans and grated cheese to the pot.
9. Turn the Instant Pot to the WARM setting and secure the lid, or turn the pot on for 5 additional minutes on MANUAL. When the timer goes off, release the pressure.
10. The WARM setting may be used for several hours to keep food warm until serving.



Chicken Rotisserie-Style

PREP TIME

5 min

COOK TIME

25 min

TOTAL TIME

30 min

Ingredients

YIELDS: 4 SERVINGS

- 1- 5-7 lb whole chicken
- coarse sea salt and pepper, about 1 tablespoon each
- 1 tablespoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- olive oil for cooking
- 1 cup chicken broth (more if making chicken gravy)
- bakers twine

Instructions

1. Turn on Instant Pot to **SAUTÉ** Setting. Mix together in a bowl and set aside: sea salt, pepper, paprika, onion powder, garlic powder. Wash and remove any packaging and extra chicken parts from inside of whole chicken. Pat dry with paper towels and rub all of the seasoning onto the chicken.
2. Tie together the legs of the chicken. You may also tie the wings to the body of the chicken if you like, this will help the chicken cook more evenly and keep the wings moist.
3. Pour the oil into the heated Instant Pot. Brown the chicken in the hot oil in the Instant Pot, turning after about 3 minutes or when chicken is golden brown on both sides.
4. When chicken is browned, remove from Instant Pot. Place the chicken on the steam rack and lower back into the Instant Pot. Add one cup of chicken broth to the Instant Pot, around the sides of the chicken. Place lid on pot with sealing ring in place and lock the lid into place. Make sure the lid is set to the **SEALING** position.
5. Using the **MANUAL** setting, cook chicken for 25 minutes. After the timer goes off, allow the pressure to naturally release for about 15-20 minutes.
6. Use pot holders to remove chicken by lifting the handles of the steam rack and place the chicken on a serving platter or cutting board. Let the chicken rest for about 5-10 minutes to allow the juices to set up.
7. Slice the chicken and serve. The liquid in the bottom of the pan may be used to make gravy.
8. To make gravy: Turn the Instant Pot to the **SAUTÉ** setting, add about 2-3 tablespoons of butter. Whisk until melted. Add 3 tablespoons of flour and whisk until smooth. Add 2-3 cups chicken broth a little at a time, while whisking. Add salt and pepper to season. Set the Instant Pot to the **SLOW COOKER** mode to reduce heat.
9. Taste gravy, if needed, add concentrated chicken flavoring such as bullion cubes or paste. Serve with chicken.



Note: If you are in a hurry, you may skip the step of broiling the peppers and simply chop and add to the pot. You may also brown the meat in one batch and then add the flour to the browned meat mixture.

Chile Verde

Ingredients

YIELDS: 10 SERVINGS

- 3-3.5 lbs pork loin, sirloin roast, or pork shoulder, trimmed of fat and cut into one inch pieces
- 1 tablespoon sea salt
- 1 teaspoon pepper
- 3 tablespoons olive oil
- juice of one lime
- 1/4 cup flour
- 1 onion, white, yellow or sweet, chopped (about 1 1/2 cups)
- 2-3 cloves garlic, chopped
- 7 Anaheim peppers,(about 3 cups chopped) or 3- 7 oz cans green chiles
- 1-2 jalapeños
- 5-6 tomatillos (a little larger than golf ball size) husked
- 1 cup chicken, beef or vegetable broth
- avocado, tortillas for serving

Instructions

1. Place rack on second to top level of oven and turn the oven to broil. Lightly spray a jelly roll pan with cooking oil. Wash the Anaheim peppers, jalapeño and tomatillos. Slice in half and remove stems. Seed the jalapeño and Anaheim's and discard the seeds if you do not want the Chile Verde to be spicy. Do not seed the tomatillos.
2. Place the peppers, jalapeño and tomatillos on the baking sheet cut side down. Broil for about 7-10 minutes or until browned. Remove and let cool. Chop the onion and garlic. Chop the broiled veggies and set aside with the onion and garlic. Place the Instant Pot on a sturdy surface where the pot can vent steam, away from under cabinets. Turn the Instant Pot to the SAUTÉ mode and let heat up.
3. When the Instant Pot is heated up, pour the oil into the pot. Brown the meat in two batches, removing the first batch to a plate after browning. While the meat is cooking, season with salt and pepper. After the second batch of meat is browned, add the first batch of browned meat back to the pan. Squeeze the lime juice over all of the meat and mix with a large spoon. Sprinkle the flour over the meat in the pan and continue cooking until all of the flour disappears and the meat is coated with flour. Cook for about 2-3 minutes on high. Do not place the lid on the pan yet.
4. Add all of the chopped peppers, onion and garlic into the Instant Pot with the meat mixture. Pour in broth. Make sure the pressure release valve is turned to the SEALING position and the sealing ring is properly placed inside of the lid. Place the lid on the pot and turn the lid to the closed position. Push the MEAT/STEW button, or press MANUAL and use the + button to add 35 minutes to the timer. Release the button and the Instant Pot will automatically start.
5. When the timer goes off after cooking, let the Chile Verde sit in the Instant Pot for (at least) an additional 20 minutes until the pressure has reduced and the pot has cooled down a bit. I like to let it sit for about 30 minutes before releasing the rest of the pressure/steam. If you do not open the pressure release valve, it will automatically turn to KEEP WARM mode for 10 hours. You may crush the meat up a bit with a potato masher if you like the chunks to be smaller and bits of meat to fall off into the sauce. Serve with guac, chopped avocado, fresh lime and tortillas.



Chili - No Soak

PREP TIME

5 min

COOK TIME

110 min

TOTAL TIME

1 hr 55 min

Ingredients

YIELDS: 3-4 PINTS

- 1 lb ground beef or ground turkey, seasoned with salt and pepper
- 2 tablespoons olive oil
- 1 lb small red beans (dry), or dry pinto beans
- 2 cloves garlic
- 2 cups chopped onion, white or sweet onions
- 28 oz can diced tomatoes – undrained, OR fresh tomatoes chopped, with juice to equal 3 cups of tomatoes and liquid total
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 2 teaspoons salt
- 1 tablespoon pepper
- 2-14oz cans beef or chicken broth or one 32 oz box
- 1 diced Anaheim pepper or 1- 4oz can diced green chilies

Note: The total cooking time is 50 minutes for the pressure cooking mode, and 45-60 minutes for the natural pressure release. Make sure to allow time for the cooking mode (heating the pot) to begin. This takes approximately 15 minutes. The total cooking time start to finish is a little over 2 hours.

Note: You may also add additional onion, peppers, meat if you would like.

Note: It is important to allow the pot to sit after the timer goes off and the pressure cooking is complete. The beans need the extra time in the pot to cook during the natural steam release cycle.

Note: Do not reduce the amount of liquid in this recipe. It is necessary to have an adequate amount of liquid for the beans to properly hydrate and cook. You may also leave the ground beef in the pot after cooking initially, or remove the meat and add later as the recipe states.

Instructions

1. Turn Instant Pot to SAUTÉ mode and brown meat- remove and drain any excess oil. Set aside while beans are cooking. I refrigerate the meat until ready to add back to the chili.
2. Add all remaining ingredients to the Instant Pot.
3. Place the lid on the pot with the inner seal in place and turn the lid to the locked position. Make sure pressure release valve is in the SEALING position. Set the timer for 50 minutes on MANUAL setting.
4. Let the chili cook, when the timer goes off, let the pot sit until the pressure naturally releases, at least 45-60 minutes.
5. Any remaining pressure may be released, after the 50 minutes of pressure cooking and 45-60 minutes of natural pressure release time.
6. The KEEP WARM setting may be used until ready to serve. A few minutes before serving, add the meat back to the pot and stir.



Fajitas

PREP TIME

15 min

COOK TIME

1 hr

TOTAL TIME

1 hr 15 min

Ingredients

YIELDS: 4 SERVINGS

- 2 teaspoons chili powder*
- 2 teaspoons salt
- 1 teaspoon ground pepper
- 1 teaspoon garlic powder and 1 teaspoon onion powder
- 1 teaspoon Mexican or regular oregano flakes
- 1 teaspoon cumin
- 1 1/2-2 lbs round steak or skirt steak *, sliced thin
- 1 onion, chopped or sliced
- 2-3 tablespoons olive oil
- Juice of one lime
- 1 tablespoon flour
- 1/3 cup water or broth
- 1 each, red, green and orange bell pepper, seeded and sliced
- sour cream, guacamole and chopped cilantro for garnish

Note: This recipe may be adapted to use up to 3 lbs of meat with the same amount of spices.

Note: The spice level in this dish is moderate. If you would like to tone down the heat, mix the spices together, and use about half of the spice mixture on the meat. You may also add double the amount of liquid to reduce spice/heat level.

Instructions

1. Turn the Instant Pot to the **SAUTÉ** mode and let it heat up without the lid on while you prep the meat. Combine chili powder, salt, pepper, garlic powder, onion powder, oregano and cumin in a bowl or Ziplock bag.
2. Place cut up meat into bag with seasonings, seal and give the bag a good shake. Massage the seasonings into the meat. Set aside. You can also do this up to three days ahead if you'd like, and store in fridge. The Instant Pot should be heated up at this point. Pour the oil into the pot and then throw the meat and chopped onion in as well and stir while browning.
3. When the meat is browned, squeeze the lime juice over the meat and add flour and continue to cook until the flour disappears. If the mixture seems a bit dry, add a little olive oil. Add water or broth to the meat and onion mixture in the pot. Turn the pot OFF. Place the lid on the pot (make sure the seal is in place inside of the lid, and the pressure valve is turned to the **SEALING** position, not to the **VENTING** position. Lock the lid in place to **CLOSE**. Press the **MEAT/STEW** button and enter 35 minutes. The pot will automatically start the cooking process when the time is selected and the lid is in the close position.
4. Let the meat cook until the timer is finished and then let the pressure release naturally for about 10-15 minutes.
5. When you are ready to serve the fajitas, release the remaining pressure in the pot using the pressure release valve. Turn the valve to the **VENTING** position. Remove the lid when pressure is released, and add the remaining sliced vegetables (peppers). Close the lid again and hit the **STEAM** setting. I let the veggies steam for about 5 minutes or less and then place the pressure release to the **VENTING** position. Serve fajita filling with warm tortillas, guac, and sour cream.



Mashed Potatoes

PREP TIME

5 min

COOK TIME

15 min

TOTAL TIME

20 min

Ingredients

YIELDS: 15 SERVINGS

- 5 lbs potatoes, washed and scrubbed I recommend either Red or Russet, peeling optional
- 1 cup water
- 12 tablespoons butter, melted
- 1½ cups half and half (more may be needed if potatoes are dry)
- ½ cup sour cream (optional)
- Sea Salt to taste

Note: I add sour cream to keep the potatoes smooth even after re-heating.

Note: Often times, I don't drain the water that I added to the Instant Pot to cook the potatoes. One less step! ** When I first started experimenting with this recipe I used ½ cup water, but have found that 1 cup water works better in cooking the potatoes thoroughly. When I use 1 cup of water, I drain off the water before adding the remaining ingredients!

Note: If you are using Russets, always remove the peel. Russet skins are quite tough. You can leave the skins on the Russets when they cook, they will pop right off after being steamed in the Instant Pot, then mash and add butter and other ingredients. If using Red Potatoes, try leaving the skins on, they blend nicely into the mashed potatoes!

Instructions

1. Turn the Instant Pot to **SAUTÉ** mode. Pour ½ cup of water into the pot.
2. Place washed potatoes into the Instant Pot. Place the lid on the pot, making sure the seal is in place inside the lid.
3. Turn the lid to the closed position, and make sure the pressure valve is set to **SEALING** position. Use the **MANUAL** setting and turn the Instant Pot on and set the time for 15 minutes.
4. While the potatoes are cooking, melt 12 tablespoons of butter and warm the half and half in a measuring cup in microwave for about 1 minute, or just until warm. Set aside until potatoes are finished cooking.
5. After the timer goes off, release the steam by turning the valve to the **VENTING** position, make sure to not place arm in the way of the steam vent!
6. After all pressure has been released, remove the lid. Drain the excess water out of the Instant Pot. Add the melted butter, half and half, and salt to the hot potatoes in the Instant Pot. Using a potato masher or an electric hand mixer, mash the potatoes until desired consistency. Add sour cream and about 1½ teaspoons salt to taste. If the potatoes are not creamy enough, add more sour cream and or half and half.
7. Leave mashed potatoes in the Instant Pot on **WARM** setting until ready to serve. Taste and add more salt if needed.



Pork Tenderloin with Orange Rosemary Glaze

Ingredients

YIELDS: 6 SERVINGS

- 2.5 lbs pork tenderloin (not pork loin roast)
- 1 cup bottled Balsamic Salad Dressing*
- salt and pepper
- 2 tablespoons olive oil
- 1 cup broth, chicken or beef
- for glaze:
- 2 cups orange juice
- 1 tablespoon fresh or bottled lemon juice
- 1/4 cup sugar
- 1 tablespoon + 1 teaspoon cornstarch
- 2-3 tablespoons fresh rosemary

Note: Make sure to purchase tenderloin for this recipe, not pork loin. Pork tenderloin is an especially tender cut of meat and is sold in a long thin package.

Often times, Hormel is the brand on the packaging. At Costco, pork tenderloin is sold in a two pack, meaning two packages, each containing two pork tenderloin, or enough for double of this recipe. -This recipe is easily doubled, brown the pork two at a time in the pot, but pressure cook (all 4 pieces of meat) together. -If you like, you may spoon a bit of the juice left in the pot over the meat after placing on a platter. Then spoon some of the glaze over the top as well. -I used Kraft brand Balsamic Dressing in this recipe, but any brand may be used.

Instructions

1. Marinate the pork in Balsamic dressing in a ziplock bag for 2-24 hours, turning bag over every few hours if possible.
2. When ready to cook, turn the Instant Pot to **HIGH SAUTÉ** setting and remove the pork from the marinade, let excess marinade drain back into bag and set pork on paper towel. Discard marinade. Add 2 tablespoons of olive oil to the Instant Pot. Pat the meat to dry a bit with a paper towel and sprinkle generously on one side with salt and pepper. Place the meat, seasoned side down in the hot Instant Pot.
3. Sear meat until browned on one side, before flipping the meat, season on opposite side with additional salt and pepper. Sear opposite side. Add 1 cup of broth (chicken or beef) to the Instant Pot. Close and seal the lid into place. Using the **MANUAL** setting, turn the pot to 5 minutes. When the timer goes off, allow the pot to naturally release for about 15 minutes.
4. While the meat is cooking, pour orange juice, lemon juice, sugar and cornstarch into a small sauce pan and whisk until smooth. Cook over medium high heat, bringing ingredients to a boil. Whisk and cook until the glaze is thickened, about 3-5 minutes. Add rosemary to sauce. Remove from heat until ready to serve. When meat is done, remove from Instant Pot and set on cutting board. Let sit for about 5 minutes before cutting. Slice into 3/4 inch slices with a sharp knife and place on serving platter.
5. Drizzle with some of the glaze, and place remaining glaze in a bowl and serve with meat. Garnish with additional fresh rosemary leaves.



Pot Roast

Ingredients

YIELDS: 6 SERVINGS

- 1-2.5 to 3 lb Pot, Chuck or Shoulder Roast
- 1-2 tablespoons Olive oil
- sea salt and pepper
- 3 tablespoons Worcestershire sauce
- 3 tablespoons Balsamic vinegar
- 1 large onion (sweet, white or yellow), cut in to chunks, about 2 cups total
- 1-2 cloves garlic, chopped
- ½ cup beef broth or water (I use beef broth) but water works in a pinch
- 2.5 lbs red potatoes, washed and cut in half
- 1 lb bag of baby carrots, or 1 lb carrots, washed and cut into chunks
- 1 tub Knorr concentrated beef stock (or other brand flavor booster) about 1-2 tablespoons

Instructions

1. Turn the Instant Pot to **SAUTÉ** mode. Generously season the roast with salt and pepper on both sides.
2. Pour olive oil into heated pot. Place the roast into the heated Instant Pot and sear on both sides, about 2 minutes each side. Sprinkle the Worcestershire sauce and Balsamic vinegar on the top of the roast after browning.
3. Add onions and garlic to the Instant Pot, let some of the onions go to the side of the roast and some resting on top. Pour ½ cup beef broth or water around the sides of the meat and turn the **SAUTÉ** mode **OFF**. Place the lid of the Instant Pot on and turn the valve to the **SEALING** position. Make sure the rubber seal is in place inside of the lid.
4. Turn the Instant Pot to the **MEAT** or **MANUAL** setting for 45 minutes using the + button until the time displayed is 45 minutes. Press start. I like to place my Instant Pot on top of the stove on a cookie sheet so it will vent thru the venting hood on my range.
5. While the meat is cooking, prepare the potatoes and carrots. Set aside. Mix one half cup beef broth or cold water in a cup with 2 tablespoons flour using whisk until smooth. When Instant Pot is done, the timer will sound. Leave the meat in the pot for another 20-30 minutes so the pressure in the pot is naturally released.
6. After 20-30 minutes, most of the pressure should be naturally released. Release any remaining steam by using the **VENTING** position on the top of the Instant Pot. When all of the pressure is released, remove the lid. The meat should be fork tender. If it is not, the **MANUAL** setting may be used again for an additional 5-20 minutes. You can gauge how tender the meat is by pulling it apart.
7. Add the potatoes and carrots to the Instant Pot. Turn the Instant Pot to **MANUAL** setting and adjust the time using the + or - button. Set to cook for 5 minutes. Make sure to set the dial on the lid to the sealing position again!
8. When the timer goes off, carefully release the pressure using the **VENTING** mode. When ready to eat, remove the roast to a platter or bowl, spoon the veggies around the roast. To make gravy, Turn the Instant Pot to the **SAUTÉ** setting.
9. Wait until the broth is bubbling, and add the flour and cold water mixture to the Instant Pot, whisking while adding. Add the concentrated stock and whisk. Cook for about one minute until gravy is thickened and bubbly, or simply serve the roast with the juices from the meat and veggies.



Steel Cut Oats and Grains

PREP TIME

5 min

COOK TIME

10 min

TOTAL TIME

15 min

Ingredients

YIELDS: 8 SERVINGS

- 3 cups water
- 2 cups apple juice
- 1 cup steel cut oats
- 1 cup 10 grain cereal blend (Trader Joe's carries their own brand or you can use Bob's Red Mill)
- ½ teaspoon sea salt
- 2 teaspoons cinnamon
- ⅓-1/2 cup pure maple syrup
- 1-2 cup milk or half and half (for mixing into individual bowls after cooked)
- Toppings: chopped apples, golden raisins, coconut, walnuts or pecans, pumpkin seeds, fresh raspberries, fresh blueberries, bananas, granola, etc.

Instructions

1. Place water, apple juice, steel cut oats, 10 grain cereal, salt and cinnamon into the bowl of an Instant Pot and give the ingredients a good stir.
2. Make sure the sealing ring is in place inside of the lid. Close the lid and make sure the steam release dial is turned to SEALING position.
3. If your Instant Pot has a PORRIDGE setting turn it on and adjust the time to 10 minutes. If there is not a PORRIDGE setting, simply turn the setting to MANUAL and use the arrow to set the time for 10 minutes.
4. After the timer goes off to signal the oatmeal is cooked, wait an additional 15 minutes to allow the pressure in the pot to naturally release.
5. Carefully place the steam vent to the VENTING position to allow any remaining steam to escape.
6. You may release the lid when all pressure is released.
7. Stir in desired amount of pure maple syrup.
8. Place cooked oats into a serving bowl or serve right out of Instant Pot.
9. Serve with half and half or milk and topping bar.
10. Leftover cooked oats may be stored in refrigerator and heated up in cereal bowl as needed.