

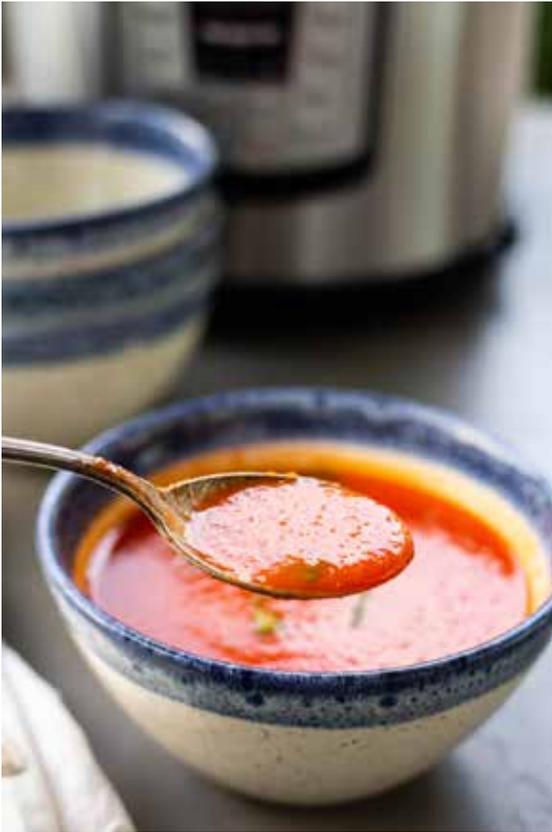
# Table of Contents

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- 05 Apple Butter - No Peel
- 06 Beef Stew
- 07 Beef Stroganoff
- 08 Black Beans - No Soak
- 09 Boiled Eggs
- 10 Bolognese Sauce
- 11 Brown Rice
- 12 Café Rio Sweet Pork
- 13 Frozen Chicken
- 14 Salsa Chicken
- 15 Chicken Rotisserie-Style
- 16 Chile Verde
- 17 Chili - No Soak
- 18 Fajitas
- 19 Mashed Potatoes
- 20 Pork Tenderloin with Orange Rosemary Glaze
- 21 Pot Roast
- 22 Steel Cut Oats and Grains
- 23 Tomato Soup
- 24 Potato Salad
- 25 White Cheddar Potato Soup
- 26 Sweet Potato & Black Bean Chili
- 27 Mashed Sweet Potatoes
- 28 Chicken Noodle Soup
- 29 Macaroni and Cheese
- 30 Chicken Tostadas
- 31 Red White and Blue Potato Salad
- 32 Artichokes in the Instant Pot





# Tomato Soup

PREP TIME  
5 min

COOK TIME  
25 min

TOTAL TIME  
30 min

## Ingredients

YIELDS: 8-2 cup servings

- 3 tablespoons olive oil
- 2 cups sweet onions diced, such as Vidalia or Walla Walla
- 1 clove garlic chopped
- 2-3 teaspoons sea salt
- 1/2 teaspoon pepper
- 3-28 ounce cans whole peeled tomatoes or about 12 cups chopped peeled tomatoes in chunks drained
- 1 quart chicken or vegetable broth
- fresh basil I use about 1/2 cup chopped and a little more for garnish
- fresh oregano, parsley, thyme (optional) 2 tablespoons each, chopped
- 1 teaspoon sugar optional
- serve with fresh herbs, greek yogurt or sour cream
- 1 cup cream or half and half (optional) to replace 1 cup of broth

Note: If you like a creamier version, omit about 1 cup of the chicken broth and add cream or half and half.

## Instructions

1. Turn the Instant Pot to the SAUTE setting.
2. Sautee the onions in olive oil for about 5 minutes or until softened. Turn off SAUTE setting. Add the garlic, salt and pepper and saute with heat off for another minute.
3. Add the chopped tomatoes (fresh or canned) all at once. If using canned tomatoes, pour off any juice from can.
4. Add 1 cup of the chicken or vegetable broth to the mixture in the IP. Add fresh basil, and (optional) thyme, oregano, parsley, and 1 teaspoon sugar to the IP.
5. Make sure the rubber ring inside the lid is in place and the dial on top of the lid is turned to SEAL. Set the Instant Pot to the MANUAL or HIGH PRESSURE setting for 5 minutes.
6. Lock the lid into closed position and turn the IP on. After the timer goes off, let sit for 10-15 minutes and carefully release the remaining steam from the IP using the VENTING position on the lid.
7. After steam is released, remove lid. Using an Immersion blender, blend the ingredients in the IP until smooth. Add remaining broth (or half and half if using) and stir. You may use the SAUTE setting to quickly warm the soup up if it has cooled after adding additional broth or half and half. Alternately, carefully place 2 cups of the soup at a time into a blender until all ingredients are smooth. Serve immediately or turn the IP to the keep warm setting.



# Potato Salad

PREP TIME  
20 min

COOK TIME  
25 min

TOTAL TIME  
45 min

## Ingredients

YIELDS: 15 servings

- Small white or red potatoes about 4-5 lbs washed, unpeeled
- 8-12 eggs
- Dill pickles about 3 large or 6 small chunked
- Dill pickle juice about 3/4 to 1 cup
- Best Foods or Hellman's Mayo - No LIGHT please about 1 1/2 cups total
- Sea or Kosher salt
- White pepper optional

To reduce cook time of potatoes, cut the potatoes BEFORE cooking in the Instant Pot. Wash and cut the potatoes into even pieces, about 1 1/2 inch squares. Reduce the cooking time to 5 minutes on high pressure, and immediately release pressure after timer goes off. Drain any excess water before proceeding with recipe.

If the potato salad is sitting overnight and served the next day, allow for some additional mayo to be added if needed. I wait to place on a serving platter or dish until just before serving in case extra mayo needs to be added. Store potato salad in the refrigerator.

## Instructions

1. For Eggs: Place the eggs in the Instant Pot with the wire rack in the bottom of the pot.
2. Pour 1 cup of water into the Instant pot. Make sure the sealing ring is in place inside of the Instant Pot lid.
3. Secure the lid on the pot and lock into position. Check the sealing valve on top and make sure it is set to the "Sealing" position. Turn to "Manual" or "High Pressure" setting and cook the eggs for 5 minutes.
4. When the timer goes off, release the pressure in the pot carefully using the steam release valve on top of the pot.
5. Remove the eggs using the wire rack and place immediately in a bowl of cold ice water, or place the eggs in a bowl and run cold water over the eggs until cooled a bit. Peel and set aside.
6. For Potatoes: Wash the potatoes while the eggs are cooking, no need to peel or cut. If cooking eggs in the Instant Pot before cooking the potatoes, wash the Instant Pot insert with soap to ensure there is not a cross contamination from the egg shells.
7. Place the washed potatoes in the clean Instant Pot with 1 cup water. Make sure the sealing ring is in place inside of the Instant Pot lid and secure the lid on the pot and lock into position. Check the sealing valve on top and make sure it is set to the "Sealing" position. Set the timer on the Instant Pot to 10 minutes on "Manual" or "High Pressure" setting with 10 minutes natural release time. If using very small potatoes 1-1/2 inches round, such as the potatoes sold in small mesh bags, I cook for 5 minutes with 5 minutes of natural pressure release time. See recipe notes for additional instructions.
8. When potatoes are done, release the pressure carefully, and place potatoes in a large bowl. Discard any water in Instant Pot insert. Use a knife and slice or slash the potatoes in half or fourths depending on size.
9. Pour pickle juice (cold or room temperature) over the hot potatoes. It is important the potatoes are cut and still hot while the juice is poured over. The juice will soak into the potatoes and create a type of dressing when the mayo is added and also add moisture to the potatoes. I start with about 1/2 cup of juice and add about 3/4 cup total as I fold into the hot potatoes. Generously salt the potatoes at this time.
10. Add mayo to the bowl, about 1 1/2 cups, along with eggs cut into chunks, and sliced or chunk dill pickles. The eggs, mayo and pickles may be added to the bowl at one time.
11. Fold all ingredients together and taste to see if more salt is needed. Add additional mayo if needed. See recipe notes for making ahead.
12. This salad is best served warm or at room temperature, but is also good chilled.



# White Cheddar Potato Soup

PREP TIME  
10 min

COOK TIME  
10 min

TOTAL TIME  
20 min

## Ingredients

YIELDS: 10 servings

- 4 large Russet potatoes, scrubbed clean
- 1/2 cup water
- 5 tablespoons butter
- 1/3 cup flour 1/2 cup if you want it thicker
- 1 quart half and half
- 2 tablespoons dried onion
- 32 oz chicken broth or stock
- 1 lb or 4 cups sharp white cheddar cheese, grated I used Tillamook
- 1-2 teaspoons salt or to taste
- teaspoon pepper or to taste

If you don't have dried onion on hand, you can finely chop 1/2 cup of onion and sauté in butter on step 3 of instructions.

You may also use milk in place of half and half, the soup will not be as thick, but still have great flavor.

I use Russet potatoes, but you may also use white or red potatoes. I think Russets are the easiest potatoes to peel after cooking in the Instant Pot.

I used Sharp White Cheddar Cheese (Tillamook brand) but you may use yellow cheddar, medium or sharp. I've also used Pepperjack Cheese in this soup for a little bit of a spicy kick.

## Instructions

1. Place potatoes and water into Instant Pot. Make sure rubber ring is in place inside of lid and the vent is set to the "sealing" position. Using the MANUAL setting, or HIGH PRESSURE setting, cook potatoes for 10 minutes.
2. When the timer goes off, release the pressure using a manual pressure release. Remove potatoes from the Instant Pot. Peel and dice potatoes, and set aside in a bowl. Drain off any remaining water and discard. Rinse out the Instant Pot insert with water, and place back into the Instant Pot.
3. Turn the setting to SAUTE and place butter into the Instant Pot. After the butter melts add flour, salt and pepper. Whisk the ingredients together.
4. Whisk in half and half. Add dried onion and chicken broth. The soup will start to thicken at this point.
5. Add cut up potatoes to the soup base and stir with a large spoon.
6. Stir in sharp cheddar cheese and add salt and pepper to taste.



Serve with toppings: Tortilla chips, avocado, chopped tomato, cheese, sliced olives, sour cream, Greek yogurt.

# Sweet Potato & Black Bean Chili

PREP TIME  
30 min

COOK TIME  
10 min

TOTAL TIME  
40 min

## Ingredients

YIELDS: 6 servings

- 2 large sweet potatoes or about 4-5 cups
  - 2 tablespoons olive oil
  - 2 cups or 1 large onion white or sweet onion, peeled and cut into chunks
  - 1 large Anaheim pepper seeded and chopped
  - 1 Jalapeño pepper chopped (seeded if desired, optional)
  - 2 teaspoons coriander
  - 1 teaspoon cumin
  - 1 tablespoon chili powder
  - 1/2 teaspoon ground black pepper or more to taste
  - 1 clove garlic or 1/2 teaspoon garlic powder
  - 1/2 teaspoon kosher or sea salt
  - 1 cup frozen corn yellow or white
  - 1 cup cold water
  - 2 14-15 oz cans black beans drained and rinsed with cold water
  - 2 tablespoons tomato paste
  - 16-32 oz chicken or vegetable broth
  - salt to taste
  - garnishes: chopped avocado or guacamole, sliced olives, grated cheese, sour cream or Greek yogurt, tortilla chips
- Pour 1 cup of water into the instant pot.

## Instructions

1. Turn the Instant Pot on to SAUTE setting. Check lid to make sure rubber ring is inserted correctly in lid and dial on outside of lid is set to SEALING position. Set aside while IP is heating.
2. Peel and cube sweet potatoes into one inch pieces carefully (they are extremely hard when not cooked and difficult to cut) and set aside in bowl.
3. Pour olive oil carefully to the pot. Add chopped onion, coriander, cumin, chili powder, black pepper, garlic and salt. Saute for about 4-5 minutes until onions are softened. Add corn and saute an additional 2 minutes. Remove ingredients in IP to a bowl and set aside. Do not clean out the Instant Pot insert.
4. Turn off SAUTE´ setting. Add chopped sweet potatoes, about 1/2 teaspoon of salt and 1 cup of cold water. Place lid on top of Instant Pot and set to locked position. Check to make sure lid is in the SEAL position.
5. Set the timer on the IP to 4 minutes MANUAL or HIGH PRESSURE.
6. While sweet potatoes are cooking, drain and rinse the black beans using a colander over the sink.
7. When timer is finished, carefully release the pressure in the Instant Pot. When all pressure is manually released, remove lid and add cooked onion mixture and tomato paste, stir to dissolve. When mixed well, add black bean, 16 oz of chicken broth and chopped Anaheim and Jalapeño if using. Set the Instant Pot to the SAUTE´ setting again and let simmer until all ingredients are hot. Add additional broth to desired consistency.
8. Add salt to taste, serve immediately, or leave in the IP on the KEEP WARM setting until ready to serve.
9. Serve with toppings: Tortilla chips, avocado, chopped tomato, cheese, sliced olives, sour cream or Greek yogurt.



If making ahead, cook potatoes, add all ingredients pour into baking dish. Place in refrigerator covered. When ready to bake, remove from fridge, take off covering. Cook for 30-40 minutes, remove and top with candied pecans just before serving.

# Mashed Sweet Potatoes

PREP TIME  
10 min

COOK TIME  
35 min

TOTAL TIME  
45 min

## Ingredients

YIELDS: 10 servings

- 1 cup water
- 4-5 lbs sweet potatoes or yams washed clean
- 1/2 cup butter
- 3/4 cup half and half or cream
- 1 cup brown sugar, light
- 1 teaspoons vanilla extract
- 2 teaspoons cinnamon
- dash sea or kosher salt

### For candied pecans:

- 1 1/3 cups pecans
- 4 tablespoons butter
- 1/2 cup sugar
- 1 teaspoon sea salt

## Instructions

1. Place 4-5 lbs yams or sweet potatoes cleaned and cut in to 2-3 inch chunks into the Instant Pot.
2. Place the lid on the pot, making sure the seal is in place inside the lid. Turn the lid to the closed position, and make sure the top is set to the SEAL position. Set the timer for 15 minutes on high pressure.
3. Once the timer has gone off, let the pressure naturally release (about 5-10 minutes). Release any remaining steam, remove potatoes carefully. Remove skin.
4. Wash out pan or use another bowl.
5. Add butter, half and half, brown sugar, vanilla, sea salt and cinnamon and mash with a large spoon or mixer.
6. Place in two greased pie plates or one 9x13 pan.
7. Bake at 375 for 30 mins until heated through.
8. Top with chopped candied pecans before serving.
9. Make pecan topping while sweet potatoes are cooking:
10. Sauté pecans in butter, sugar, and salt until caramelized over med-med high heat. Pour onto a greased sheet of foil to cool, then chop on cutting board when cool. Can be made ahead and stored in pantry.



If you like creamy chicken noodle soup, add about 2 tablespoons cornstarch to 1/2 cup of water and mix until smooth. Add to the finished soup while broth is hot. Stir well.

# Chicken Noodle Soup

PREP TIME  
10 min

COOK TIME  
30 min

TOTAL TIME  
40 min

## Ingredients

YIELDS: 8 servings

- 4-5 chicken thighs seasoned with sea salt and pepper
- 2 tablespoons olive oil or butter (no margarine)
- 1 teaspoon dried thyme
- 2 cups carrots chopped
- 1 cup celery chopped
- 2 cups onion chopped
- 2 cups cold water
- 1 clove garlic chopped
- 1 teaspoon sea salt
- 1 teaspoon course ground pepper
- 4 cups chicken broth
- 2 cups water
- 8 oz wide egg noodles

## Instructions

1. Turn Instant Pot to SAUTE setting. When pot is heated up, or after about 4-5 minutes, add 2 tablespoons olive oil or butter to pot. Season the chicken generously with salt and pepper on both sides.
2. Carefully place chicken thighs in the pre-heated Instant Pot. Cook for 3 minutes and then carefully turn the chicken over. Cook for an additional 3 minutes and sprinkle with dried thyme.
3. Remove chicken from the Instant Pot and add chopped carrots, celery and onion to the pot (there will be residual oil and seasonings in the bottom of the pot. Do not wash or wipe out. Sauté the vegetables for 2 minutes (just long enough to coat with drippings and begin to brown a bit).
4. Add 2 cups cold water, chopped garlic, 1 teaspoon salt, 1 teaspoon pepper and browned chicken back into the Instant Pot. Set Instant Pot to the MANUAL or PRESSURE COOK or HIGH PRESSURE setting, placing timer to 6 minutes. Make sure the plastic seal is in place inside of the lid before placing lid on the Instant Pot and the valve on top of the lid is set to the SEALING position.
5. After the timer goes off, carefully release the steam from the Instant Pot using the VENTING position on the lid. Remove the chicken from the Instant Pot and set on plate or cutting board.
6. Add 4 cups chicken broth plus 2 additional cups of water to the Instant Pot. Change the setting to the SAUTE´ setting and bring the contents of the pot to a boil. Add 8 oz pasta to the pot and cook according to package directions.
7. While the pasta is cooking, shred or chop the chicken and discard any bones and skin remaining. After pasta is cooked, add chopped chicken and two packages homestyle chicken stock\* (or chicken bullion or other chicken flavoring) to the soup to taste. Season to taste with salt and pepper. Top with fresh or dried parsley.



# Macaroni and Cheese

PREP TIME  
5 min

COOK TIME  
3 min

TOTAL TIME  
8 min

## Ingredients

YIELDS: 6 servings

- 4 cups water
- 3 1/2 cups macaroni (a little less than 1 lb\*)
- 2 teaspoons sea or Kosher salt
- 4 tablespoons butter (I use unsalted) cut into tablespoons
- 1/2 teaspoon dry mustard
- 1/4 teaspoon paprika
- dash cayenne (optional)
- 4 cups sharp cheddar cheese, grated or 1 lb
- 1 12 oz can evaporated milk
- 1/4 cup water, milk or half and half as needed
- salt and pepper to taste

Make sure to release pressure manually after the timer goes off. If the pasta is allowed to sit for a long period of time it will overcook. After 3 minutes, I have found the pasta is cooked to perfection. This may vary depending on altitude.

## Instructions

1. Combine 4 cups cold water, macaroni and 2 teaspoon salt in the Instant Pot.
2. Set Instant Pot to the MANUAL or PRESSURE COOK or HIGH PRESSURE setting, placing timer to 3 minutes. Make sure the plastic seal is in place inside of the lid before placing lid on the Instant Pot and the valve on top of the lid is set to the SEALING position. While pasta is cooking, grate cheese and set aside.
3. After the timer goes off, carefully release the steam from the Instant Pot using the VENTING position on the lid. This is also referred to as “quick” or “manual pressure release”. There will most likely be some water left in the Instant Pot, but that will mix into the sauce.
4. Add the butter to the hot pasta inside of the pot and stir. Add dry mustard, paprika and cayenne. Stir until combined.
5. Turn the Instant Pot to the SAUTE´ setting and add evaporated milk and cheddar and stir until smooth. Immediately turn pot off after adding milk and cheese so it won’t burn or overcook.
6. Add additional 1/4 cup of water, or milk, or half and half to the mac and cheese if it is too thick and fold in. Serve immediately.

# Chicken Tostadas



PREP TIME  
15 min

COOK TIME  
25 min

TOTAL TIME  
40 min

## Ingredients

YIELDS: 8 SERVINGS

- 4-5 chicken breast halves skinless, boneless
- salt pepper
- 1 cup green chile salsa any brand
- 2 fresh limes
- 1 tablespoon honey
- 2 tablespoons olive oil
- 1 clove garlic minced
- 2 16 oz cans pinto beans
- 1/2 teaspoon chili powder
- 1/2 teaspoon coriander
- 1 teaspoon cumin
- salt and pepper 1/2 teaspoon each or to taste
- 1 lb grated cheese Monterey Jack or Colby Jack
- 4 Roma tomatoes chopped
- 1 bunch cilantro rough chopped
- 1 red or other onion chopped
- lettuce 1/2 head, chopped
- 2-3 ripe avocados
- garlic salt
- 2-3 limes cut into quarters for buffet
- sour cream
- 1-2 packages "Street Tacos" 4.5 inch 24 per package

When ready to assemble, let each person make their own tostadas by spreading with beans, meat, and any other desired toppings.

## Instructions

1. If using an Instant Pot, Place the frozen or thawed chicken breasts into the IP. Season generously with salt and pepper.
2. Pour 1 cup of green chile salsa over the chicken. Place the lid on the pot, lock into place and set time for 12 minutes. When the timer goes off and the chicken is finished cooking, allow the pressure to release naturally for about 10-15 minutes, then remove lid.
3. When the pressure has released, remove the lid and shred the chicken with two forks. Squeeze the juice of two fresh limes over the chicken and add about 1-2 tablespoons of honey to the chicken. Fold chicken gently with the liquid (including lime and honey) in the pot.
4. Set aside and keep the chicken mixture warm until ready to serve. See recipe notes alternative cooking instructions for chicken.
5. While chicken is cooking, make the refried beans. Place two tablespoons of olive oil into a saucepan over medium low heat. Add the garlic and cook for about 1 minute, be careful to not burn garlic.
6. Add two cans of pinto beans, undrained, to the garlic mixture. Add chili powder, coriander, cumin salt and pepper to the beans. Mix well. Cook for about 10 minutes on medium heat.
7. Using a potato masher, smash the beans until fairly smooth while cooking. As the beans cook, they will thicken and will continue to thicken as they cool. Remove beans from heat, place in a bowl or keep warm until ready to serve.
8. Prepare the remaining ingredients by chopping and placing in bowls. To make the guac, peel and smash the avocados and place in a bowl. Squeeze the juice of one lime over the avocados, add a bit of garlic salt and mash until desired consistency. Place in bowl.
9. When ready to serve, arrange on a counter or table, turn on griddle and heat to 350 degrees.
10. Heat griddle and spray with cooking oil. Cook tortillas on each side for about 1-2 minutes. If you like your tortillas crispy, fry the tortillas in a little canola oil in a frying pan until golden, flip and cook on opposite side and drain on paper towels after removing from oil.



# Red, White, and Blue Potato Salad

PREP TIME  
20 min

COOK TIME  
15 min

TOTAL TIME  
35 min

## Ingredients

YIELDS: 18 servings

- 1 each- 1 lb 8 oz package of Red, White, and Purple Petite Potatoes (4.5 lbs total)
- 1 cup water
- additional olive oil for drizzling on top of potatoes

### Sweet Onion Dressing:

- 1/2 cup chopped sweet onion, such as Vidalia or Walla Walla
- 1 tablespoons granulated sugar or honey
- 1 tablespoon white or cider vinegar
- 1/2 teaspoon yellow or dijon mustard (optional)
- 1/2 cup olive oil
- salt and pepper to taste

This recipe is easily adapted to a smaller amount. You may use only red and purple potatoes, or half the ingredients and use only 1/2 of each 1.5 lb bag. The leftover cooked potatoes (undressed) also make a perfect hash for breakfast! You may place the potatoes in two separate pans on stove to make sure there is not a mixing of colors in water from the purple potatoes. I tried this and noticed a small amount of darker water from the purple potatoes. I found the potatoes for this recipe at Smith's (Kroger) grocery.

## Instructions

1. Clean potatoes by rinsing and scrubbing with water in sink.
2. Stove top method: Place the potatoes into a large pan on top of stove and fill pan with water just above the potatoes. Top with lid and bring to a boil for about 6-10 minutes or until potatoes are fork tender. Drain and rinse with cold water.
3. Instant Pot Method: Place the potatoes on a rack inside of the Instant Pot with blue on bottom, red, and then white on top. Pour one cup of water into the Instant Pot and set the timer to 4 minutes on the MANUAL or HIGH PRESSURE setting. Close the lid, making sure the sealing ring is in place inside of the lid and secure into the SEAL position. Cook until timer goes off then allow to rest for 5 minutes before carefully releasing pressure.
4. When potatoes are done, let sit for a few minutes to cool off and easy to handle. While warm, slice in half onto a serving platter or large bowl. Sprinkle generously with sea salt or kosher salt. Slice the white potatoes first, then red, and purple last. The purple potatoes give off a little color onto the paring knife.
5. Drizzle the potatoes generously with olive oil. If using immediately or within an hour, drizzle with Sweet Onion Dressing and sprinkle with fresh chopped parsley. If using later in the day or the next day, cover and refrigerate the potatoes on platter.
6. Sweet Onion Dressing: Combine the chopped sweet onions, sugar or honey, vinegar, mustard (if using), and olive oil into a jar or blender. Using an immersion blender, pulse until ingredients are incorporated and smooth. Or place all ingredients into a blender, pulse until onions are broken up and then blend on low until smooth. Add salt and pepper to taste. Store in refrigerator. Let come to room temperature before using.



A 6-quart Instant Pot usually fits about 3-4 medium sized artichokes.

# Artichokes in the Instant Pot

PREP TIME  
5 min

COOK TIME  
15 min

TOTAL TIME  
20 min

## Ingredients

YIELDS: 4 servings

- 3-4 10-12 oz artichokes, rinsed in cold water
- 1 1/2 cup water
- 2 lemons for rubbing on leaves and making sauce

### For Butter and Lemon Sauce:

- 3 tablespoon mayonnaise or plain unsweetened Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon dijon mustard
- pinch of sugar
- pinch of garlic powder
- pinch of salt

## Instructions

### Preparing the Artichokes

1. Remove the stem from each artichoke and slice off the top, you can use kitchen scissors to cut off the tip on each leaf.

### Cooking the Artichokes

1. Rub the leaves with lemon.
2. Place water and lemon remnants in Instant Pot, along with the steamer basket.
3. Place the trimmed artichokes, stem side down on the steamer basket.
4. Seal the lid and make sure the release valve is in the “sealing” position. Cook on Manual High Pressure for 15 minutes. Depending on the size of the artichoke this may take up to 30 minutes.
5. Let the Instant Pot naturally release for 10 minutes after it has finished cooking. Carefully release any remaining pressure, and remove lid.
6. Serve immediately with lemon and butter sauce or your favorite veggie dip!

### Lemon and Butter Sauce

1. Blend all ingredients together while artichokes are cooking.