

DELICIOUS, SEAMLESS

# INSTANT POT

RECIPES



**BANGING RECIPES  
THAT COOK FASTER  
THAN YOU DO THINK**

**APRIL  
BLOMGREN**



# Delicious, Seamless Instant Pot Recipes

Banging Recipes That Cook Faster Than You Do Think

BY

April Blomgren



**Homemade Recipes**

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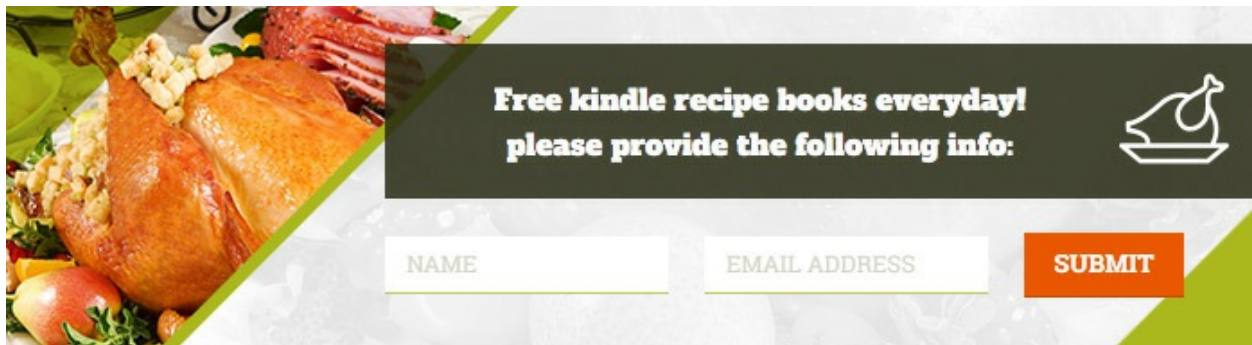
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# Introduction



It is always a delight when the food-tech world blesses us with appliances that perform culinary magic.

Over the years, we've gone from clay ovens to stovetops with ovens, charcoal grills to electric and grills, and now we have the Instant Pot (IP). It combines all of these cooking utensils and more into one, yet cooks food faster and better. How awesome is modern life?

The Instant Pot is a one-pot appliance designed with quick-cooking technology to create the most tender and tastiest foods than a regular stovetop or oven will do. It is most loved for its cooking time, which cooks food at least twenty minutes faster than a stovetop would.

For a busy entrepreneur, dedicating time to daily cooking is almost impossible. However, when this need is a requirement for the family, owning an Instant Pot is a must – which brings me to ask if you got yours already. If you haven't, don't wait any further as this is the real deal for modern cooking.

I purchased my device two months after its release to the market, and regularly, I am blessed with foods that cook so well with very little supervision and in the most seamless way. This excitement births this cookbook, which is a compilation of my family and I's best-made foods while using the Instant Pot.

From breakfast to dessert, there is always something that can be made with the appliance. It caters for large servings, roughly a family of six's make while locking in flavors and steam to cook foods perfectly.

Apart from the convenience that I derive from cooking with the Instant Pot, it saves kitchen space and power. Cleaning is also easy with the device while it allows you to use friendly accessories for the different cooking processes.

The Instant Pot operates in different ways, which allows you to Sauté, Pressure Cook, Bake, Steam, Sear, Slow-Cook, Sterilize, Warm, and Make Yogurt, Rice, Porridge, and Cake. Now, with new developments, the Instant Pot has an Ultra Function option for combining both pressure and non-pressure cooking, which gives you more control over customization for pressure cooking. Also, the new Instant Pot Air Fryer Lid makes the best air-fried foods using the same pot. In short, you would only need an Instant Pot for cooking anything that you desire.

If this offering isn't wow-some enough, what else would you be desiring?

Let's get on to cook already! The recipes are mouth-watering, and you'll enjoy the process of making them.

Do share your testimonies, your food with others, and let's keep cooking for many days to come.

Cheers!



# Blueberry-Peanut Butter Oatmeal



A tummy-filling combo for the morning, which smells so good.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 13 mins

**Ingredients:**

- 2 cups whole milk
- 1 cup old-fashioned rolled oats
- 3 tbsp peanut butter
- 2 tbsp mixed berry jam
- ¼ cup fresh berries to serve
- 2 tbsp chopped roasted peanuts

**Instructions:**

1. Combine milk and oats into inner pot; stir in peanut butter and jam until

well mixed.

2. Close lid and cover vent; select Manual on High Pressure and set time to 3 minutes.
3. After, perform natural pressure release for 10 minutes, then quick pressure release to let out extra steam.
4. Open lid, stir, and dish oatmeal into serving bowls.
5. Top with some berries, peanuts, and serve.

# Scallion & Corn Oatmeal



Grab some of that oatmeal in the pantry and make this savory dish for brunch or lunch.

**Serving:** 4

**Prep Time:** 15 mins

**Cook Time:** 13 mins

**Ingredients:**

- 2 cups chicken broth
- 2 tbsp soy sauce
- 1 tsp hot sauce
- 1 cup fresh corn kernels
- 4 scallions, sliced and divided
- 1 cup old fashioned rolled oats

- Salt and black pepper to taste
- ½ tsp black sesame seeds for garnishing

**Instructions:**

1. Add chicken broth, soy sauce, hot sauce, corn, half of scallions, and oats to inner pot.
2. Close lid and cover vent; select Manual on High Pressure and set time to 3 minutes.
3. After, perform natural pressure release for 10 minutes, then quick pressure release to let out extra steam.
4. Open lid, season with salt and black pepper, stir and dish oatmeal.
5. Garnish with remaining scallions and sesame seeds.
6. Serve warm with sunny side eggs.



# Smoky Shrimp Quinoa



Such a fast turn-around when hunger sets in an instant. It is very delicious too for the speed.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 11 mins

**Ingredients:**

- 2 tbsp butter
- 1 medium red bell pepper, deseeded, then chopped
- 1 medium white onion, finely diced
- 4 garlic cloves, minced
- 2 tsp smoked paprika
- 1 ½ cups quinoa
- 3 cups chicken broth
- 2 cups broccoli florets

- Salt and black pepper to taste
- 1 lb. jumbo shrimp, peeled and deveined
- 1 lemon, zested and juiced
- 3 scallions, chopped

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Melt butter in inner pot and cook bell pepper and onion until softened, 4 minutes. Mix in garlic, paprika, and cook until fragrant, 1 minute.
3. Add quinoa, chicken broth, salt, and black pepper.
4. Close lid and cover vent; select Manual on High Pressure and set time to 1 minute.
5. After, perform a quick pressure release to let out steam completely and open lid.
6. Mix in shrimp, broccoli florets, lemon zest, lemon juice, and continue cooking (opened) in Sauté mode until shrimp is pink and broccoli tender, 5 minutes.
7. Adjust taste with salt, black pepper, and dish food.
8. Garnish with scallions and serve warm.

# Herbed Chicken Rice



A classic everyone loves for lunch but not the lengthy cooking process at times. This method is easier and faster for a tastier and quicker make.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 25 mins

**Ingredients:**

- 1 tbsp olive oil
- 4 chicken breasts, skinless and boneless
- Salt and black pepper to taste
- 1 tbsp butter
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 2 leeks, chopped
- 1 ½ cups basmati rice, rinsed

- ½ cup white wine
- 1 cup chicken broth
- 1 tbsp freshly chopped scallions
- 2 tbsp freshly chopped parsley
- 2 tbsp freshly chopped dill
- 1 lemon, 1 tbsp zest and juiced
- 1 lemon, cut into wedges

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Heat olive oil in inner pot, season chicken on both sides with salt and black pepper, and sear on both sides in oil until golden, 5 minutes. Plate chicken and set aside.
3. Add butter to inner pot and cook onion, leeks, and garlic until softened, 4 minutes.
4. Mix in rice, cook for 1 minute and stir in chicken, white wine, chicken broth, and season with salt and black pepper.
5. Close lid and cover vent; select Rice mode and cook until timer goes off, 5 minutes.
6. Allow sitting (covered) for 10 minutes and then perform quick pressure release to let out remaining steam.
7. Open lid, fluff rice, and mix in scallions, parsley, dill, lemon zest, and lemon juice.
8. Dish food and garnish with lemon wedges. Serve warm.



# Mutton and Rice



A mouthful of flavors with tender mutton pieces. I love the overpowering aroma of mutton, which gives a simple rice dish a facelift.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 21 mins

**Ingredients:**

- 1 tbsp butter
- ¼ cup blended onion
- 2 tsp fresh ginger paste
- 2 tsp fresh garlic paste
- 1 lb. ground mutton
- Salt and black pepper to taste
- ¼ cup chopped tomatoes

- 1 cup basmati rice, rinsed
- ¼ cup green peas
- ¼ cup whole milk
- 1 cup water
- 1 tbsp freshly chopped cilantro, for garnishing

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Melt butter in inner pot and stir-fry onion, ginger, and garlic paste, 2 minutes. Stir in mutton, season with salt and black pepper, and cook until no longer pink, 6 minutes.
3. Add tomatoes, rice, green peas, and cook until tomatoes become tender, 3 minutes.
4. Stir in milk, water, and adjust taste with salt and black pepper.
5. Close lid and cover vent; select Rice mode and cook until timer reads to the end, 5 minutes.
6. After cooking, perform natural pressure release for 10 minutes, then quick pressure release to let out extra steam.
7. Open lid, fluff rice, and dish food.
8. Garnish with cilantro and serve warm.

# Red Dhal with Spinach



A faster way to make dhal! I love that all the flavor is locked in the pot during cooking, so when ready, the food smells so good.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 27 mins

**Ingredients:**

- 1 tbsp ghee
- 1 tbsp cumin seeds
- ½ tsp cayenne powder
- 1 tsp mustard seeds
- 1 tbsp turmeric powder
- 1 onion, thinly sliced
- 1 tbsp freshly grated ginger
- 3 garlic cloves, minced
- 1 ½ cups dried red lentils, washed, drained

- 2 cups chopped tomatoes
- 1 cup vegetable broth
- 1 tsp sugar
- 2 cups chopped spinach
- 2 tbsp chopped cilantro

**Instructions:**

1. Select Sauté mode and Medium heat.
2. Melt ghee in inner pot and stir-fry cumin seeds, cayenne powder, mustard seeds, and turmeric powder. Cook for 1 minute or until fragrant.
3. Stir in onion, ginger, garlic, and cook for 2 minutes. Mix in tomatoes, lentils, and sugar.
4. Close lid and cover vent; select Manual on High Pressure and set time for 10 minutes.
5. After, perform natural pressure release for 10 minutes, then quick pressure release to let out extra steam.
6. Open lid, stir in spinach, half of cilantro, and adjust taste with salt and black pepper.
7. Select Sauté mode and cook until spinach wilts, 3 to 4 minutes.
8. Dish dhal and serve warm with bread.



# Spanish Omelet



Contemplating how to make omelet with the Instant Pot, here is a fantastic one for you -it tastes better than a skillet.

**Serving:** 4

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Ingredients:**

- 1 tbsp butter, melted
- 4 oz frozen hash browns, defrosted
- 6 large eggs
- Salt and black pepper to taste
- 1 tsp tomato paste
- ¼ cup milk
- ¼ cup diced yellow onion
- 1 garlic clove, minced
- 4 oz grated cheddar cheese

- 1 ½ cups water

**Instructions:**

1. Grease a large ramekin with butter and divide and spread hash browns at the bottom.
2. Whisk egg with salt and black pepper until frothy. In another bowl, smoothly combine tomato paste and milk. Combine both mixtures with onion and garlic and pour mix over hash browns.
3. Add water to inner pot, fit in a trivet, and place ramekin on top (uncovered).
4. Close lid and cover vent; select Manual on High Pressure and set time to 15 to 20 minutes.
5. After, perform natural pressure release for 10 minutes, and then quick pressure release to let out extra steam.
6. Open lid and remove ramekin. Top with cheddar cheese and place ramekin on top part of IP's lid to melt the cheese.
7. Once melted, slice, and serve omelet.

# Gruyere Egg Scramble



Make scrambled eggs better with a splash of Gruyere cheese. It turns out fantastic!

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 20 mins

**Ingredients:**

- 1 tbsp butter
- 1 large yellow onion, sliced
- 1 tsp Worcestershire sauce
- ½ tsp freshly chopped rosemary
- 4 large eggs
- 3 tbsp milk
- ¼ cup shredded Gruyere cheese + extra for garnishing
- Salt and black pepper to taste

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Melt butter in inner pot and cook onion until caramelized and brown, 15 to 20 minutes. Mix in Worcestershire sauce and rosemary.
3. Whisk eggs and milk, pour into inner pot and scramble immediately until eggs solidify.
4. Mix in Gruyere cheese until melted and season with salt and black pepper.
5. Dish eggs, garnish with more cheese and serve warm.

# Adobo Drumsticks



Hailing from the Central American camp is a dish that you'll love with steamed potatoes and vegetables. The flavor is right, and the chicken very tender.

**Serving:** 4

**Prep Time:** 10 mins + 1 hour marinating

**Cook Time:** 21 mins

**Ingredients:**

- 1 lb. chicken drumstick
- ½ cup plain vinegar
- ½ cup soy sauce
- 1 bay leaf
- 2 tbsp olive oil



- 8 garlic cloves, peeled
- ½ tsp Mexican oregano
- 10 Ancho dried chilies, seeds removed
- 5 Guajillo dried chilies, seeds removed
- ½ tsp cumin powder
- A pinch clove powders
- Salt and black pepper to taste
- ¼ cup apple cider vinegar
- ½ cup water
- 2 tbsp freshly chopped cilantro to garnish

**Instructions:**

1. In a medium bowl, combine chicken, plain vinegar, soy sauce, and bay leaf. Cover with a plastic wrap and marinate in the fridge for 1 hour.
2. Set IP in Sauté mode and Medium heat.
3. Heat oil in inner pot, remove chicken from marinade and sear in oil until golden brown, 6 minutes. Transfer to a paper towel-lined plate. Then, set aside.
4. Meanwhile, blend garlic, oregano, chilies, cumin powder, and clove powder until smooth.
5. Add mix to inner pot and cook until fragrant, 1 minutes. Season with salt, black pepper, apple cider vinegar, and water. Return chicken to pot.
6. Close lid and cover vent; select Manual on High Pressure and set time to 4 minutes.
7. After cooking, perform natural pressure release for 10 minutes and then quick pressure release to let out extra steam.
8. Open lid, stir and adjust taste with salt and black pepper.
9. Dish chicken, garnish with cilantro, and serve warm.

# Sweet Mustard Chicken



How pretty this looks! The sweetness and tanginess from the chicken set off the right tone for summer lunch. Pair this with some steamed greens, which can be done in the Instant Pot too.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 17 mins

**Ingredients:**

- 2 tbsp olive oil
- 4 chicken thighs, bone-in
- Salt and black pepper to taste
- 3 tbsp Dijon mustard
- ½ cup chicken broth

- 1 tbsp tamarind sauce
- 1 tbsp honey
- 3 garlic cloves, minced
- 1 tbsp freshly chopped parsley

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Heat olive oil in inner pot, season chicken with salt, black pepper, and sear in oil approximately 5 minutes until golden brown on both sides.
3. Meanwhile, mix mustard, chicken broth, tamarind sauce, honey, garlic, and pour into pot.
4. Close lid and cover vent; select Manual on High Pressure and set time to 2 minutes.
5. Next, after cooking, perform a natural pressure release for 10 minutes and then a quick pressure release to let out remaining steam.
6. Open lid, stir in parsley and adjust taste with salt and black pepper.
7. Dish chicken with sauce and serve warm with steamed broccoli.

# Broccoli Bourbon Chicken



Taking inspiration from Mongolian chicken, I replaced soy sauce with bourbon for more American flavors. It is a hit for dinner!

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 7 mins

**Ingredients:**

- 1 lb. chicken breast, cubed
- 2 cups broccoli florets
- ½ cup bourbon
- ½ cup teriyaki sauce
- 2 tbsp honey
- 1 Dijon mustard

- 1 tsp garlic powder
- 2 tsp onion powder
- 1/8 tsp ginger powder
- ½ cup brown sugar
- 1 tbsp cornstarch
- 1 tbsp water

**Instructions:**

1. Pour chicken and broccoli into inner pot.
2. In a medium bowl, mix remaining ingredients up to cornstarch and stir into chicken mix.
3. Close lid and cover vent; select Manual on High Pressure and set time to 6 minutes.
4. Next, perform a quick pressure release to let out all steam and open lid.
5. Set IP in Sauté mode, combine cornstarch and water, and pour over chicken. Stir and allow thickening for 1 minute.
6. Serve chicken with sauce over rice and enjoy warm.



# Sticky Beef with Snap Peas



For those wondering what Mongolian chicken tastes like, this beef version with snap peas is the perfect one.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 11 mins

**Ingredients:**

- ¼ cup soy sauce
- 2 tbsp sesame oil
- 1 tsp balsamic vinegar
- ½ cup chicken stock
- 2 tbsp maple syrup
- ½ tsp hot sauce
- ½ cup + 2 tsp cornstarch, divided
- 1 lb. beef sirloin, sliced against the grain

- 2 cups snow peas
- 3 garlic cloves, minced
- 1 tbsp toasted sesame seeds for garnish

**Instructions:**

1. Combine soy sauce, 1 tablespoon of sesame oil, balsamic vinegar, chicken stock, maple syrup, hot sauce, and 2 tablespoons of cornstarch. Set aside.
2. Pour remaining cornstarch on a plate. Season beef with salt, black pepper and toss lightly in cornstarch.
3. Set IP in Sauté mode and Medium heat.
4. Heat remaining sesame oil in inner pot and fry beef in batches until brown and crispy, 5 minutes. Put meat on a plate, then set aside.
5. Discard fat, wipe inner pot clean with a paper towel, and pour in soy sauce mixture. Return meat to sauce; add snap peas and garlic.
6. Close lid and cover vent; select Manual on High Pressure and set time to 3 minutes.
7. After, perform natural pressure release for 10 minutes and then quick pressure release to let out remaining steam.
8. Open lid, stir and adjust taste with salt and black pepper.
9. Dish food, garnish with sesame seeds and serve warm with rice.

# Beef Chili



We are exploring the Instant Pot to the maximum with this mouth-watering beef chili. Everything from tenderness to taste and aroma is 100% checked!

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 35 mins

## **Ingredients:**

- 1 lb. ground beef
- Salt and black pepper to taste
- 1 white onion, chopped
- 1 red bell pepper, chopped
- 2 garlic cloves, minced
- 2 cups canned black beans, drained, then rinsed
- 1 ½ cups chopped tomatoes
- 2 cups chicken broth
- 1 tsp cumin powder
- 2 tbsp chili powder

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Cook beef in inner pot until brown with frequent stirring, 10 minutes. Season with salt and black pepper.
3. Add onion, bell pepper, garlic, and cook until vegetables soften, 5 minutes.
4. Stir in remaining ingredients.
5. Close lid and cover vent; select Manual on High Pressure and set time to 10 minutes.
6. After cooking, perform natural pressure release for 10 minutes, then quick pressure release to let out remaining steam.
7. Open lid, stir and adjust taste with salt and black pepper.
8. Dish chili and serve warm with rice or bread.

# Pineapple Pork Bowls



Girl! This dish is a mouthful of uniqueness -what better way to combine pineapple with meat and still have a perfect summer lunch dish.

**Serving:** 4

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Ingredients:**

- 1 can (20 oz) pineapple chunks in juice
- 1 tbsp cornstarch
- 2 tbsp water
- 3 tbsp honey
- 2 tbsp soy sauce
- 2 tbsp brown sugar
- 1 tbsp freshly grated ginger
- 3 garlic cloves, minced
- 2 tbsp olive oil, separated



- 2 lb. pork stew meat, boneless and cubed
- Salt and black pepper to taste
- 1 onion, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 1 tsp dried oregano
- 2 tbsp freshly chopped parsley

**Instructions:**

1. Mix cornstarch, water, honey, soy sauce, brown sugar, ginger, and garlic. Set aside.
2. Set IP in Sauté mode and Medium heat.
3. Heat olive oil in inner pot, season pork with salt, black pepper, and sear in oil until golden brown on all sides, 5 minutes.
4. Add onion, bell peppers, oregano, and cook until softened, 5 minutes. Mix in pineapple chunks with juice.
5. Close lid and cover vent; select Manual on High Pressure and set time to 10 minutes.
6. After, perform a natural pressure release for 10 minutes, then a quick pressure release until all the steam is out and open lid.
7. Stir food; adjust taste with salt and black pepper, and dish food.
8. Garnish with parsley and serve warm with rice.

# BBQ Baby Back Ribs



Are you looking for that “meat falling off the bone” effect for your ribs, pressure-cooking is the best way to get that? Now, the sauce with this dish rocks!

**Serving:** 4

**Prep Time:** 10 mins

**Ingredients:**

- ½ tsp garlic powder
- ¼ tsp onion powder
- 2 tbsp brown sugar
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp smoked paprika

- 1 rack baby back ribs
- 1 cup chicken broth
- ½ cup BBQ sauce + more for serving
- 2 tsp hickory liquid smoke

**Instructions:**

1. Mix onion powder, garlic powder, brown sugar, salt, black pepper, and paprika.
2. Generously season ribs with spice mix and place in inner pot.
3. Add chicken broth, BBQ sauce, and liquid smoke.
4. Close lid and cover vent; select Manual on High Pressure and set time to 35 minutes.
5. After, perform natural pressure release for 10 minutes, then a quick pressure release until remaining steam is out, and open lid.
6. Using tongs, remove ribs onto serving plates, brush with BBQ sauce and serve warm.

# Lamb Rogan Josh



An Indian dish that we love all season. I love how pressure-cooking tenderizes the meat so that it is an easy bite in with some potatoes or rice.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 27 mins

**Ingredients:**

- 2 tbsp ghee
- 1 large onion, chopped
- 2 pounds boneless lamb shoulder, cubed
- 10 garlic cloves, minced

- 2 tsp minced ginger
- 1 bay leaf
- 4 tsp chili powder
- 3 tsp coriander powder
- Salt to taste and black pepper to taste
- 1 tsp garam masala
- 1 tsp turmeric
- ¼ tsp cumin powder
- ⅛ tsp ground cloves
- ½ tsp cinnamon powder
- ½ tsp cardamom powder
- 1 (15 oz) can tomato sauce
- 8 tbsp plain yogurt
- 3 tbsp freshly chopped cilantro

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Melt ghee in inner pot and cook onion and lamb until lamb is no longer pink on the outside, 6 to 7 minutes.
3. Stir in the remaining ingredients up to tomato sauce and cook until fragrant, 3 minutes.
4. Mix in tomato sauce, cook for 2 to 3 minutes, and stir in yogurt one tablespoon at a time until well combined.
5. Close lid and cover vent; select Manual on High Pressure and set time to 20 minutes.
6. After cooking, perform natural pressure release for 10 minutes, and then a quick pressure release to let out extra steam.
7. Open lid and set IP in Sauté mode. Cook further for 3 to 4 minutes until sauce thickens.
8. Dish food, garnish with cilantro and serve warm with steamed potatoes.



# Lamb Tagine



Making stews with meat when using the Instant Pot is one of my favorite things to do because it locks in that entire flavor and tenderizes the meat pieces so well.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 34 mins

**Ingredients:**

- 2 tbsp ghee
- 1 ½ lb. lamb stew meat, cubed
- 1 large red onion, chopped
- 4 large carrots, peeled and chopped
- 6 cloves garlic, minced
- 1 lemon, zested and juiced
- 2 bay leaves
- Salt and black pepper to taste

- 2 tsp cumin powder
- 2 tsp coriander powder
- 2 tsp ginger powder
- ½ tsp turmeric
- ¼ tsp cinnamon powder
- ¼ tsp clove powder
- ¼ tsp red chili flakes
- 2 cups vegetable stock
- 2 cups green olives, pitted
- 3 tbsp freshly chopped parsley

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Melt ghee in inner pot and cook lamb until brown on the outside, 6 to 7 minutes.
3. Stir in onion, carrots, garlic, and cook until vegetables soften, 5 minutes.
4. Add remaining ingredients up to vegetable stock and cook until fragrant, 1 to 2 minutes. Mix in vegetable stock.
5. Close lid and cover vent; select Manual on High Pressure and set time to 20 minutes.
6. After, perform natural pressure release for 10 minutes, and then a quick pressure release to let out extra steam.
7. Open lid, stir and adjust taste with salt. Discard bay leaves.
8. Stir in parsley and olives.
9. Dish food and serve warm with bread or rice.

# Bone Broth



Now, you can make your bone broth and make it healthy to the best. Slow-cooking extracts all the nutrients from the ingredients, which makes the broth tastier than store-bought ones.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 120 mins

**Ingredients:**

- 2 lb. beef bones
- 1 large yellow onion, roughly chopped
- 2 celery stalks, roughly chopped
- 2 large carrots, peeled and roughly chopped
- 4 cloves garlic, smashed
- 6 sprigs fresh thyme
- 6 sprigs fresh rosemary
- 1 tbsp whole black peppercorns
- 2 tbsp white vinegar

- 4 cups water

**Instruction:**

1. Add all ingredients to inner pot and mix well.
2. Close lid and cover vent; select Soup mode on Low and set time to 120 minutes.
3. Next, after cooking, perform a natural pressure release for 30 minutes, then a quick pressure release to let out remaining steam, and open lid.
4. Strain stock through a fine mesh into a clean bowl.
5. Discard solids and pour liquid into preservation jars. Cover, allow cooling and discard fat layer.
6. Lastly, refrigerate and use for up to 3 months.

# Chili Marinara Sauce



Another option for your pasta and pizza that you can make yourself and be safe from unhealthy ingredients.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 25 mins

**Ingredients:**

- 4 tbsp olive oil
- 1 small white onion, chopped
- 5 garlic cloves, minced
- 10 cups fresh tomatoes, crushed
- 4 tbsp tomato paste
- ½ cup red wine

- ½ cup water
- Salt and black pepper to taste
- 2 tsp dried basil
- 2 tsp dried oregano
- 2 tbsp dried parsley
- 2 tbsp Italian seasoning
- 1 tsp granulated sugar
- 1 tsp red chili powder

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Heat olive oil in inner pot and cook onion until softened, 3 minutes. Stir in garlic, then cook until fragrant, 30 seconds.
3. Mix in remaining ingredients.
4. Close lid and cover vent; select Manual on High Pressure and set time to 25 minutes.
5. Next, after cooking, perform a natural pressure release for 10 minutes, then a quick pressure release to let out remaining steam and open lid.
6. Stir sauce, turn IP off and allow cooling.
7. Spoon sauce into preservation jars, cover, and refrigerate.
8. Use for up to 14 days.



# Mexican Sweetcorn Soup



I love to sip and chew at the same time. The sweetness of the corn gives the soup that difference. Its thickness is also very tummy-filling.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 21 mins

**Ingredients:**

- 3 tbsp olive oil
- 1 garlic clove, minced
- 2 cups sweet corn kernels
- 1 medium red bell pepper, deseeded, then cut into chunks
- 1 small potato, peeled and chopped
- Salt and black pepper to taste
- 1 tsp Mexican spice mix
- 4 cups vegetable broth
- ¼ tsp dried thyme
- 1 cup heavy cream
- 2 tbsp freshly chopped cilantro

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Heat olive oil in inner pot and sauté garlic until fragrant, 30 seconds.
3. Stir in remaining ingredients up to heavy cream.
4. Close lid and cover vent; select Manual on High Pressure and set time to 10 minutes.
5. After, perform a natural pressure release for 10 minutes, and then quick pressure release to let out remaining steam.
6. Open lid. Then, using an immersion blender, puree ingredients until smooth. Adjust taste with salt, black pepper, and stir in heavy cream.
7. Dish soup into serving bowls, garnish with cilantro and serve warm.

# Creamy Cheese Fettuccine



You don't need to cook the pasta in a different pot and assemble the dish in the Instant Pot. See how I make everything with the Instant Pot below.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 8 mins

**Ingredients:**

- 16 oz dried fettuccine
- Salt and black pepper to taste
- 2 tbsp butter
- 1 cup heavy cream
- 1 cup grated Parmesan cheese and extra for serving
- A pinch of nutmeg powder
- 1 tbsp freshly chopped parsley

**Instructions:**

1. Add fettuccine, 4 cups of water, and salt to inner pot.
2. Close lid and cover vent; select Manual on High Pressure and set time to 4 minutes.
3. Next, after cooking, perform a quick pressure release to let out steam, and open lid.
4. Drain pasta through a colander. Set aside.
5. Wipe inner pot clean with paper towel and set IP in Sauté mode.
6. Melt butter in inner pot and mix in remaining ingredients until cheese melts, 3 minutes.
7. Toss fettuccine in sauce until well coated and dish food.
8. Garnish with remaining Parmesan cheese and serve warm.

# Bucatini in Sausage Pepper Sauce



Sausage and pepper are a reckoning combo. Once pasta is tossed into the sauce, my tummy begins to rumble.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 25 mins

**Ingredients:**

- 2 cups bucatini
- Salt and black pepper to taste
- 4 tbsp olive oil
- 1 lb. Italian sausage
- 1 bay leaf
- ¼ cup dry white wine
- 1 garlic clove, minced
- 2 large red bell peppers, deseeded, then chopped
- 4 tomatoes, chopped

**Instructions:**

1. Add buccatini, 4 cups of water, and salt to inner pot.
2. Close lid and cover vent; select Manual on High Pressure and set time to 3 minutes.
3. After, perform a quick pressure release to let out steam, and open lid.
4. Drain pasta through a colander. Set aside for serving.
5. Wipe inner pot clean with paper towel and set IP in Sauté mode.
6. Heat olive oil in inner pot and cook sausage until brown, 5 minutes. Season with salt and black pepper.
7. Add bay leaf, garlic, and cook further for 3 minutes.
8. Pour in wine, cook for 1 minute and top with bell peppers and tomatoes.
9. Close lid and cover vent; select a Manual on High Pressure and set time to 2 minutes.
10. After, perform a natural pressure release for 10 minutes, and then a quick pressure release to let out remaining steam. Open lid.
11. Stir sauce and adjust taste with salt and black pepper.
12. Toss buccatini in sauce and dish food.
13. Serve warm.



# Tangy Steamed Vegetables



Steamed vegetables are the best when pressure-cooked but must be done well else they'll overcook. Learn how I make them below to be fork-tender.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 2 mins

**Ingredients:**

- 1 cup vegetable broth
- ½ lb. carrots, peeled, then cut into large chunks
- 1 lb. green beans, trimmed
- 1 lb. zucchini, julienned
- 1 medium bell pepper, deseeded and sliced
- 1 medium red bell pepper, deseeded, then sliced
- 1 ½ lb. medium cauliflower, cut into florets
- 1 lemon, juiced

**Instructions:**

1. Pour vegetable broth in inner pot, fit in a trivet, and pour vegetables on top.
2. Close lid and cover vent; select Manual on High Pressure and set time to 2 minutes.
3. After, perform a quick pressure release to let out steam and open lid.
4. Using tongs, transfer vegetables to a large bowl and drizzle lemon juice on top.
5. Serve warm.

# Baked Potatoes



No need to waste time over a stovetop to get the best-cooked potatoes. The Instant Pot does it better and faster.

**Serving:** 4

**Prep Time:** 15 mins + 15 mins

**Cook Time:** 6 mins

**Ingredients:**

- 4 large potatoes
- Salt and black pepper to taste
- 2 tbsp butter, melted
- 2 tbsp freshly chopped scallions to garnish

**Instructions:**

1. Pierce holes all around potatoes using a fork.
2. Pour 1 cup of water in inner pot, fit in a trivet, and put potatoes on trivet.

3. Close lid and cover vent; select Manual on High Pressure and set time to 6 minutes.
4. After, perform a quick pressure release to let out steam, and open lid.
5. Transfer potatoes onto a plate, break the top parts opened, and season with salt and black pepper.
6. Top with butter and garnish with scallions.
7. Enjoy warm.

# BBQ Mushrooms



An excellent complement for your meat dishes. The sultry look is super-inviting.

**Serving:** 4

**Prep Time:** 5 mins

**Cook Time:** 1 min

**Ingredients:**

- 1 ½ cups cremini mushrooms, chopped
- ½ cup water
- 2 tbsp barbecue sauce
- 2 garlic cloves, crushed
- 1 tbsp olive oil
- 1 tbsp freshly chopped parsley to garnish

**Instructions:**

1. Combine mushrooms, water, barbecue sauce, and garlic in inner pot.
2. Close lid and cover vent; select Manual on High Pressure and set time to 1 minute.
3. After, perform a quick pressure release to let out steam and open lid.
4. Discard garlic and transfer mushrooms to a bowl.
5. Toss with olive oil and garnish with parsley.
6. Serve warm.



# Lemon Steamed Catfish



Steaming fish in the Instant Pot isn't a pain at all. Follow the recipe below for the right setting and timing. You can also use your choicest fish for similar results.

**Serving:** 4

**Prep Time:** 5 mins

**Chilling Time:** 4 mins

**Ingredients:**

- 2 lemons, juiced
- 1 cup chicken stock
- 2 tbsp brown sugar
- 2 lemons, juiced
- 6 tbsp fish sauce
- 2 heads garlic, peeled and chopped
- 1 cup freshly chopped cilantro
- 4 catfish fillets

**Instructions:**

1. Mix all ingredients in inner pot except for ¼ cup of cilantro and catfish fillets.
2. Set IP in Sauté mode and allow boiling for 2 minutes.
3. Place in fish and baste with sauce.
4. Close lid and cover vent; select Manual on High Pressure and set time to 2 minutes.
5. Next, after cooking, perform a quick pressure release to let out steam and open lid.
6. Carefully dish fish to prevent breaking and top with sauce.
7. Garnish with reserved cilantro and serve warm.

# Crab Bisque



Serve this as a starter or light dinner. I enjoy it with some toasted bread, but you can have it the way it is.

**Serving:** 4

**Prep Time:** 10 mins

**Cook Time:** 11 mins

**Ingredients:**

- 1 tbsp butter
- 2 garlic cloves, minced
- 1 small red onion, chopped
- 2 celery stalks, chopped
- 2 medium carrots, peeled and chopped
- ½ cup diced tomatoes
- 2 ½ cups chicken broth
- 1 tsp dried dill
- 1 tsp Old Bay seasoning

- Salt and black pepper to taste
- 5 tsp paprika
- 2 cups chopped crab meat
- 1 cup heavy cream
- 1 tbsp freshly chopped parsley

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Melt butter in inner pot and sauté onion, celery, and carrots until softened, 5 minutes. Mix in garlic, then cook until fragrant, 30 seconds.
3. Add remaining ingredients up to heavy cream and mix well.
4. Close lid and cover vent; select Manual on High Pressure and set time to 4 minutes.
5. After, perform a natural pressure release for 10 minutes, then a quick pressure release to let out remaining steam and open lid.
6. Remove crabmeat onto a plate and set aside.
7. Using an immersion blender, puree soup until smooth and stir in heavy cream.
8. Dish soup into serving bowls, top with crabmeat, and garnish with parsley.
9. Serve warm.

# White Chocolate Oreo Cake



I drool at this sight! The thought that you can make this cake with the Instant Pot is mind-blowing. Gather all the Oreos that you can find, not necessarily chocolate flavor, and let's get some cake on the table.

**Serving:** 4

**Prep Time:** 5 mins + 8 hours 15 mins chilling

**Cook Time:** 45 mins

**Ingredients:**

- 12 Oreo cookies, smoothly crushed
- 2 tbsp salted butter, melted
- 16 oz cream cheese, softened
- ½ cup granulated sugar
- 2 large eggs, room temperature
- 1 tbsp plain flour

- ¼ cup heavy cream
- 2 tsp vanilla extract
- 16 whole Oreo cookies, chopped for topping
- 1 cup whipped cream
- 2 tbsp chocolate sauce for topping

### **Instructions:**

1. First, line bottom of a 7-inch springform pan with foil, lightly grease with cooking spray and set aside.
2. Mix smoothly crushed Oreo cookies with butter and press into bottom of pan. Freeze for 10 to 15 minutes.
3. Beat cream cheese in your mixer until smooth and mix in sugar until smooth.
4. Whisk in eggs one after another until well-mixed.
5. Add flour, heavy cream, and vanilla and combine well.
6. Fold in half of coarsely crushed cookies and pour mixture onto crust in springform pan. Cover pan tightly with foil.
7. Pour 1 ½ cups of water in inner pot, set in a trivet with slings, and sit pan on trivet.
8. Close lid and cover vent; set in Manual on High Pressure and set time to 35 minutes.
9. Next, after cooking, perform a natural pressure release for 10 minutes, then a quick pressure release to let out remaining steam and open lid.
10. Remove cake pan, take off foil and release cake from pan. Allow complete cooling.
11. Refrigerate after for 8 hours or overnight.
12. After, top with whipped cream, remaining Oreo cookies, and swirl with chocolate sauce.
13. Slice and enjoy.



# Chocolate Crème de Pot



Easy like the weekend and best enjoyed during the weekends too. Pressure-cooking gives the cream fineness, which smoothly melts in your mouth.

**Serving:** 4

**Prep Time:** 5 mins + 8 hours chilling

**Cook Time:** 19 mins

**Ingredients:**

- ½ cup whole milk
- 1 ½ cups heavy cream
- ¼ cup caster sugar
- 5 large egg yolks
- A pinch of salt
- Whipped cream for topping
- ¼ cup bittersweet chocolate, melted
- 1 tbsp chocolate sprinkles for topping

**Instructions:**

1. Set IP in Sauté mode and Medium heat.
2. Mix milk and heavy cream in inner pot, and boil.
3. Meanwhile, in a medium bowl, whisk sugar, yolks, and salt until well combined.
4. Gradually, beat egg mixture into cream until well mixed. Also, mix in melted chocolate and cook until thickened, 2 to 3 minutes.
5. Spoon mixture into 6 small ramekins and clean inner pot.
6. Pour 1 ½ cups of water in inner pot, fit in a trivet with slings, and arrange 3 cups on top. Stand other cups on the touching rims of the other cups.
7. Close lid and cover vent; set in Manual on High Pressure and set time to 6 minutes.
8. After, perform a natural pressure release for 10 minutes, then a quick pressure release to let out remaining steam, and open lid.
9. Remove cups from pot, allow complete cooling, and chill for 8 hours.
10. To serve, top with whipping cream and chocolate sprinkles.
11. Serve immediately.

# Lemon Pudding



Making pudding on a stovetop would have wasted some more time, unlike the Instant Pot. It turns out perfectly!

**Serving:** 4

**Prep Time:** 10 mins + 1-hour chilling

**Cook Time:** 15 mins

**Ingredients:**

- 2 lemons, zested +  $\frac{1}{4}$  cup lemon juice
- $\frac{1}{3}$  cup cornstarch
- 2  $\frac{1}{2}$  cups whole milk
- $\frac{1}{4}$  tsp salt
- 1 cup granulated sugar
- 2 eggs
- 2 egg yolks
- 1 tbsp butter, melted

**Instructions:**

1. In a medium pot, mix lemon zest, cornstarch, milk, salt, and sugar. Heat on a stovetop until boiling, 2 minutes. Turn off heat.
2. Beat eggs and egg yolks, and gradually whisk into milk mixture until well combined.
3. Mix in butter and then, lemon juice. Pour mixture into 4 medium ramekins and cover with foil.
4. Next, pour 2 cups of water into inner pot, fit in trivet, and place ramekins on top.
5. Close lid and cover vent; select Manual on High Pressure and set time to 5 minutes.
6. After cooking, perform a quick pressure to let out steam.
7. Open lid, remove ramekin onto a flat surface, take off foil, and allow complete cooling.
8. Lastly, chill in refrigerator for 2 hours before serving.

# Conclusion

I see you smiling and loving the dishes you made.

It gets even better because the recipes can be tweaked to fit your needs. You can change a chicken recipe to a beef one or make it vegan if it pleases you, and still get amazing outcomes from the Instant Pot.

However, it is essential to work with the appliance's manual to ensure that you are cooking rightly when altering the recipes.

I am excited about sharing this cookbook and will be up to creating a new one for you.

Stay tuned for a new cookbook and enjoy every bit of Instant Pot cooking!



# Author's Afterthoughts



***Thanks ever so much to each of my cherished readers for investing the time to read this book!***

*I know you could have picked from many other books but you chose this one. So a big thanks for buying this book and reading all the way to the end.*

*If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to post an honest and heartfelt review on **Amazon.com**. Your support does make a difference and helps to benefit other people.*

***Thanks!***

***April Blomgren***



# About the Author



*April Blomgren*

Hello everyone! Are you ready to grill tonight? My name is April and I love to cook and entertain friends and family almost every weekend. If you share my passion for great food, easy preparation time but mouthwatering results, you and I are going to get along just fine!

I think a successful meal among loved ones is based on a few key factors: fresh ingredients and appropriate cooking method. Some meats for example, can truly benefit from being marinated overnight, and will be at their best prepared on the grill. Another aspect of cooking I must insist on, no matter what your cooking style is: rely on the use of herbs and spices. Please favor fresh herbs each time you can. However, I understand that it may be difficult during certain periods of the year, so simply keep a well-stocked pantry of dried basic herbs and spices such as cinnamon, nutmeg, basil, oregano, thyme or any other favorites.

Finally, once you embark that exciting culinary journey with me, you will

realize that simplicity is also one of my allied. Don't overthink when cooking. Inspire yourself of recipes, have fun doing it and taste as you go. Sure, you might once in a while burn a few pork chops or use too much salt in your sauce, you are just human. Cooking is not about succeeding every time, it is about the opportunity to learn and get better. Don't be afraid to taste your dishes along the way, adjust the seasonings and serve accordingly.