

Instant Pot Secret 2020

Emili Cruze

100
recipes

New

bonus
20
recipes

**100 Easy, healthy and
Delicious recipes**

Instant Pot

Cookbook

recipes for everyday



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Bonus recipes

Chicken recipes

Instant Pot Chicken Enchiladas

Ingredients

1 ½ teaspoons chili powder
1 teaspoon salt
1 teaspoon ground cumin
1 ½ pounds skinless, boneless chicken breasts, or more to taste
½ cup chicken broth
3 cups shredded Monterey Jack cheese, divided
2 (10 ounce) cans green enchilada sauce, divided
1 (4 ounce) can chopped green chilies
½ cup chopped onion
2 jalapeno peppers, chopped, or more to taste
olive oil
16 corn tortillas, or more to taste
1 (10 ounce) can enchilada sauce

Directions

Step 1

Mix chili powder, salt, and cumin together in a bowl. Rub mixture over the chicken.

Step 2

Pour chicken broth into a multi-functional pressure cooker (such as Instant Pot®). Add a rack to the bottom of the pot and place seasoned chicken on top. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build.

Step 3

Combine 2 cups Monterey Jack cheese, 1 can green enchilada sauce, green chiles, onions, and jalapenos in a large mixing bowl. Stir to thoroughly blend.

Step 4

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

Step 5

Release pressure using the natural-release method according to manufacturer's instructions for 5 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Step 6

Transfer cooked chicken to a cutting board and shred or chop into small pieces. Add to the mixing bowl with the cheese mixture. Stir until chicken mixture is blended.

Step 7

Heat olive oil in a skillet. Soften tortillas 1 at a time by dipping into the hot oil for 2 to 3 seconds per side. Drain on paper towels.

Step 8

Spoon 2 to 3 tablespoons chicken mixture onto a tortilla, roll up, and place seam-side down into the prepared baking dish. Repeat with remaining tortillas and mixture.

Step 9

Combine 1 can green enchilada sauce and red enchilada sauce in a bowl and pour over enchiladas in the baking dish. Sprinkle remaining 1 cup Monterey Jack cheese on top.

Step 10

Bake in the preheated oven for 20 to 25 minutes.

Nutrition Facts

Per Serving:

222 calories; 10.2 g total fat; 43 mg cholesterol; 549 mg sodium.

16.4 g carbohydrates; 16.5 g protein;

Instant Pot Chicken Risotto

Ingredients

- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 pound boneless, skinless chicken thighs, chopped
- 3 tablespoons butter, divided
- 1 tablespoon olive oil
- 1/2 cup diced onion
- 3 cloves garlic, minced
- 2 cups Arborio rice
- 1/2 cup dry white wine
- 4 1/2 cups chicken stock
- 1/2 cup freshly grated Parmesan cheese
- salt and ground black pepper to taste
- 1 sprig fresh parsley, chopped

Directions

Turn on a multi-functional pressure cooker (such as an Instant Pot(R)), and select Saute function on normal setting according to manufacturer's instructions.

Mix oregano, thyme, paprika, salt, and pepper in a small bowl. Season chicken with spice blend.

Heat 1 tablespoon butter and olive oil in the pressure cooker until butter is melted. Quickly brown chicken on all sides, about 3 minutes. Remove chicken. Add onion and cook until translucent, about 2 minutes. Add garlic and cook until fragrant, about 30 seconds. Remove onion and garlic from the pot.

Melt a second tablespoon of butter in the pot, add rice, and stir constantly until fully coated and toasted, about 3 minutes. Pour in

wine and scrape up any browned bits from the bottom with a wooden spoon. Cook until wine is absorbed and alcohol cooks off, about 2 minutes. Add chicken stock, chicken, and onion mixture to the pot; mix until well combined. Turn off Saute function.

Close and lock the lid. Select high pressure according to manufacturer's instructions, and set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Stir Parmesan cheese and remaining tablespoon of butter into the risotto. Season with salt and pepper, garnish with chopped parsley, and serve.

Nutrition Facts

Per Serving: 532 calories; 18.4 g fat; 65 g carbohydrates; 21.4 g protein; 69 mg cholesterol; 924 mg sodium.

Instant Pot Chicken Pesto

Ingredients

½ cup pine nuts
2 cloves garlic
1 bunch fresh basil, stems removed
3 tablespoons olive oil, or to taste, divided
2 tablespoons grated Parmesan cheese
salt and ground black pepper to taste
1 whole chicken
1 cup milk
½ cup sun-dried tomatoes
1 (16 ounce) package penne pasta

Directions

Step 1

Toast pine nuts and garlic cloves in a dry saucepan over medium heat. Transfer to a food processor; add basil, 2 tablespoons olive oil, Parmesan cheese, salt, and pepper. Process until combined.

Step 2

Turn on a multi-cooker (such as Instant Pot®) and select the Saute function. Coat the bottom of the pot with the remaining olive oil.

Step 3

Season both sides of chicken with salt and pepper; place into the pot, breast side-down. Cook until browned, 5 to 7 minutes. Flip; continue browning for 5 minutes. Turn off Saute function. Rub some pesto over the chicken. Mix in the remaining pesto, milk, and sun-dried tomatoes.

Step 4

Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 25 minutes. Allow 10 to 15 minutes for pressure to build. Let rest, 5 to 10 minutes; release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove lid.

Step 5

Transfer chicken to a separate dish; separate all meat from the bone. Discard bones and skin. Cut meat into bite-size pieces; place back in with the sauce and stir to combine. Season with salt and pepper.

Step 6

Bring a large pot of lightly salted water to a boil; add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain. Add pasta to the chicken and sauce; stir to combine.

Cook's Note:

You can use any kind of pasta you prefer.

Nutrition Facts

Per Serving:

357 calories; 15.9 g total fat; 52 mg cholesterol; 126 mg sodium.
30.6 g carbohydrates; 23.6 g protein;

Instant Pot Chicken Drumsticks

Ingredients

- 1 ½ cups orange juice
- 1 lime, juiced
- 1 lemon, juiced
- 1 tablespoon chili powder
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon garlic salt
- ½ teaspoon ground chipotle powder
- 6 chicken drumsticks
- ½ onion, sliced and separated into rings
- 2 tablespoons chopped fresh cilantro

Directions

Step 1

Combine orange juice, lime juice, lemon juice, chili powder, garlic, cumin, oregano, garlic salt, and chipotle powder in a bowl. Pour into a resealable plastic bag and add chicken drumsticks, onion, and cilantro. Seal the bag and refrigerate for at least 8 hours to overnight, turning the bag frequently.

Step 2

Pour marinade into a multi-functional pressure cooker (such as Instant Pot®). Place the rack inside the pot and place drumsticks on top. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

Step 3

Release pressure using the natural-release method for 15 minutes. Release remaining pressure using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Cook's Note:

If crispy chicken is desired, place drumsticks under a broiler and cook for 4 minutes, turning after 2 minutes.

Nutrition Facts

Per Serving:

239 calories; 11.6 g total fat; 60 mg cholesterol; 508 mg sodium.
18.7 g carbohydrates; 16.7 g protein;

Best Instant Pot Chicken Cacciatore

Ingredients

- 1 pound skinless, boneless chicken thighs
- 2 small skinless, boneless chicken breasts, halved lengthwise
- 1 tablespoon sea salt
- 1 tablespoon fresh ground black pepper
- 1/4 tablespoon cornstarch
- 3 tablespoons extra-virgin olive oil, divided
- 3 stalks celery, chopped
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 (8 ounce) package sliced fresh mushrooms
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 large jarred roasted red bell peppers, chopped
- 3/4 cup dry Cabernet Sauvignon
- 3 tablespoons tomato paste
- 1 1/2 teaspoons red pepper flakes, or to taste
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons chicken bouillon granules
- 2 teaspoons Italian seasoning

Directions

Dredge chicken thighs and breasts with salt, pepper, and flour. Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat 1/2 the olive oil. Add chicken and cook until browned on both sides, flipping halfway using tongs, about 10 minutes. Transfer chicken to a plate. Heat remaining olive oil in the pot. Saute celery and onion until translucent, about 3 minutes. Add garlic; stir in mushrooms, green bell pepper, diced red bell pepper, and roasted red pepper. Saute until fragrant, about 1 minute more.

Return chicken to pot. Add Cabernet Sauvignon, tomato paste, red pepper flakes, garlic powder, onion powder, bouillon, and Italian seasoning. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 11 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove lid.

Footnotes

Cook's Notes:

Use all organic/free range ingredients if you can.

Flour can be substituted for the cornstarch.

Nutrition Facts

Per Serving: 279 calories; 12.9 g fat; 13.1 g carbohydrates; 22.6 g protein; 62 mg cholesterol; 1283 mg sodium.

Instant Pot Chicken and Rice Stracciatella

Ingredients

6 cups chicken broth
1 1/2 cups diced rotisserie chicken meat
1/4 cup long grain rice
3 eggs
3 tablespoons finely grated Parmigiano-Reggiano cheese
freshly ground black pepper to taste
1 teaspoon chopped fresh parsley (optional)

Directions

Combine chicken broth, chicken, and rice in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 4 minutes. Allow 10 to 15 minutes for pressure to build. Meanwhile, whisk eggs and Parmigiano-Reggiano cheese together in a small bowl. Season with black pepper. Set aside. Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Change pressure cooker setting to Saute. Pour egg mixture into the broth in a slow steady stream while whisking. Cook for 1 minute. Serve immediately and garnish with parsley.

Nutrition Facts

Per Serving: 228 calories; 9.3 g fat; 11.7 g carbohydrates; 22 g protein; 191 mg cholesterol; 1896 mg sodium.

Instant Pot Chicken Posole Verde

Ingredients

- 1 pound tomatillos, husked and chopped
- 1 large poblano pepper, seeded and chopped
- 1 large jalapeno pepper, seeded and chopped
- 1 small bunch fresh cilantro, stems removed
- 1 lime, juiced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2 pounds skinless, boneless chicken breast, cubed
- 1 small onion, chopped
- 2 teaspoons Mexican oregano
- 1 teaspoon ground cumin
- 3 (15.5 ounce) cans white hominy, drained
- 3 cups chicken broth

Directions

Step 1

Combine tomatillos, poblano pepper, jalapeno pepper, cilantro, lime juice, and garlic in a blender; blend until smooth. Set salsa verde aside.

Step 2

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add olive oil, chicken, onion, oregano, and cumin; cook for 5 minutes. Add salsa verde, hominy, and chicken broth. Stir to combine.

Step 3

Close and lock the lid. Select Manual function according to manufacturer's instructions; set timer for 20 minutes. Allow 15 minutes for pressure to build.

Step 4

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Ladle posole into bowls.

Cook's Note:

Feel free to substitute pork for the chicken.

Nutrition Facts

Per Serving:

385 calories; 15.8 g total fat; 67 mg cholesterol; 997 mg sodium.

37.2 g carbohydrates; 22.9 g protein;

Instant Pot Red Beans and Rice

Ingredients

- 1 (16 ounce) package dry kidney beans
- 1 tablespoon olive oil
- 1 link smoked beef sausage, sliced
- 6 ounces frozen onion, green bell pepper, and celery mix
- 4 cloves garlic, minced
- 1 (32 ounce) carton chicken broth
- 2 teaspoons Cajun seasoning (such as Tony Chachere's®)
- 1/4 teaspoon ground thyme
- 2 bay leaves
- 4 cups cooked rice

Directions

Place kidney beans into a large container and cover with several inches of cool water; let soak for 2 hours.

Turn pot on "Saute" mode; add olive oil and sausage. Cook and stir until sausage is browned, about 5 minutes. Add onion mix and garlic; cook and stir until onion mix is soft, 5 to 10 minutes. Turn off pot.

Drain beans and add to pot; stir in chicken broth, Cajun seasoning, thyme, and bay leaves.

Place lid on pot, turn valve to "Sealing" and push "Bean" button, about 30 minutes. When pot beeps, use the natural pressure release until the pin goes down. Remove lid.

Serve beans over rice.

Nutrition Facts

Per Serving: 342 calories; 4.3 g fat; 59.4 g carbohydrates; 16.5 g protein; 6 mg cholesterol; 726 mg sodium.

Instant Pot Chicken Quinoa Tortilla Soup

Ingredients

5 cups chicken stock
1 (14.5 ounce) can canned diced tomatoes with their juice
1 onion, diced

2 cloves garlic, minced
1 ½ pounds boneless chicken breasts
2 teaspoons chili powder
2 teaspoons ground cumin
1 teaspoon paprika
1 teaspoon salt
½ teaspoon ground black pepper
2 cups frozen corn kernels
½ cup shredded cabbage
1 cup cooked quinoa
1 tablespoon lemon juice
1 (8 ounce) package tortilla chips
1 tablespoon fresh cilantro

Directions

Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®). Add chicken stock, tomatoes, onions, and garlic to the pot. Place chicken breasts on top and sprinkle with chili powder, cumin, paprika, salt, and pepper. Add corn and cabbage on top; do not stir. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 8 minutes. Allow 10 to 15 minutes for pressure to build.

Step 2

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove lid. Remove chicken from pot and place in a plate; shred

with 2 forks. Put chicken back into the pot with cooked quinoa, lemon juice, and tortilla chips. Sprinkle with chopped cilantro.

Nutrition Facts

Per Serving:

647 calories; 19.8 g total fat; 89 mg cholesterol; 1920 mg sodium.

77.7 g carbohydrates; 44.8 g protein;

Instant Pot Chicken with Barbecue Sauce

Ingredients

4 cups water

1 (1 ounce) package dry ranch dressing mix (such as Hidden Valley Ranch®)

1 tablespoon poultry seasoning

1 tablespoon ground black pepper, or to taste

4 teaspoons salt

2 large frozen skinless, boneless chicken breast halves

1 (18 ounce) bottle barbecue sauce

Directions

Whisk water, ranch dressing mix, poultry seasoning, pepper, and salt together in the bottom of a multi-functional pressure cooker (such as Instant Pot®). Add chicken breasts. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 3 minutes. Allow 7 to 10 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, 13 to 18 minutes. Unlock and remove the lid. Shred chicken with 2 forks. Coat with barbecue sauce.

Nutrition Facts

Per Serving: 678 calories; 6.4 g fat; 101.6 g carbohydrates; 47.7 g protein; 129 mg cholesterol; 8579 mg sodium.

Rice recipes

Instant Pot Mexican Rice

Ingredients

2 large cloves garlic, minced
1 cup long-grain rice
1 1/2 cups low-sodium chicken stock
1/2 cup tomato sauce
1 teaspoon salt
1/4 teaspoon ground cumin
1 pinch cayenne pepper

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)); select Saute function and adjust to medium. Cover the bottom of the pot with avocado oil. Cook and stir onion until soft, 4 to 5 minutes. Add garlic and cook until fragrant, about 30 seconds. Add rice to the pot and mix until coated with oil and lightly browned. Pour in chicken stock; stir any browned bits off the bottom of the pot. Mix in tomato sauce, salt, cumin, and cayenne pepper. Close and lock the lid. Seal the vent and select high pressure function. Set timer for 7 minutes; allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Stir rice before serving.

Nutrition Facts

Per Serving: 225 calories; 4.1 g fat; 41.1 g carbohydrates; 5.2 g protein; 2 mg cholesterol; 788 mg sodium.

Instant Pot Coconut Rice

Ingredients

2 cups uncooked short-grain white rice
1 (14 ounce) can unsweetened coconut milk
1 cup chicken stock
2 tablespoons white sugar
1 teaspoon fine sea salt

Directions

Rinse rice under cold tap water until water runs clear. Soak rice in a bowl of water for 1 hour.

Combine coconut milk, chicken stock, sugar, and salt in a multi-functional pressure cooker (such as Instant Pot(R)).

Drain rice and stir into the pressure cooker. Close and lock the lid.

Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, about 10 minutes. Unlock lid and open carefully; fluff rice with a fork.

Nutrition Facts

Per Serving: 289 calories; 10.8 g fat; 44.2 g carbohydrates; 4.3 g protein; < 1 mg cholesterol; 313 mg sodium.

Instant Pot Pilau Rice

Ingredients

1 tablespoon vegetable oil
1/2 teaspoon cumin seeds
1/4 cup diced red onion
3/4 tablespoon garam masala
1/2 teaspoon ground turmeric
1/2 teaspoon salt
1 1/2 cups vegetable broth
1 cup uncooked basmati rice, rinsed and drained
1/2 cup frozen peas and carrots
1 bay leaf

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat oil in the pot. Add cumin seeds and stir until they just start to pop. Stir in onion and cook until they begin to soften, about 2 minutes. Season with garam masala, turmeric, and salt. Add vegetable broth, rice, frozen peas and carrots, and bay leaf; stir until well combined.

Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Manually release any remaining pressure. Unlock and remove the lid. Remove bay leaf. Taste rice and adjust seasoning if necessary before serving.

Nutrition Facts

Per Serving: 151 calories; 3.1 g fat; 28.5 g carbohydrates; 3.2 g protein; 0 mg cholesterol; 321 mg sodium.

Instant Pot Brown Rice

Ingredients

2 1/2 cups water
2 cups brown basmati rice
1 tablespoon grapeseed oil (optional)
1 teaspoon kosher salt (optional)

Directions

Combine water, brown rice, oil, and salt in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid. Select Manual; set timer for 25 minutes on high pressure according to manufacturer's instructions. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, about 10 minutes. Carefully release any remaining pressure. Unlock and remove the lid. Fluff rice with a fork or a rice paddle.

Nutrition Facts

Per Serving: 106 calories; 2.2 g fat; 21.2 g carbohydrates; 2 g protein; 0 mg cholesterol; 161 mg sodium.

Instant Pot Sushi Rice

Ingredients

1 cup Japanese sushi-style rice
1 (2 inch) piece kombu (Japanese dried kelp)
1 1/4 cups water
3 tablespoons Japanese rice wine
1 tablespoon hon-mirin (Japanese mirin)
3/4 tablespoon white sugar
1/2 teaspoon sea salt

Directions

Place rice in the insert of a multi-functional pressure cooker (such as Instant Pot(R)). Add enough water to cover and rinse rice, mixing it in a circular motion. Strain through a sieve. Repeat until water comes out clear, about 5 rinses total. Spread drained rice on a clean cloth to dry out for 10 to 15 minutes.

Clean kombu gently with a damp towel but do not remove the white powder, which is important for the umami flavor.

Break off a small piece of the kombu and put into a small saucepan. Add the rest of the kombu to the Instant Pot(R). Add rice and 1 1/4 cups water. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 2 minutes. Allow 10 to 15 minutes for pressure to build.

Add rice wine, hon-mirin, sugar, and sea salt to the saucepan. Heat over low heat until sugar and salt have dissolved; do not boil.

Release pressure using the natural-release method according to manufacturer's instructions, about 8 minutes. Release any additional pressure carefully using the quick-release method. Unlock and remove the lid.

Gently scrape rice into a glass or ceramic bowl using a rice paddle; remove and discard kombu. Remove and discard the smaller kombo piece from the vinegar mixture. Sprinkle vinegar mixture over rice and cut it into the rice with the rice paddle. Stir in vinegar mixture until well incorporated and no lumps of rice remain. Allow to cool to

room temperature. You can use a piece of cardboard to fan the rice and speed up cooling.

Nutrition Facts

Per Serving: 146 calories; 0.2 g fat; 30.1 g carbohydrates; 2.4 g protein; 0 mg cholesterol; 198 mg sodium.

Instant Pot Chicken and Rice Stracciatella

Ingredients

6 cups chicken broth
1 1/2 cups diced rotisserie chicken meat
1/4 cup long grain rice
3 eggs
3 tablespoons finely grated Parmigiano-Reggiano cheese
freshly ground black pepper to taste
1 teaspoon chopped fresh parsley (optional)

Directions

Combine chicken broth, chicken, and rice in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 4 minutes. Allow 10 to 15 minutes for pressure to build. Meanwhile, whisk eggs and Parmigiano-Reggiano cheese together in a small bowl. Season with black pepper. Set aside. Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Change pressure cooker setting to Saute. Pour egg mixture into the broth in a slow steady stream while whisking. Cook for 1 minute. Serve immediately and garnish with parsley.

Nutrition Facts

Per Serving: 228 calories; 9.3 g fat; 11.7 g carbohydrates; 22 g protein; 191 mg cholesterol; 1896 mg sodium.

Instant Pot Vegan Rice Pudding

Ingredients

3 cups almond milk
2/3 cup jasmine rice, rinsed
1/3 cup granulated sugar
1/2 teaspoon salt
1 1/2 teaspoons vanilla extract

Directions

Combine almond milk, rice, sugar, and salt in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 18 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions, about 10 minutes. Unlock and remove the lid. Stir in vanilla extract. Serve warm or chilled. Rice pudding will thicken as it cools.

Nutrition Facts

Per Serving: 154 calories; 1.3 g fat; 32.6 g carbohydrates; 2 g protein; 0 mg cholesterol; 274 mg sodium.

Easy Instant Pot Mexican Rice

Ingredients

- 1 1/2 tablespoons canola oil
- 1 cup long-grain rice
- 1/4 onion, diced
- 1 1/2 teaspoons chicken soup base (such as Better than Bouillon®)
- 2 cups chicken stock
- 1 (8 ounce) can tomato sauce
- 1/4 teaspoon ground cumin

Directions

Add oil to a multi-functional pressure cooker (such as Instant Pot(R)) and select the Saute function. Add rice and saute, stirring frequently until the rice is golden, about 3 minutes. Mix in onion and saute until soft and translucent, about 3 minutes. Stir in chicken base. Add chicken stock, tomato sauce, and cumin. Stir to combine.

Close and lock the lid. Select Rice function on high pressure according to manufacturer's instructions. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, about 10 minutes. Carefully release remaining pressure using the quick-release method, about 5 minutes. Unlock and remove the lid. Stir and serve.

Nutrition Facts

Per Serving: 165 calories; 4.1 g fat; 28.2 g carbohydrates; 3.4 g protein; 2 mg cholesterol; 781 mg sodium.

Instant Pot Jamaican Rice and Beans

Ingredients

- 1 tablespoon vegetable oil
- 3 skinless, boneless chicken breasts, cut into bite-sized pieces
- 1 cooking onion, diced
- 3 cloves garlic, minced
- 2 cups chicken broth
- 1 (15 ounce) can black beans, drained
- 1 ½ cups long-grain rice
- 1 (8 ounce) can corn, or to taste
- 1 cup coconut milk
- 1 tablespoon Scotch bonnet hot sauce, or to taste
- 2 teaspoons ground thyme
- 2 teaspoons kosher salt
- 2 teaspoons ground black pepper
- 2 teaspoons brown sugar
- 1 teaspoon allspice

Directions

Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add oil. Saute chicken, onion, and garlic until fragrant, 1 to 2 minutes; do not brown garlic.

Step 2

Add broth, black beans, rice, corn, coconut milk, hot sauce, thyme, black pepper, brown sugar, and allspice and stir well. Close and lock the lid. Select high pressure and close vent. Set timer for 15 minutes. Allow about 10 minutes for pressure to build.

Step 3

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove the lid.

Nutrition Facts

Per Serving:

454 calories; 12.9 g total fat; 34 mg cholesterol; 1513 mg sodium.
63.9 g carbohydrates; 22.2 g protein;

Instant Pot Wild Rice with Mushrooms

Ingredients

1 tablespoon olive oil
1/2 (8 ounce) package baby portobello mushrooms
1/3 cup diced onion
1/3 cup diced celery
1/3 cup diced carrot
1 clove garlic, minced
1 cup chicken stock
1 cup wild rice blend (such as Lundberg®)
1/4 cup dry white wine
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
salt and ground black pepper to taste
1/4 cup chopped toasted pecans
1 tablespoon balsamic vinegar

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat olive oil until hot, then add mushrooms, onion, celery, carrot, and garlic. Cook, stirring occasionally, until vegetables soften, about 3 minutes. Turn pressure cooker off.

Stir in chicken stock, wild rice, wine, thyme, rosemary, salt, and pepper. Close and lock the lid and set the pressure valve to sealing. Select high pressure according to manufacturer's instructions; set timer for 30 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions, for 15 minutes. Then release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Stir in pecans and balsamic vinegar, and serve.

Nutrition Facts

Per Serving: 260 calories; 9 g fat; 36.7 g carbohydrates; 7.9 g protein; 2 mg cholesterol; 352 mg sodium.

Beef recipes

Best Salisbury Steak

INGREDIENTS

Steak Mixture:

- 1 1/2 lbs ground beef preferably 93% lean
- 1/3 cup panko breadcrumbs
- 3 tbsp milk
- 1 clove garlic minced
- 1 tbsp Worcestershire sauce
- 1 tsp beef bouillon cube crushed (or 1 tsp salt, 1/2 tsp pepper)
- 1/2 tsp smoked paprika

Sauce Mixture:

- 2 cups beef broth
- 1 tbsp tomato paste
- 1 tbsp dijon
- 2 tbsp fresh parsley minced
- 1 tsp kosher salt
- 1/2 tsp pepper
- 1/2 tsp dried thyme

Best Salisbury Steak

- 1 tbsp butter
- 1 medium yellow onion thinly sliced
- 8 oz crimini mushrooms sliced, baby bella
- 2 tbsp Water
- 2 tbsp cornstarch
- salt and pepper to taste
- Additional chopped parsley for garnish

INSTRUCTIONS

In a large bowl, combine the Steak Mixture ingredients just until uniform. Do not overmix. Shape into 6 patties and let rest for at least 10 minutes for breadcrumbs to absorb flavor.

Meanwhile, in a medium bowl, whisk together the Sauce Mixture ingredients.

Add butter to the Instant Pot. Using the display panel select the SAUTÉ function.

When butter melts, brown the steaks on both sides, 2-3 minutes per side. Meat may not be cooked through. Do not crowd the pot--you will have to work in batches. Transfer browned meat to a shallow dish and cover loosely with foil.

Add onions and mushrooms to the pot and Sauté until onions begin to soften, 3-4 minutes.

Add sauce mixture to the pot and deglaze by using a wooden spoon to scrape the brown bits from the bottom of the pot.

Layer the steaks back into to the pot on top of the vegetables.

Turn the pot off by selecting CANCEL, then secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function*. Use the +/- keys and program the Instant Pot for 15 minutes.

When the time is up, let the pressure naturally release for 15 minutes, then quick-release the remaining pressure.

Carefully remove the steaks from the pot to a shallow dish and cover loosely with foil, reserving juices.

In a small bowl, mix together cornstarch and cold water. Stir into the pot until thickened, returning to SAUTÉ mode as needed. Adjust seasonings.

Serve the steak topped with gravy over noodles, spaghetti squash or mashed potatoes.

RECIPE NOTES

*The MANUAL and PRESSURE COOK buttons are interchangeable

Basic Beef Stew

INGREDIENTS

2 lb Beef Stew Meat
2 teaspoons salt
1 teaspoon pepper
2 tablespoons butter
1 tablespoon Muir Glen™ organic tomato paste from 6-oz can
2 cups chopped onions
2 cups diced peeled carrots 1-inch
2 cups diced peeled russet potatoes 1-inch
1 cup Progresso™ beef flavored broth from 32-oz carton
2 tablespoons cornstarch
2 tablespoons Water

INSTRUCTIONS

In large bowl, toss beef with salt and pepper. Spray 6-quart Instant Pot™ insert with cooking spray. Select SAUTE; adjust to normal. Melt butter in insert. Add beef in 2 batches, and cook 2 to 4 minutes on first side until browned. Turn and cook 2 to 4 minutes longer on second side or until browned. Select CANCEL. Return beef to insert. Stir in tomato paste. Stir in onions, carrots and potatoes. Stir in broth. Secure lid; set pressure valve to SEALING. Select MANUAL; cook on high pressure 45 minutes. Select CANCEL. Set pressure valve to VENTING to quick-release pressure. In small bowl, beat cornstarch and water with whisk. Select SAUTE, and adjust to normal; heat liquid to simmering. Gently stir in cornstarch mixture; cook 30 to 60 seconds, stirring frequently, until thickened. Select CANCEL.

RECIPE NOTES

Trademarks referred to herein are the properties of their respective owners.

(No Title): Instead of 2 lb of stew meat, you can purchase a 2 1/2- to 3-lb beef chuck roast, and cut it yourself. Trim off the fat, and cut into 2-inch pieces. You should end up with about 2 lb meat.(No Title): Top with chopped fresh parsley for a pretty, fresh garnish.(No Title):
Kitchen Tested - 11/2017.

Beef and Black Bean Chili

INGREDIENTS

1 tablespoon vegetable oil
1 lb extra-lean ground beef at least 90%
2 cups chopped yellow onions
1 tablespoon chili powder
1/2 teaspoon salt
1 can Muir Glen™ organic fire-roasted crushed tomatoes undrained, 28 ounces
1 can Progresso™ black beans drained, rinsed, 15 ounces
1 can Old El Paso™ chopped green chiles 4.5 ounces
1/2 cup Water

INSTRUCTIONS

On Instant Pot™, select SAUTE; adjust to normal. Heat oil in insert. Add beef, onions, chili powder and salt; cook 8 to 10 minutes, stirring occasionally, until thoroughly cooked. Select CANCEL. Stir in tomatoes, beans, chiles and water. Secure lid; set pressure valve to SEALING. Select MANUAL; cook on high pressure 5 minutes. Select CANCEL. Keep pressure valve in SEALING position to release pressure naturally.

RECIPE NOTES

Trademarks referred to herein are the properties of their respective owners.

Top with shredded Colby-Jack cheese, sour cream, chopped fresh cilantro or green onions. We used extra-lean ground beef in this recipe, so there's no need to drain the beef after cooking. When releasing pressure naturally, it's always a good idea to set the pressure valve to VENTING after the float valve drops down, just to be sure all of the pressure has been released.

Homemade Hamburger Helper

INGREDIENTS

For pot:

1 lb ground beef preferably 93% lean

1 tbsp onion powder

1 tbsp garlic powder

2 cups beef broth

16 oz elbow macaroni

For sauce:

1 cup half and half

10 ounce Cheddar cheese shredded

3 ounce American cheese cut into strips (from the deli, not the kind that comes in cellophane!)

2 cups fresh spinach finely chopped (optional)

2 tsp kosher salt or to taste

1/2 tsp pepper or to taste

Additional shredded cheese for garnish if desired

INSTRUCTIONS

Using the display panel select the SAUTE function.

Add ground beef, onion powder and garlic powder to the Instant Pot.

Cook and stir until no pink remains.

Press Cancel Pour in pasta and broth, then secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function*. Use the +/- keys and program the Instant Pot for 4 minutes.

When the time is up, quick-release the remaining pressure.

Stir in half and half, then stir in the cheese, a little at a time, until melted. Season with kosher salt and pepper.

Just before serving, fold in chopped spinach, if using. Top with additional cheese for garnish, if desired.

RECIPE NOTES

*The MANUAL and PRESSURE COOK buttons are interchangeable.

Ground Beef Tacos

INGREDIENTS

1 tbsp avocado oil or other neutral oil with high smoke point
1 extra-large yellow onion diced
2 garlic cloves minced
2 lbs lean ground beef (90% lean)
3 tbsp chili powder
2 tsp ground cumin
1 tsp dried oregano
1/2 cup beef broth (recipe below) or water
kosher salt
Tortillas or taco shells for serving
Chopped romaine lettuce for serving (optional)
1 cup shredded Cheddar cheese
2 roma tomatoes diced
1/2 cup chopped fresh cilantro
Beef Bone Broth
2 lbs beef soup bones (such as knucklebones), shanks, or oxtails
(see Notes)
3 celery stalks cut into 3-inch lengths
2 large carrots halved lengthwise, then cut crosswise into 3-inch lengths
1 large yellow onion cut into wedges
1 tsp kosher salt
1/2 tsp black peppercorns
1 bay leaf
8 cups Water

INSTRUCTIONS

Select the high Sauté setting on the Instant Pot and heat the avocado oil. Add half of the onion and all of the garlic and sauté for about 3 minutes, until the onion is slightly softened. Add the ground beef and sauté for about 3 minutes more, using a spoon or spatula

to break up the meat as it cooks. Stir in the chili powder, cumin, oregano, beef broth, and 1 teaspoon salt. It's fine if some pink remains; the beef does not have to be fully cooked at this point. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 10 minutes at high pressure. (The pot will take about 10 minutes to come up to pressure before the cooking program begins.)

When the cooking program ends, you can either perform a quick pressure release by moving the Pressure Release to Venting, or you can let the pressure release naturally and leave the pot on the Keep Warm setting for up to 10 hours.

Open the pot and give the meat a stir. Taste for seasoning and add more salt if needed.

Using a slotted spoon, spoon the meat onto tortillas or into taco shells. Top with lettuce, cheese, tomatoes, cilantro, and the remaining onion. Serve immediately.

Beef Bone Broth

Combine the beef bones, celery, carrots, onion, salt, peppercorns, and bay leaf in the Instant Pot. Pour in the water, making sure the pot is no more than two-thirds full.

Secure the lid and set the Pressure Release to Sealing. Select the Soup/Broth setting and set the cooking time for 120 minutes at high pressure. (The pot will take about 30 minutes to come up to pressure before the cooking program begins.)

When the cooking program ends, let the pressure release naturally; this will take about 45 minutes.

Place a wire-mesh strainer over a large heat-safe bowl or pitcher. Open the pot and, wearing heat-resistant mitts, lift out the inner pot and pour the broth into the strainer. Discard the bones and vegetables. You can pick the meat off the bones if you like, but it will have given up most of its flavor to the broth. Pour the broth into a fat separator to remove the fat, or chill the broth in the refrigerator until the fat solidifies on top, then scoop off the fat from the surface with a large spoon. Let the broth cool to room temperature. (To speed the cooling process, set the bowl in a larger bowl containing an ice bath.)

The broth can be used right away, stored in an airtight container in the refrigerator for up to 5 days, or frozen for up to 6 months.

RECIPE NOTES

Notes for Beef Broth: For deeper flavor and color, roast the bones before you make the broth. Spread the bones on a rimmed baking sheet and roast in a 400°F oven for about 45 minutes. I find the best broth is made with oxtails, but they are expensive and it can be a wasteful way to use them unless you harvest the meat from the bones. I pick off the meat after cooking, then freeze it for later use, or add it to Beef and Cabbage Soup

French Dip Sandwich

INGREDIENTS

For the pot:

1 tbsp oil

2.5 lbs beef chuck roast left at room temperature for 15 minutes

2 tsp kosher salt

1/2 tsp black pepper

1/2 tsp garlic powder

1 onion thinly sliced

1/2 cup red wine

14 ounces beef broth

1 bay leaf

To finish:

1 tbsp kosher salt or to taste

6 soft rolls

3 tbsp butter melted

1/2 tsp garlic salt

6 provolone cheese slices

flat-leaf parsley for garnish (optional)

INSTRUCTIONS

Add olive oil to the Instant Pot. Using the display panel select the SAUTE function.

Season the beef with salt, pepper and garlic powder.

When oil gets hot, brown the meat on all sides, 3-4 minutes per side.

Meat will not be cooked through. Transfer browned meat to a shallow dish and cover loosely with foil.

Add onion to the pot and saute until soft, 3-4 minutes.

Add wine to the pot and deglaze by using a wooden spoon to scrape the brown bits from the bottom of the pot.

Add beef broth and bay leaf to the pot. Put the meat back into to the pot, turning once to coat.

Turn the pot off by selecting CANCEL , then secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function*. Use the +/- keys and program the Instant Pot for 100 minutes.

When the time is up, let the pressure naturally release for 25 minutes, then quick-release any remaining pressure.

Carefully remove the meat from the pot to a cutting board and shred. Strain remaining liquid. Reserve onions to serve with the sandwich (optional).

Use a spoon or fat separator to skim fat from remaining juices.

Discard fat. Season au jus with 1 tbsp kosher salt, or to taste.

Slice open rolls, brush with melted butter and garlic salt and set under a broiler 2-3 minutes, until lightly toasted.

Top toasted rolls with shredded beef and cheese. Return to broiler for 2-3 minutes, until cheese begins to melt.

Top with chopped parsley (optional) and serve with au jus for dipping.

RECIPE NOTES

*The MANUAL and PRESSURE COOK buttons are interchangeable.

Pepperoncini Beef Roast

INGREDIENTS

3 lb boneless beef chuck roast (less than 8 inches in diameter)
salt and freshly ground black pepper
4 pepperoncini peppers
5 tsp ranch dressing mix
5 tsp au jus gravy mix
1-1/2 cups Water

INSTRUCTIONS

Season roast with salt and pepper. Place roast in the inner pot and arrange peppers on top.

In a medium bowl, whisk together ranch dressing, gravy mix and water. Pour over roast.

Close and lock the lid and turn the steam release handle to Sealing. Set your Instant Pot to Pressure Cook on High for 45 minutes.

When the cooking time is done, press Cancel and let stand, covered, for 10 minutes, then turn the steam release handle to Venting. When the float valve drops down, remove the lid. The roast should be fork-tender. (If more cooking time is needed, continue pressure cooking on High for 5 minutes, then quickly release the pressure.)

Using a slotted spoon, remove peppers from pot and set aside.

Using tongs, transfer roast to a cutting board, cover with foil and let stand for 5 minutes.

Slice roast across the grain and transfer slices to a serving platter.

Skim off fat from cooking liquid and drizzle roast with some of the liquid. Arrange peppers around roast.

RECIPE NOTES

Variation Replace the water with ready-to-use reduced-sodium beef broth. Unless using no-salt-added broth, do not season roast with salt.

Corned Beef

INGREDIENTS

Corned Beef

12 ounces Guinness stout or other dark beer or beef broth

3-4 lbs corned beef with seasoning packet

Vegetables:

10 - 12 potatoes skin on, egg-sized

1 1/2 cups baby carrots

1/2 head cabbage cut in half (optional)

INSTRUCTIONS

Pour beer into Instant Pot.

Use seasoning packet as a rub to thoroughly coat corned beef.

Place beef in the pot.

Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function* . Use the +/- buttons and program the Instant Pot for 70 minutes for a sliceable corned beef, 90 minutes if you want it “fall-apart” tender.

When the time is up, let the pressure naturally release for 15 minutes, then quick-release the remaining pressure.

Remove corned beef to a cutting board and cover loosely with foil to rest, reserving juices.

Remove the trivet and place the vegetables into the pot with the reserved juices. Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function* . Use the +/- buttons and program the Instant Pot for 3 minutes.

When the time is up, quick-release the pressure.

Slice the corned beef against the grain and serve with vegetables.

RECIPE NOTES

*If your Instant Pot does not have a MANUAL function, use the Pressure Cook function.

Beef Fajita Soup

INGREDIENTS

1 lb Beef Stew Meat cut into 1-inch pieces
15 ounces pinto beans 1 can rinsed and drained
15 ounces black beans 1 can rinsed and drained
14 ounces beef broth 1 can beef broth
10 ounces diced tomatoes with green chiles 1 can
1 green bell pepper cut into 1/2-inch slices
1 red bell pepper cut into 1/2-inch slices
1 onion cut into 1/4-inch slices
2 tsp ground cumin
1 tsp seasoned salt
1/2 tsp black pepper
Optional toppings
sour cream
shredded Monterey Jack or Cheddar cheese
chopped olives

INSTRUCTIONS

Combine beef, beans, broth, tomatoes, bell peppers, onion, cumin, seasoned salt and black pepper in Instant Pot®; mix well.
Secure lid and move pressure release valve to Sealing position.
Press Manual or Pressure Cook; cook at high pressure 25 minutes.
When cooking is complete, use natural release for 10 minutes, then release remaining pressure. Serve with desired toppings.

Braised Chipotle Beef

INGREDIENTS

3 lbs boneless beef chuck roast cut into 1-inch pieces
2 tsp salt divided
3/4 tsp black pepper divided
3 tbsp vegetable oil divided
1 large onion cut into 1-inch pieces
2 red bell peppers cut into 1 1/2-inch pieces
3 tbsp tomato paste
1 tbsp minced Garlic
1 tbsp chipotle chili powder
1 tbsp paprika
1 tbsp ground cumin
1 tsp dried oregano
1/4 cup Water
14.5 ounces diced tomatoes (1 can
Hot cooked rice or tortillas (optional)

INSTRUCTIONS

Pat beef dry with paper towels; season with 1/2 teaspoon salt and 1/4 teaspoon black pepper.

Press Sauté; heat 2 tablespoons oil in Instant Pot®. Add beef in two batches; cook about 5 minutes or until browned. Remove to plate.

Heat remaining 1 tablespoon oil in pot. Add onion; cook and stir 3 minutes or until softened. Add bell peppers; cook and stir 2 minutes.

Add tomato paste, garlic, chili powder, paprika, cumin, oregano, remaining 1 1/2 teaspoons salt and 1/2 teaspoon black pepper; cook and stir 1 minute. Stir in water, scraping up browned bits from bottom of pot. Return beef to pot with tomatoes; mix well.

Secure lid and move pressure release valve to Sealing position.

Press Manual or Pressure Cook; cook at high pressure 30 minutes.

When cooking is complete, use natural release for 10 minutes, then release remaining pressure. Serve with rice or tortillas, if desired.

Pork recipes

Sous Vide - Hoisin-Glazed Spare Ribs

INGREDIENTS

For The Pork Spare Ribs

1 tsp Chinese five-spice powder

1 tsp garlic powder

1/8 tsp cayenne pepper powder

1-2 racks pork spare ribs

For the Hoisin Glaze

1/2 cup Hoisin Sauce

1 tbsp rice vinegar

2 tbsp soy sauce

2 tbsp honey

1 tbsp fresh lime juice

2 tsp minced ginger

2 cloves garlic minced

1/4 tsp cayenne pepper powder

To Assemble

1/4 cup chopped fresh cilantro

1 tsp sesame seeds

INSTRUCTIONS

For the Pork Spare Ribs

Preheat a water bath to 140°F.

Mix the spices together in a small bowl. Salt and pepper the ribs, then sprinkle with the spices. Place the pork in a sous vide bag and seal it. Place the bag in the water bath and cook for 1 to 2 days until tenderized.

For the Hoisin Glaze

To prepare the glaze, mix together all the ingredients in a bowl until combined well.

To Assemble

Take the sous vide bag out of the water and remove the cooked ribs.

Dry them off thoroughly, using paper towels or a clean dish cloth. Lightly salt the spare ribs, then brush with the hoisin glaze. Quickly sear the ribs for 1 minute per side, then add more glaze and sear for another minute. Repeat a few times until the glaze has coated the ribs. Remove the ribs from the heat. Cut the racks of ribs into sections of 1 or 2 ribs and place them on a plate. Sprinkle with the cilantro and sesame seeds, then serve.

Sous Vide - Pulled Pork with Carolina-Style Mustard-Vinegar Sauce

INGREDIENTS

FOR THE PORK SHOULDER

1/2 tsp garlic powder
1/2 tsp ground cumin
1/2 tsp ground coriander
1/8 tsp cayenne pepper powder
1-2 lbs pork shoulder
1 tbsp Worcestershire sauce
1 tbsp liquid smoke

FOR THE MUSTARD-VINEGAR SAUCE

3/4 cup prepared yellow mustard
1/2 cup honey
1/2 cup apple cider vinegar
2 tbsp ketchup
1 tbsp brown sugar
1 tbsp Worcestershire sauce
2 tsp hot sauce

INSTRUCTIONS

For the Pork Shoulder

Preheat a water bath to 156°F.

Mix the spices together in a bowl. Salt and pepper the pork shoulder, then sprinkle with the spices. Place it in the bag with the Worcestershire sauce and the liquid smoke. Seal the bag, place it in the water bath, and cook for 18 to 24 hours, until tenderized.

For the Mustard-Vinegar Sauce

Whisk together all the ingredients in a bowl.

To Assemble

Take the sous vide bag out of the water and remove the cooked pork. Dry it off thoroughly, using paper towels or a clean dish cloth. Lightly salt the pork shoulder, then quickly sear it for 1 to 2 minutes per side, just until browned. Remove it from the heat and shred. Serve on rolls with pickles and cabbage, with a spoonful of the mustard-vinegar sauce on top.

RECIPE NOTES

The mustard-vinegar sauce is best when it is made at least a day in advance. It will also last in the refrigerator for at least a week. If you are comfortable around a smoker, you can omit the liquid smoke and finish the pork in your smoker.

Roast Pork Loin

INGREDIENTS

Roast Pork Loin

2-3 lb pork loin

1 tsp salt

1 tsp pepper

2 tbsp butter

1 cup apple juice

1 large onion sliced into 1-inch pieces

Apple-Orange Chutney optional (see recipe below)

fresh pomegranate seeds for garnish optional

Apple-Orange Chutney

8 Granny Smith apples peeled, cored, and cut into 2-inch pieces

1 cup raisins

1/2 medium white onion diced

2 tbsp fresh ginger minced

1 cup orange juice

1/2 cup apple cider vinegar

1/2 cup brown sugar

1 tsp salt

1/4 tsp red pepper flakes

1/4 tsp ground nutmeg

INSTRUCTIONS

Liberally season all sides of the pork roast with salt and pepper.

Select the Sauté button to heat up the Instant Pot inner pot.

When the display reads “Hot,” add the butter to the pot. As soon as the butter melts, add the pork roast to the pot and sear it on all sides, approximately 4 minutes per side.

Add the apple juice to the pot and use a wooden spoon to scrape up any brown bits from the bottom of the pot. Add the onion. Press Cancel to turn off the Sauté function.

Secure the lid, ensuring the valve is turned to the Sealing position.

Press the Pressure Cook button and set the time to 20 minutes.

When cooking is complete, let the pot sit for another 15 minutes, and then turn the valve to the Venting position to release any remaining pressure.

Remove the lid and transfer the pork to a cutting board. Let the pork rest for 5 minutes, and then cut it into 3/4-inch slices. Top the pork roast with chutney and fresh pomegranate seeds, if using.

Apple-Orange Chutney

Place all the ingredients in the Instant Pot inner pot and combine them with a good stir. Secure the lid, ensuring the valve is turned to the Sealing position. Press the Pressure Cook button and set the time to 10 minutes.

When cooking is complete, turn the valve to the Venting position to release the pressure. Remove the lid, stir, and serve the chutney either hot or cold.

Turmeric Pork Curry

INGREDIENTS

3 tbsp coconut oil or ghee
2 onion sliced
2 tsp kosher salt (approx.)
2 tsp ground cumin
1 tbsp ground turmeric
1/2 tsp kashmiri chili powder
1/4 cup Ginger minced
4 cloves garlic minced
10 curry leaves torn into pieces
1 green thai chile minced
1/2 cup Water
1 1/2 lbs boneless pork shoulder cut into 1-inch pieces
14 ounces full fat coconut milk 1 can
1/2 cup fresh cilantro leaves chopped

INSTRUCTIONS

Using the Sauté function on High, heat the coconut oil for about 1 minute, until shimmering. Add the onions and cook for about 4 minutes, stirring occasionally, until softened.

Stir in the salt, cumin, turmeric and chili powder; cook for 1 minute, until fragrant. Add the ginger, garlic, curry leaves, and chile; cook for 2 minutes, until fragrant. Stir in the water, using a wooden spoon to scrape up all the browned pieces from the bottom of the pot. Stir in the pork and coconut milk.

Secure the lid and cook on high pressure for 30 minutes.

Once the cooking is complete, let the pressure release naturally for 5 minutes, then quick-release the remaining pressure. Remove the lid and, using the Sauté function on Low, simmer the sauce for about 3 minutes, or until it thickens a bit; it should be pretty creamy. Taste and add more salt if needed. Stir in the chopped cilantro and serve.

Chipotle Pork Chops

INGREDIENTS

- 2 tbsp coconut oil
- 3 chipotle chilies
- 2 tbsp adobo sauce
- 2 tsp cumin
- 1 tsp dried thyme
- 1 tsp salt
- 4 boneless pork chops 5 ounce
- 1/2 medium onion chopped
- 2 bay leaves
- 1 cup chicken broth
- 7 ounce fire-roasted diced tomatoes 1/2 can
- 1/3 cup chopped cilantro

INSTRUCTIONS

Press the Sauté button and add coconut oil to Instant Pot. While it heats, add chilies, adobo sauce, cumin, thyme, and salt to food processor. Pulse to make paste. Rub paste into pork chops. Place in Instant Pot and sear each side 5 minutes or until browned. Press the Cancel button and add onion, bay leaves, broth, tomatoes, and cilantro to Instant Pot. Click lid closed. Press the Manual button and adjust time for 15 minutes. When timer beeps, allow a 10-minute natural release, then quick-release the remaining pressure. Serve warm with additional cilantro as garnish if desired.

Mini - Hawaiian Shredded Pork

INGREDIENTS

FOR THE SAUCE

15 ounce pineapple chunks with juice 1 can reserved
1/2 cup reserved pineapple juice
2 tablespoons soy sauce
2 tablespoons honey
3 cloves garlic peeled and minced
1 tablespoon fresh minced ginger
1 tablespoon chili sauce
1/2 teaspoon Chinese 5 spice blend

FOR THE PORK

2 tablespoons olive oil
3-4 pound pork butt (shoulder) cut into 4 inch to 5-inch pieces
1 teaspoon salt
1/2 teaspoon pepper
1 cup reserved pineapple juice pineapple chunks from drained can
3 green onions sliced crosswise
Hawaiian rolls and prepared coleslaw for serving

INSTRUCTIONS

To Prepare the Sauce

Open the can of pineapple chunks. Pour out the juice into a small bowl. Set aside the pineapple chunks for later use.

In a small saucepan, combine 1/2 cup of the pineapple juice, soy sauce, honey, garlic, ginger, chili sauce, and Chinese 5 spice blend. Heat over medium-high heat until the sauce thickens. Set aside.

To Prepare the Pork

Select the sauté function to heat the Instant Pot inner pot. Add olive oil to coat the bottom of the pot. When the display reads “Hot,” add the pork pieces. Let the pork sit untouched for 3 to 4 minutes and then turn the pieces over to sear the other side. Don’t overload the pot. This might need to be done in batches.

Press Cancel to turn off the sauté function. Add 1 cup of the reserved pineapple juice to deglaze the bottom of the inner pot, using a wooden spoon to scrape up the browned bits.

Secure the lid, ensuring the valve is turned to the Sealing position.

Press the Pressure Cook button and set the time to 60 minutes.

Once cooking is complete, allow the appliance to natural release for 10 minutes; then turn the valve to the Venting position to release the pressure. When all the pressure is released, carefully remove the lid.

Using tongs, remove the pork from the pot and place it on a serving platter. Using two forks, shred the pork, removing any large pieces of fat. Season with additional salt and pepper if needed.

Pour the Hawaiian sauce over the shredded pork. Top with pineapple chunks and green onions. Serve the meat with Hawaiian rolls and coleslaw.

Pork & Green Chile Tamales

INGREDIENTS

3/4 pound pork shoulder boneless, cut into 4-inch cubes
kosher salt
pepper freshly ground
2 tablespoons canola oil
1 yellow onion diced
1 teaspoon ground cumin
1 teaspoon garlic powder
1/2 cup chicken broth
4 ounces green chiles diced
1/4 cup fresh cilantro leaves finely chopped
4 cups corn masa mix masa harina for tamales
2 teaspoons salt
1 1/2 teaspoons baking powder
4 cups Water
2/3 cup solid vegetable shortening melted
16 in large corn husks soaked water to cover for 1 hour

INSTRUCTIONS

Season the pork generously with salt and pepper. Select Sauté on the Instant Pot and warm the oil. In batches, sear the pork until browned on all sides, about 8 minutes total. Using tongs or a slotted spoon, transfer the pork to a plate.

Add the onions to the pot and cook, stirring occasionally, until tender and translucent, about 3 minutes.

Stir in the cumin and garlic powder, return the pork to the pot, add the broth and chiles, and give everything a good stir.

Lock the lid in place and turn the valve to Sealing. Press the Keep Warm/Cancel button to reset the program, then press the Manual/Pressure Cook button and set the cook time for 1 hour at high pressure.

Let the steam release naturally for about 10 minutes, then turn the valve to Venting to release any residual steam.

Carefully remove the lid and, using a slotted spoon, transfer the pork mixture to a bowl. Using 2 forks, shred the pork.

Add the cilantro, season with salt and pepper, stir well and let cool to room temperature. Using pot holders, lift out the inner pot, rinse well, and return the inner pot to the Instant Pot housing.

In a large bowl, mix the corn masa mix, salt, and baking powder, then stir in 3 cups of the water until blended.

Stir in the vegetable shortening, then knead the masa against the side of the bowl until incorporated.

Remove the husks from the water and pat dry. Place the husks on a work surface with the narrow ends facing you.

One at a time, spread about 3 tablespoons of the masa mixture onto the widest part of a husk and top the masa with about 1 tablespoon of the pork mixture. Fold in the sides of the husk to enclose the filling, then fold up the bottom narrow flap of husk over the center and secure with a narrow strip of the husk. Repeat until all the filling is used.

Pour the remaining 1 cup water into the Instant Pot and insert the steam rack.

Arrange the tamales on the rack, standing them upright. Lock the lid in place and turn the valve to Sealing.

Press the Manual/Pressure Cook button and set the cook time for 40 minutes at high pressure. Let the steam release naturally for about 10 minutes, then turn the valve to Venting to release any residual steam.

Carefully remove the lid and transfer the tamales to a plate. Let stand for 15–30 minutes to set up before serving.

Braised Pork Ribs in Soy Sauce

INGREDIENTS

2-2 1/2 pounds spare ribs
1 tablespoon olive oil
3-4 slices Ginger fresh
1 green onion rinsed and chopped into 2 inch-long pieces
1 star anise
2 cloves
1 1/2 tablespoons anka sauce or 1 1/2 teaspoons red yeast rice
1 tablespoon cooking wine
1 1/2 tablespoons dark soy sauce
2 tablespoons light soy sauce
1/2 teaspoon salt
1 1/2 tablespoons honey
4 tablespoons Water

INSTRUCTIONS

Wash the ribs with warm water and cut between bones into small pieces. Soak ribs in boiling water for 2 minutes, drain, rinse and drain.

Add 1 tablespoon of oil to the Instant Pot pressure cooker , select "Saute" function and adjust to "High".

Sauté green onion, ginger, anise and cloves for 1 minute.

Add anka sauce or red yeast rice and ribs, stir and cook for 2 minutes.

Add cooking wine and stir a few times. Add in the light and dark soy sauces, salt, water and honey.

Cover the lid and place the pressure valve to "Seal" position. Press "Manual" button and set 35 minutes of cooking time.

When the program is done, wait allow pressure to naturally release for 5 minutes. Slowly release the remaining pressure then open the lid.

Select "Sauté" and set temperature to "high", stir occasionally until the sauce is reduced to 1/4 of its volume.

Place the cooked meat into to a serving bowl, serve immediately over rice. Yummy!

Braised Pork Hock with Potatoes

INGREDIENTS

2 1/2 pounds pork hock boneless, diced into 1-inch cubes and rinsed under cold water;
7 small potatoes peeled and rinsed;
2 tablespoons olive oil
1 green onion cut into 2-inch long
2 teaspoons fresh ginger sliced
1 anise star
2 cloves
1 tablespoon anka sauce (can be substituted with cooking wine),
1 teaspoon dark vinegar
1 1/2 teaspoons sugar
3 tablespoons light soy sauce
1 tbsp dark soy souce
1/3 teaspoon salt
1 tablespoon olive oil

INSTRUCTIONS

Place the diced pork inside the Instant Pot and fill with boiling water. Press "Sauté" function then "Adjust" button to set temperature to "More". Boil for 3 to 5 minutes, then rinse under cold water. Clean and dry the inner pot. Select "Sauté" then set temperature to "More". Add 1 tablespoon olive oil and sauté the green onion, ginger, anise, and cloves for 1 minute. Add anka sauce and sauté for another minute. Put the cooked meat back into the Instant Pot, and sauté for 1-2 minutes. Add the dark vinegar, soy sauces, sugar and salt to the Instant Pot and mix well. Close the lid and place the pressure valve to "Seal" position. Press "Manual" and set to cook for 35 minutes.

While meat is cooking, quarter the potatoes into equal parts. Rinse under cold water, then pat dry with paper towel.

In a non-stick sauté pan on high heat, add 1 tablespoon of olive oil.

Cook the potato pieces until golden brown.

When the Instant Pot program is done, allow for pressure to naturally release for 5 minutes. Quick release the remaining pressure then open the lid.

Remove cooked meat into a bowl and cover to keep warm.

Press “Sauté” button on “Normal” temperature. Cook the potato pieces with meat sauce for 7-8 minutes.

Place the cooked meat into the Instant Pot and gently stir for 1 minute.

Transfer to a serving bowl and serve immediately with rice. Enjoy!

Pulled Pork with Cranberries and Pecans

INGREDIENTS

1/4 cup spicy brown mustard
1/2 teaspoon garlic powder
1/2 cup coconut sugar or 1/2 teaspoon stevia
1/2 teaspoon Pink Himalayan salt or Celtic salt
1/4 teaspoon pepper freshly ground
3 1/2 pounds pork shoulder boneless, trimmed of excess fat
2 cups onions roughly chopped
1 cup cranberries fresh
3 cups cabbage finely shredded, for serving
1/2 cup pecans toasted and chopped, for serving
1/2 cup cranberries dried, for serving

INSTRUCTIONS

In a small bowl, combine mustard, garlic powder, coconut sugar/stevia, salt and pepper and mix well. Rub mixture on pork. Add the pork to the Instant Pot and top with onions and cranberries. Using the Manual function, adjust to high pressure and cook for 45 minutes.

When time is up, allow pressure to naturally release. Transfer pork to a platter or cutting board and shred with two forks.

Strain the liquid discarding the cranberries and onions. Pour the strained liquid over the pork.

Serve over shredded cabbage topped with chopped pecans and dried cranberries. Enjoy!

Pasta recipes

Spaghetti Bolognese

INGREDIENTS

1 tablespoon olive oil
1 lb extra-lean ground beef at least 90%
2 cups chopped yellow onions
1/2 teaspoon salt
1 cup chopped celery
1 cup chopped peeled carrots
2 cups Progresso™ beef broth from 32-ounce carton
12 oz uncooked spaghetti broken in half
1 can Muir Glen™ organic fire roasted crushed tomatoes undrained, 28 ounce

INSTRUCTIONS

On Instant Pot™, select SAUTE; adjust to normal. Heat oil in insert. Add beef, onions and salt; cook 8 to 10 minutes, stirring occasionally, until thoroughly cooked. Stir in celery and carrots. Select CANCEL.
Stir broth into beef mixture.
Add spaghetti evenly over beef mixture. Spread tomatoes evenly over spaghetti. Secure lid; set pressure valve to SEALING. Select MANUAL; cook on high pressure 7 minutes. Select CANCEL. Set pressure valve to VENTING to quick-release pressure.
Using tongs, immediately lift, and stir mixture 1 to 2 minutes or until pasta is completely separated. Spaghetti will appear to be stuck together but will separate while stirring.

Instant Pot Pasta with Italian Sausage

Ingredients

- 1 1/2 tablespoons olive oil
- 1 cup sliced onion
- 1 cup sliced bell peppers, any color
- 1 (12 ounce) package Italian-style chicken sausage links, or more to taste, casings removed
- 2 cloves garlic, minced
- 1 (26 ounce) jar marinara sauce
- 3 cups water
- 3 cups chopped fresh spinach, or more to taste
- 10 ounces penne pasta
- 1 tablespoon chopped fresh basil
- 1 tablespoon Italian seasoning
- 1 cup shredded Italian cheese blend

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Add oil and allow to heat. Add onion and peppers to hot oil; cook until they begin to get tender, 3 to 4 minutes. Add sausages and cook, breaking them up with a wooden spoon, until lightly browned, 4 to 5 minutes. Add garlic and saute for 1 to 2 minutes. Add marinara sauce, water, spinach, pasta, basil, and Italian seasoning; mix to combine. Cancel Saute function.

Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, 5 minutes. Then release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Stir in 1/2 cup shredded Italian cheese until combined. Serve with remaining cheese sprinkled on top.

You might also like

Nutrition Facts

Per Serving: 786 calories; 35.7 g fat; 86 g carbohydrates; 32.2 g protein; 59 mg cholesterol; 1738 mg sodium.

Instant Pot Jerk Chicken Alfredo

Ingredients

Ingredient Checklist

2 tablespoons butter

½ cup chopped red bell pepper

½ cup chopped green bell pepper

½ cup chopped onion

2 (6 ounce) boneless, skinless chicken breasts

1 ½ tablespoons jerk seasoning, divided

2 cups penne pasta

1 cup water

¾ cup whipping cream, or more as needed

1 teaspoon garlic base (such as Better Than Bouillon® Roasted Garlic Base)

1 ½ cups finely shredded Parmesan cheese

Directions

Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. When hot, add butter, red bell pepper, green bell pepper, and onion. Cook until softened and fragrant, about 5 minutes.

Step 2

Meanwhile, slice each chicken breast horizontally creating two thin fillets. Cut each fillet into diagonal strips and sprinkle with 1 ½ teaspoons jerk seasoning. Add to Instant Pot® and cook for 5 minutes. Cancel Saute function. Mix in penne, water, whipping cream, and garlic base.

Step 3

Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

Step 4

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock

and remove the lid. Stir in remaining jerk seasoning and Parmesan cheese until well combined. Add more cream if you like, up to 1/4 cup.

Nutrition Facts

Per Serving:

469 calories; 27.3 g total fat; 121 mg cholesterol; 962 mg sodium.
27.7 g carbohydrates; 28.6 g protein;

Instant Pot Creamy Chicken and Leek Alfredo

Ingredients

½ tablespoon olive oil
½ tablespoon butter
1 pound chicken breast, cubed
1 cup diced leek (white and light green only)
2 garlic, chopped, or more to taste
1 tablespoon Italian seasoning
¼ teaspoon salt
¼ teaspoon ground black pepper
1 pinch red pepper flakes
1 ½ cups chicken broth
¼ cup dry white wine
⅔ cup heavy whipping cream
1 egg yolk
8 ounces penne pasta
1 cup shredded Parmesan-Romano cheese blend
1 pinch cornstarch
1 ounce cream cheese, cubed
½ cup milk, or more as needed
1 pinch salt and freshly ground black pepper to taste

Directions

Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add oil and butter and heat until butter is melted. Add chicken and cook until lightly browned on all sides, 5 to 8 minutes. Add leek and garlic. Season with Italian seasoning, salt, black pepper, and red pepper flakes. Cook for 3 to 5 minutes.

Step 2

Pour in chicken broth and wine to deglaze pot. Bring to a simmer, scraping browned bits off the bottom of the pot.

Step 3

Stir cream and egg yolk together in a small bowl until well combined. Pour into the Instant Pot®. Add pasta without mixing, letting it float on top, but making sure pasta does not stick together. You may push pasta slightly down into the liquid. Close and lock the lid and seal the vent. Select high pressure according to manufacturer's instructions; set timer for 1 minute. Allow 10 to 15 minutes for pressure to build.

Step 4

Release pressure using the natural-release method according to manufacturer's instructions for 10 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes.

Step 5

Mix Parmesan-Romano cheese mixture and a pinch of cornstarch together in a bowl. Unlock and remove Instant Pot® lid. Stir in cheese mixture and cream cheese. Slowly add enough milk until the sauce reaches desired creaminess. Mix well to create a smooth cream sauce.

Nutrition Facts

Per Serving:

495 calories; 26.3 g total fat; 136 mg cholesterol; 803 mg sodium.
37.8 g carbohydrates; 25.4 g protein;

Instant Pot Bison Pasta (Pasta Bisonte)

Ingredients

- 12 ounces ground bison
- 1 1/2 cups diced onion
- 1 1/2 cups diced red bell pepper
- 2 tablespoons olive oil
- 1 (8 ounce) package sliced baby portobello mushrooms
- 1/2 cup chopped fresh basil
- 4 cloves garlic, chopped
- 1 tablespoon dried oregano
- 1 bay leaf
- 2 (14.5 ounce) cans diced tomatoes
- 1 cup water
- 1/2 cup red wine
- 1 tablespoon tomato paste
- 1 (16 ounce) package trottolo pasta
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function; heat until indicator reads 'Hot.' Add bison, onion, red bell pepper, and olive oil. Saute until bison is browned and crumbly, 5 to 7 minutes. Add mushrooms; saute until slightly softened, 1 to 2 minutes.

Stir basil, garlic, oregano, and bay leaf into the bison mixture. Add tomatoes, water, wine, and tomato paste. Turn cooker off. Add pasta; stir until coated. Mix in salt, onion powder, and garlic powder.

Set cooker to Manual. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 5 minutes.

Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove lid. Stir well.

Footnotes

Cook's Notes:

Use roasted garlic powder if available.

Use any kind of bell peppers you prefer.

You can replace the oregano with Italian herb mix.

Any variety of pasta works in this recipe. I used Italian trotole pasta, which is a bit thicker and takes a little longer to cook normally.

Reduce cooking time to 4 minutes for more delicate pasta like farfalle. If it is too al dente for your taste, place the lid on and let it stand for another minute or two until it reaches your desired firmness.

Nutrition Facts

Per Serving: 459 calories; 6.8 g fat; 70.7 g carbohydrates; 23.2 g protein; 29 mg cholesterol; 460 mg sodium.

Pasta and Meatballs

INGREDIENTS

3 cups Water

14-18 ounce frozen meatballs 1 bag

12-16 ounce gemelli 1 box , penne or other short pasta

24-36 ounce pasta sauce 1 jar

1 tsp Italian seasoning

1/2 cup grated parmesan cheese

INSTRUCTIONS

Combine water, meatballs, pasta, pasta sauce and Italian seasoning in the Instant Pot. Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL function*. Use the +/- keys and program the Instant Pot for 3 minutes.

When the time is up, let the pressure naturally release for 5 minutes, then quick-release the remaining pressure.

Serve topped with grated parmesan cheese.

RECIPE NOTES

*The MANUAL and PRESSURE COOK buttons are interchangeable.

Amazin' Cajun Pasta

INGREDIENTS

Pot Mixture:

14 oz turkey smoked sausage cut into 1/4 inch slices

8 oz short pasta such as rotini or penne

1 3/4 cup chicken broth warmed

1 cup cream

1 tbsp Cajun seasoning

To Finish:

1/2 cup grated parmesan cheese

1/3 cup chopped italian parsley optional

INSTRUCTIONS

Add pot mixture ingredients to the pot and stir. Ensure all pasta is submerged.

Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE

COOK function*. Use the +/- keys and program the Instant Pot for 10 minutes.

When the time is up, let the pressure naturally release for 10 minutes, then quick-release the remaining pressure.

Stir in parmesan cheese. Serve hot topped with chopped italian parsley (optional).

Cheesy Creamy Ziti

INGREDIENTS

- 1 1/4 cups chicken broth
- 1 cup heavy cream
- 2 tsp garlic minced
- 1 tsp kosher salt
- 1/2 tsp pepper
- 12 oz dried ziti pasta
- 1 1/2 cups pasta sauce
- 1 cup Parmesan cheese shredded
- 1 cup mozzarella cheese shredded
- 1 1/2 cups fresh spinach finely chopped (optional)

INSTRUCTIONS

Layer broth, cream, garlic, salt, pepper and pasta, in that order, in the pot--do not stir. Ensure all pasta is submerged.

Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function*. Use the +/- keys and program the Instant Pot for 6 minutes.

When the time is up, let the pressure naturally release for 6 minutes, then quick-release the remaining pressure.

Stir in the pasta sauce.

Add the cheeses, 1/3 cup at a time, stirring after each additional until fully melted and incorporated.

Serve hot garnished with finely chopped spinach (optional).

Shrimp Pasta

INGREDIENTS

BB-8 Shrimp Pasta

3 garlic cloves minced

2 tsp smoked paprika

4 cups Water heated

12 oz dried spaghetti or linguine broken in half

1 lb frozen peeled and deveined shrimp

Sauce Mixture:

1/2 cup low-fat mayonnaise

1/2 cup Thai sweet chili sauce

3 tbsp lime juice

1 tsp salt

1 tbsp Sriracha sauce or to taste

To Finish:

salt and pepper to taste

1/4 tsp crushed red pepper flakes optional

1/2 cup chopped italian parsley or 1/4 sliced scallions

INSTRUCTIONS

Add olive oil to the Instant Pot. Using the display panel select the SAUTE function.

When oil gets hot, add the garlic and smoked paprika. Cook and stir for 1 minute.

Add the heated water and deglaze by using a wooden spoon to scrape the brown bits from the bottom of the pot.

Carefully fan the pasta in the pot (this helps prevent clumping) and ensure it is completely submerged.

Add the frozen shrimp in a single layer--do not stir.

Turn the pot off by selecting CANCEL, then secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL function*. Use the +/- keys and program the Instant Pot for 4 minutes.

Meanwhile, combine the Sauce Mixture ingredients in a bowl. When the time is up, quick-release the remaining pressure. Stir the pasta, breaking up any clumps. Add the sauce to the pasta and adjust seasonings. Serve hot topped with chopped parsley or scallions.

RECIPE NOTES

*for 3 Quart model, cut recipe in half

*Manual and Pressure Cook buttons are interchangeable

Parmesan Lemon Pasta

INGREDIENTS

1 tbsp butter
2 cloves garlic minced
2 1/2 cups chicken broth
Zest of one lemon
3 tbsp lemon juice divided
8 ounce fettuccine noodles
1 cup grated/shredded parmesan cheese
3/4 cup half and half
salt to taste
white pepper to taste
2 tbsp cornstarch
2 tbsp cold water
8 ounce grilled chicken sliced and warmed (optional)
1 tbsp finely chopped parsley for serving
additional parmesan for serving

INSTRUCTIONS

Add butter to the Instant Pot. Using the display panel select the SAUTE function.

When butter is melted, add garlic and cook for 1 minute or until lightly browned.

Add broth, lemon zest and 1 tbsp of lemon juice to the pot and deglaze by using a wooden spoon to scrape any brown bits from the bottom of the pot.

Break noodles in half and fan across the bottom of the pot, making sure all noodles are submerged.

Turn the pot off by selecting CANCEL , then secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function*. Use the +/- keys and program the Instant Pot for 3 minutes.

When the time is up, let the pressure naturally release for 10 minutes, then quick-release the remaining pressure.

Stir, breaking up any pasta clumps and allow to cool slightly.

Add parmesan cheese, half-and-half, and remaining 2 tbsp of lemon juice. Add salt and white pepper to taste.

In a small bowl, mix together cornstarch and cold water. Stir into the pot until thickened, returning to SAUTE mode as needed.

Serve warm topped with grilled chicken (optional), finely chopped parsley and additional parmesan.

Salad Recipes

Instant Pot Spicy Macaroni Salad

Ingredients

1/2 (8 ounce) package elbow macaroni
1 1/2 cups water
1 large egg
1/3 cup diced red bell pepper
1/3 cup cubed pepper Jack cheese
1/4 cup diced jalapeno pepper, or to taste
1/4 cup sliced celery
2 tablespoons diced onion
1/2 cup mayonnaise
1/2 tablespoon apple cider vinegar
2 teaspoons chile-garlic sauce (such as Sriracha®)
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper
freshly ground black pepper to taste

Directions

Place macaroni into the bottom of a multi-functional pressure cooker (such as Instant Pot(R)) and pour in water. Add a trivet on top of that, so that it sits above the the water, and place the egg on it. Close and lock the lid; turn the valve to Sealing. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Remove the egg and place into a bowl of ice water for 5 minutes; remove the trivet.

Leave the macaroni in the liner, but remove it from the Instant Pot(R) to avoid additional residual cooking. Add several ice cubes and cold water to the liner, stirring macaroni, which will stop the cooking process.

Pour macaroni into a colander; drain very well to avoid a watery macaroni salad. Dry out the inside of the liner and return the macaroni to the liner.

Peel the egg and dice. Add egg, red bell pepper, pepper Jack cheese, jalapeno, celery, and onion to the pot and stir.

Whisk mayonnaise, vinegar, Sriracha, salt, garlic powder, cayenne, and black pepper together in a small bowl. Add dressing to the macaroni mixture, stir until well incorporated. Transfer the salad to a bowl and refrigerate for at least 1 hour, allowing time for the flavors to meld.

Footnotes

Cook's Note:

If your preference is salad dressing (such as Miracle Whip®) rather than mayonnaise, please feel free to sub it.

Nutrition Facts

Per Serving: 374 calories; 27.1 g fat; 24.6 g carbohydrates; 8.2 g protein; 69 mg cholesterol; 656 mg sodium.

Easy Instant Pot Potato Salad

Ingredients

1 cup water
2 pounds red potatoes, cut into 1-inch chunks
2 eggs
1/3 cup mayonnaise
2 teaspoons red wine vinegar
1 teaspoon Dijon mustard
1 celery stalk, diced
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 tablespoon chopped fresh chives

Directions

Pour water in a multi-functional pressure cooker (such as Instant Pot(R)). Place steamer; add potatoes and eggs. Close and lock the lid. Select high pressure according to manufacturer's instructions and set timer for 4 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Place potatoes in a large bowl. Peel eggs, remove egg yolks, and chop egg whites. Mash yolks and whisk with mayonnaise, vinegar, and mustard in a bowl until well combined to form the dressing. Combine chopped egg whites, potatoes, and celery; pour in dressing and stir until evenly coated. Season with salt and pepper and sprinkle with chives. Refrigerate before serving.

Nutrition Facts

Per Serving: 133 calories; 7 g fat; 15.2 g carbohydrates; 3.1 g protein; 40 mg cholesterol; 197 mg sodium.

Instant Pot Roasted Brussels Sprouts

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 pound whole Brussels sprouts
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup vegetable broth

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat olive oil and cook onion until translucent, about 2 minutes. Add Brussels sprouts and cook for 1 minute more. Sprinkle with salt and pepper; pour vegetable broth over Brussels sprouts. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 3 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove lid.

Nutrition Facts

Per Serving: 136 calories; 7.2 g fat; 16.3 g carbohydrates; 4.6 g protein; 0 mg cholesterol; 670 mg sodium.

Shrimp and Avocado Salad

INGREDIENTS

2 tbsp coconut oil
1 pound Shrimp thawed and deveined
1 cup bell peppers chopped
1/2 cup spinach chopped
1/2 cup kale chopped
1/2 cup bok choy chopped
1 avocado mashed
2 tbsp walnuts chopped
1/2 tsp turmeric ground
1/2 tsp parsley dried
1/2 tsp Ginger finely grated
1/2 tsp freshly ground black pepper
1/2 tsp basil dried

INSTRUCTIONS

Set the Instant Pot to Sauté . Add the oil, melting it gently.
Pour 1 cup filtered water into the Instant Pot, then add the shrimp.
Close the lid, set the pressure release to Sealing, and
select Manual/Pressure Cook . Set the Instant Pot to 3 minutes on
low pressure and let cook.

In the meantime, make a salad by tossing together the bell peppers,
spinach, kale, bok choy, mashed avocado, and walnuts.

When the shrimp is cooked, carefully switch the pressure release to
Venting.

Open the lid and remove the shrimp. Add it atop the tossed salad.
Sprinkle the turmeric, parsley, ginger, black pepper, and basil on top,
evenly. Enjoy!

RECIPE NOTES

Nutrition Facts Amount per serving
Calories 338 Total Fat 21g Total
Carbohydrate 10.4g Dietary Fiber 4.5g Total Sugars 1.9g Protein 28.6g

Summer Salmon Salad

INGREDIENTS

Dressing

1/4 cup honey

1/4 cup Dijon mustard

1/4 cup apple cider vinegar

2 tbsp olive oil

1 clove garlic peeled and minced

Salmon

2 salmon fillets 5 ounce

1/2 tsp salt

1 cup Water

Salad

4 cups arugula

1 Roma Tomato diced

1/4 cup fresh blueberries

4 tbsp peeled and diced red onion

4 tbsp crumbled feta cheese

2 tbsp chopped pecans

2 tbsp salted sunflower seeds

INSTRUCTIONS

In a small bowl, whisk together dressing ingredients. Refrigerate covered until ready to serve.

Pat salmon fillets dry with a paper towel and place in steamer basket. Season fillets with salt.

Add water to the Instant Pot®. Insert steam rack. Place steamer basket on steam rack. Lock lid.

Press the Manual or Pressure Cook button and adjust cook time to 5 minutes. When timer beeps, quick-release pressure until float valve drops and then unlock lid.

While salmon is cooking, prepare two salads by dividing salad ingredients between two bowls. Toss with dressing. Place cooked salmon fillets on top of each salad and serve.

The Best Beet Salad

INGREDIENTS

FOR THE BEETS

8-10 medium or large beets

FOR THE DRESSING

3 tbsp honey

3 tbsp balsamic vinegar

1/2 tsp salt

1/4 tsp pepper

FOR THE SALAD

2 cups lettuce of choice chopped

1 large shallot minced

1 bulb fennel thinly sliced

1/2 cup walnut pieces

4 ounces crumbled blue cheese

fennel fronds for garnish (if desired)

INSTRUCTIONS

TO PREPARE THE BEETS

Remove the leafy green stalks and roots from the beets, being careful not to cut the skin. Do not peel the beets.

Position the Instant Pot steam rack in the Instant Pot inner pot and add 1 cup of water. Place the beets on top of the steam rack. Secure the lid, ensuring the valve is turned to the Sealing position. Select Pressure Cook and set the time to 15 minutes.

When cooking is complete, turn the valve to the Venting position to release the pressure. Remove the lid and, using tongs, lift the beets out of the pot.

Let the beets cool for 5–10 minutes. When the beets are cool enough to handle, run them under cool water in the sink. Using a paper towel, scrub the skin off the beets under the running water. Cut the clean beets into 1-2-inch pieces.

TO PREPARE THE DRESSING

In a small bowl, whisk together the honey, balsamic vinegar, salt, and pepper. Set the bowl aside.

TO PREPARE THE SALAD

Spread the lettuce on a serving platter and top the greens with the beets, shallots, fennel, walnuts, and blue cheese. Drizzle the dressing over the top and serve the beets warm or cold. Garnish with fennel fronds, if desired.

RECIPE NOTES

TIP: Beets can temporarily stain your hands and countertops, so use gloves when you handle them, and promptly wipe down any surfaces that come in contact with beet juice.

Herby Zucchini Chickpea Salad

INGREDIENTS

1 cup dried chickpeas rinsed and picked over (see note)
3 tsp kosher salt divided
Water
2 tbsp ghee or vegetable oil
1 onion chopped
2 tsp ground coriander
3 tsp ground cumin divided
2 tsp garlic minced
2 Zucchini chopped
2 cups plain yogurt
1 tbsp freshly squeezed lime juice
1/2 cup thinly sliced green onions
1/4 cup herbs chopped (mint, basil, cilantro)

INSTRUCTIONS

Place the chickpeas and 1 teaspoon salt in the inner pot. Add enough water to cover the chickpeas by 3 inches. Secure the lid and cook on high pressure for 35 minutes. Once the cooking is complete, let the pressure release naturally. Check the chickpeas to make sure they are soft enough to your liking (if they are still too hard, cook them on high pressure for another 5 minutes). Drain and transfer to a medium bowl. Wipe the inner pot clean. Using the Sauté function on High, heat the ghee for about 1 minute, until shimmering. Add the onion and cook for 4 minutes, stirring occasionally, until softened. Add the coriander and 2 teaspoons cumin; cook for 1 minute, until fragrant. Add the garlic and remaining 2 teaspoons salt and cook for 1 minute, until fragrant. Stir in 1/2 cup water, the zucchini and chickpeas. Secure the lid and cook on high pressure for 2 minutes.

Meanwhile, whisk together the yogurt, remaining 1 teaspoon cumin and lime juice in a small bowl.

Once the zucchini and chickpeas are cooked, quick-release the pressure. Stir in the green onions and herbs. Taste and add more salt if needed. Divide the yogurt between 4 bowls, then top with the chickpea and zucchini mixture; serve.

RECIPE NOTES

If you have cooked chickpeas on hand, skip ahead to step 4.

Warm White Bean Salad

INGREDIENTS

1 1/2 cups dried cannellini or great northern beans
Water as needed
1/4 cup olive oil plus 1 tablespoon
2 tbsp white wine vinegar
1 small red onion chopped (1/2 cup)
1/4 cup fresh parsley leaves loosely packed, finely chopped
2 medium garlic cloves peeled and minced (2 teaspoons)
2 tsp drained and rinsed capers finely chopped
2 tsp fresh rosemary leaves finely chopped
1/2 tsp table salt
1/4 tsp red pepper flakes

INSTRUCTIONS

Soak the beans in a big bowl of water for at least 8 hours or up to 12 hours. Drain in a colander set in the sink.

Pour the beans into the cooker. Add enough water so they're submerged by 2 inches. Add 1 tablespoon olive oil and lock the lid onto the cooker.

Optional 1 Max Pressure Cooker Press Pressure cook on Max pressure for 10 minutes with the Keep Warm setting off.

Optional 2 All Pressure Cookers Press Pressure cook (Manual) on High pressure for 12 minutes with the Keep Warm setting off.

As the beans cook, whisk the remaining 1/4 cup olive oil and the vinegar in a large, heat-safe serving bowl until smooth. Stir in the onion, parsley, garlic, capers, rosemary, salt, and red pepper flakes.

When the machine has finished cooking, use the quick-release method to bring the pot's pressure back to normal. Unlatch the lid and open the cooker. Drain the contents of the hot insert into a colander set in the sink. Shake the colander to make sure the beans dry well. Dump them into the bowl with the dressing and toss well. Serve warm.

RECIPE NOTES

Beyond• You must halve the recipe for a 3-quart cooker.• This salad is a good base for canned, Italian-style tuna, particularly the tuna packed in olive oil. Crumble it on top or toss it into the salad after you've mixed the beans into the dressing.

Cilantro Lime Chicken Taco Salad

INGREDIENTS

Cilantro Lime Dressing

- 1/2 cup mayonnaise
- 1/2 cup buttermilk
- 1/3 cup salsa verde chunky preferred
- 1/3 cup cilantro chopped
- 1 tablespoon lime juice
- 2 cloves garlic pressed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes

Salad

- 1 tablespoon extra-virgin olive oil
- 1/2 cup onion finely chopped
- 4 large chicken breasts diced into bite size pieces
- 1 teaspoon salt
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 14.5 ounces tomatoes diced, with green chiles, 1 can
- 15 ounces black beans drained and rinsed, 1 can
- 3 tablespoons cilantro finely chopped
- Cilantro lime rice recipe below

Shredded lettuce

- tomatoes diced
- cheese shredded
- avocado

tortilla chips

Cilantro Lime Rice

- 1 cup long grain white rice
- 1 1/4 cups Water
- 1 teaspoon salt

1 tablespoon lime juice
3 tablespoons cilantro fresh and chopped
1 tablespoon oil optional

INSTRUCTIONS

Preparing the Dressing: In a blender jar, combine mayonnaise, buttermilk, salsa, cilantro, lime juice, garlic, garlic powder, onion powder, salt, pepper, and red pepper flakes. Pulse until well combined. Refrigerate for several hours or overnight.

Select Sauté function on the Instant Pot. When hot, add oil and onion to pot. Sauté onion for 3 minutes.

Add chicken and sauté for 2 minutes. Add tomatoes, salt, cumin, and black pepper.

Lock the lid in place. Select Manual on the Instant Pot and adjust to high pressure. Set to 2 minutes cook time. When timer beeps, use a quick pressure release to release the pressure.

Remove the lid. Select sauté and cook stirring frequently, until liquid has cooked off. Stir in black beans and cilantro.

Serve over lettuce topped with chicken, cilantro lime rice, cheese, avocado, crushed tortilla chips, and cilantro lime dressing.

To Make the Cilantro Lime Rice

Add the rice, water, 1 tablespoon oil and salt to the pressure cooker pot. Stir. Lock lid in place. Select high pressure and 3 minutes cook time. When timer beeps, turn pressure cooker off and use a natural pressure release for 7 minutes. After 7 minutes do a quick pressure release.

Fluff rice with a fork. In a medium bowl, combine chopped cilantro, lime juice, and 1 tablespoon oil. Add rice and toss until thoroughly mixed.

Confetti Egg Salad

INGREDIENTS

6 large eggs
Food coloring
1 cup Water
2 tbsp mayonnaise
2 tbsp plain greek yogurt
salt and white pepper to taste
1 tbsp fresh parsley leaves finely chopped
Crackers for serving

INSTRUCTIONS

Coat the inside of silicone egg bite molds (our favorite:<https://amzn.to/2Q2dnyq>) or six small ramekins with a non-stick cooking spray.

Working one egg at a time, separate egg yolks and whites, add one drop of food coloring to whites, stir with a fork until color is evenly distributed. For best effect, leave at least two eggs uncolored.

Pour half the white into the mold or ramekin, top with yolk, then remaining white.

Pour 1 cup water into the pot, then insert the steam rack. Set egg mold or ramekins carefully on top of steam rack and cover loosely with foil. Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL or PRESSURE COOK function*. Use the +/- keys and program the Instant Pot for 4 minutes.

When the time is up, let the pressure naturally release for 4 minutes, then quick-release the remaining pressure.

Carefully remove the egg molds or ramekins from the pressure cooker and turn out into a medium bowl.

Coarsely chop eggs, then carefully fold in mayonnaise, yogurt, salt and white pepper.

Top crackers with egg salad mixture and sprinkle with chopped parsley.

Indian Recipes

Instant Pot Indian Butter Chicken

Ingredients

- 1 ½ cups plain yogurt
- 3 tablespoons lemon juice
- 2 tablespoons ground turmeric
- 2 tablespoons garam masala
- 2 tablespoons ground cumin
- 3 pounds bone-in chicken thighs with skin
- 1 cup water
- 1 cup basmati rice
- ¼ teaspoon kosher salt
- ½ cup unsalted butter
- 2 large onions, peeled and chopped
- 3 tablespoons grated fresh ginger
- 4 cloves garlic, sliced
- 1 tablespoon cumin seeds
- 2 tablespoons tomato paste
- 2 fresh tomatoes, chopped
- 2 Anaheim chile peppers, seeded and diced
- 1 cinnamon stick
- 1 cup chicken stock
- 1 (13.5 ounce) can coconut milk
- 1 bunch cilantro, finely chopped

Directions

Step 1

Stir yogurt, lemon juice, turmeric, garam masala, and ground cumin together in a large bowl. Nestle chicken thighs into the yogurt mixture and turn to coat. Cover with plastic wrap and marinate in the refrigerator, 1 hour to overnight.

Step 2

Combine water, rice, and salt in an electric pressure cooker (such as Instant Pot®). Close and lock the lid. Select high pressure according

to manufacturer's instructions; set timer for 6 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes.

Step 3

Heat oven to 250 degrees F (120 degrees C). Transfer rice to an oven-safe bowl; keep warm in the oven until ready to serve.

Step 4

Melt butter in the Instant Pot® on the Saute function. Add onions, ginger, garlic, and cumin seeds. Saute, stirring frequently, until onions are softened and translucent, about 7 minutes. Stir in tomato paste for 1 minute. Add tomatoes, chile peppers, and cinnamon stick; cook and stir until chiles are softened, about 10 minutes.

Step 5

Place chicken thighs, marinade, and chicken stock into the pot. Close and lock the lid. Select high pressure according to manufacturer's instructions. Cook until chicken is no longer pink at the bone and the juices run clear, about 20 minutes. Allow 10 to 15 minutes for pressure to build.

Step 6

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes.

Step 7

Transfer chicken thighs to an oven-safe bowl; place in the oven to keep warm. Switch pressure cooker back Saute function; bring sauce to a boil. Cook until reduced by 1/3, about 10 minutes. Stir in coconut milk; cook until heated through, about 1 minute.

Step 8

Scoop rice into each bowl; add 2 chicken thighs. Ladle sauce over it all and top with cilantro.

Cook's Note:

If you are feeding someone who needs to be dairy free, swap clarified butter for the butter and an unsweetened non-dairy yogurt for the yogurt here.

Nutrition Facts

Per Serving:

841 calories; 55.5 g total fat; 177 mg cholesterol; 487 mg sodium.

45.1 g carbohydrates; 44.3 g protein;

Instant Pot Shrimp Curry

Ingredients

- 2 tablespoons coconut oil
- 1 tablespoon black mustard seeds
- 1 sprig fresh curry leaves
- 1 teaspoon ginger-garlic paste
- 1/4 teaspoon fenugreek powder
- 1 small onion, sliced
- 1 medium tomato, chopped
- 1 teaspoon salt
- 1/4 teaspoon turmeric powder
- 2 tablespoons water
- 2 tablespoons Kashmiri red chili powder
- 1 1/2 tablespoons coriander powder
- 1/4 teaspoon cumin powder
- 2 tablespoons tamarind pulp
- 2 1/4 cups water, divided
- 12 ounces raw medium-large shrimp, peeled and deveined
- 2 tablespoons coconut cream

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select the Saute function. Add oil, mustard seeds, curry leaves, ginger-garlic paste, and fenugreek powder. Stir well to prevent burning or sticking to the pot. Add onion and tomato, along with salt and turmeric. Saute until onions are translucent, 3 to 4 minutes. Meanwhile, combine 2 tablespoons water, Kashmiri red chili powder, coriander, and cumin into a paste in a small bowl. Add spice paste to the onions in the pot and stir well for 1 minute. Add tamarind and 1/4 cup water and stir to prevent burning or sticking to the pot. Cook and stir until oil starts separating out, 3 to 5 minutes. Add 2 cups water and cover the pot with the lid. Simmer 2 minutes more on Saute mode.

Add shrimp and stir well. Close and lock the lid. Select high pressure and set the timer for 3 minutes. Allow about 10 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions for 10 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Select Saute mode again and stir coconut cream into the curry. Simmer until thickened, 3 to 4 minutes. Season with salt, if desired.

Footnotes

Cook's Note:

You can replace the Kashmiri red chili powder (bright color and less heat) with paprika. You can get them at any Indian grocery store.

Nutrition Facts

Per Serving: 218 calories; 12 g fat; 12.4 g carbohydrates; 16.2 g protein; 128 mg cholesterol; 818 mg sodium.

Instant Pot Chicken Biryani

Ingredients

Ingredient Checklist

1 ½ cups basmati rice

water

7 ounces skinless, boneless chicken breast, cut into 1-inch cubes

7 ounces skinless, boneless chicken thighs, cut into 1-inch cubes

3 tablespoons Greek yogurt

1 ½ tablespoons fresh lemon juice

½ tablespoon grated fresh ginger

½ tablespoon minced fresh garlic

1 ½ teaspoons garam masala, divided

salt and ground black pepper to taste

3 tablespoons ghee

2 whole cloves

2 cardamom pods, crushed

1 bay leaf

½ cinnamon stick

1 teaspoon coriander seed

1 teaspoon brown mustard seed

¾ teaspoon cumin seeds

1 large red onion, cut in half and thinly sliced

1 ½ cups chicken stock

½ cup roughly chopped fresh cilantro

¼ cup roughly chopped fresh mint leaves

½ teaspoon ground turmeric

½ teaspoon paprika

½ teaspoon red chile powder

Directions

Instructions Checklist

Step 1

Thoroughly rinse basmati rice in a strainer until water runs clear.

Transfer rice to a bowl, add fresh water to cover, and set aside for 30 minutes.

Step 2

Place chicken breast and chicken thigh pieces in a large bowl. Add Greek yogurt, lemon juice, ginger, garlic, 1/2 teaspoon garam masala, salt, and pepper. Mix well to coat chicken. Cover and refrigerate for 30 minutes.

Step 3

Drain rice and remove marinated chicken from the refrigerator. Turn on a multi-functional pressure cooker (such as Instant Pot®), select Saute function, and add ghee. When ghee starts to bubble, add cloves, cardamom pods, bay leaf, cinnamon stick, coriander seed, mustard seed, and cumin seeds and saute until fragrant, 2 to 3 minutes. Add sliced onion and cook, stirring often, until tender and fragrant, about 5 minutes.

Step 4

Add chicken and extra marinade to the cooker. Saute until browned on all sides, about 5 minutes. Turn off Saute function. Add rice, chicken stock, cilantro, mint, remaining 1 teaspoon garam masala, turmeric, paprika, and chili powder; stir until well mixed.

Step 5

Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 6 minutes. Allow 10 to 15 minutes for pressure to build.

Step 6

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Fluff with a fork and serve immediately.

Nutrition Facts

Per Serving:

498 calories; 16.6 g total fat; 84 mg cholesterol; 543 mg sodium.
62.4 g carbohydrates; 25.4 g protein;

Easy Instant Pot Chicken Tikka Masala

Ingredients

Marinade:

- 1 pound boneless chicken breasts, cut into 2-inch pieces
- 1 cup plain yogurt
- 1 tablespoon garam masala
- 1 tablespoon lemon juice
- 1 teaspoon cayenne pepper
- 1 pinch ground ginger

Sauce:

- 1 (15 ounce) can tomato sauce
- 4 cloves garlic, minced
- 1 ½ tablespoons garam masala
- 1 teaspoon paprika
- ½ teaspoon ground turmeric
- ½ teaspoon salt
- 1 cup heavy cream

Directions

Instructions Checklist

Step 1

Combine chicken, yogurt, garam masala, lemon juice, cayenne pepper, and ginger in a bowl; toss until fully coated. Cover and refrigerate for 1 hour.

Step 2

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add chicken with marinade; cook until tender, stirring occasionally, about 5 minutes.

Step 3

Place tomato sauce, garlic, garam masala, paprika, turmeric, and salt in the pot; stir until well combined. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 10 minutes. Allow 10 to 15 minutes for pressure to build.

Step 4

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Remove lid and select Saute function. Pour in cream; stir well. Simmer until sauce has thickened, about 4 minutes.

Nutrition Facts

Per Serving:

407 calories; 26.5 g total fat; 144 mg cholesterol; 965 mg sodium.
16.4 g carbohydrates; 28.5 g protein;

Pressure Cooker Goat Curry

Ingredients

1/4 cup vegetable oil, divided
2 large onions, thinly sliced
2 large tomatoes, peeled and diced
2 tablespoons garlic paste
1 tablespoon ginger paste
2 1/2 pounds goat meat, cubed
1 cup water
1 potato, cubed
1 large carrot, sliced
2 teaspoons garam masala
2 teaspoons ground coriander
1 teaspoon ground cumin
1/2 teaspoon ground turmeric
2 teaspoons salt, or to taste
1/2 teaspoon ground red chile pepper

Directions

Heat 2 tablespoons oil in an electric pressure cooker on the "Sear" setting. Add onions; cook and stir until golden brown, 10 to 15 minutes.

Transfer onions to a food processor; grind into a paste. Remove to a bowl.

Combine tomatoes, garlic paste, and ginger paste in the food processor; puree until smooth.

Heat remaining 2 tablespoons oil in the pressure cooker using the "Sear" setting. Add onion paste; cook, stirring constantly, until browned, about 2 minutes. Stir in the tomato mixture. Add goat meat, water, potato, carrot, garam masala, coriander, cumin, turmeric, salt, and red chile pepper.

Close pressure cooker and seal according to manufacturer's instructions. Set the timer for 50 minutes at high pressure. Release

pressure using the natural-release method according to manufacturer's instructions.

Nutrition Facts

Per Serving: 255 calories; 10.1 g fat; 13 g carbohydrates; 25.8 g protein; 66 mg cholesterol; 800 mg sodium.

Instant Pot Indian Chicken Curry

Ingredients

3 tablespoons butter
1 yellow onion, chopped
1 tablespoon minced garlic
1 tablespoon minced fresh ginger root
1 pound boneless, skinless chicken breast, trimmed and cut into 1-inch pieces
2 tablespoons tomato sauce
1 ½ tablespoons ground coriander
¾ tablespoon Indian chili powder
1 ½ teaspoons salt
1 teaspoon garam masala
¾ teaspoon ground turmeric
¾ teaspoon ground black pepper
¼ teaspoon cumin
1 bay leaf

Directions

Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Melt butter and cook onion until soft and translucent, about 3 minutes. Add garlic and ginger; cook until tender, about 1 minute. Add chicken; cook until golden, about 5 minutes. Add tomato sauce, coriander, chili powder, salt, garam masala, turmeric, pepper, cumin, and bay leaf. Close and lock the lid. Select poultry according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

Step 2

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes.

Nutrition Facts

Per Serving:

160 calories; 7.9 g total fat; 54 mg cholesterol; 695 mg sodium. 6.4 g carbohydrates; 15.8 g protein;

Instant Pot Easy Vegan Cranberry Orange Chutney

Ingredients

- 1 tablespoon vegetable oil
- 3/4 teaspoon cumin seeds
- 3/4 teaspoon fennel seeds
- 1/4 red onion, chopped
- 1 (1 inch) piece minced fresh ginger root
- 3 cups fresh cranberries
- 1/4 cup orange juice
- 1 tablespoon white vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 3/4 cup brown sugar
- 1 tablespoon grated orange zest

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)). Select Saute function and heat vegetable oil. Add cumin seeds and fennel seeds; cook until sizzling, about 2 minutes. Add onion and ginger; cook until softened, about 2 minutes. Stir in cranberries, orange juice, vinegar, salt, and cayenne pepper. Close and lock the lid. Cook on high pressure function according to manufacturer's instructions; set timer for 8 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, about 10 minutes. Release remaining pressure using the quick-release method, about 5 minutes. Unlock and remove the lid. Select Saute function and stir in brown sugar and orange zest; cook until chutney has slightly thickened, about 7 minutes.

Footnotes

Cook's Note:

Blend chutney with an immersion blender for a smoother consistency.

Nutrition Facts

Per Serving: 93 calories; 1.9 g fat; 20 g carbohydrates; 0.4 g protein; 0 mg cholesterol; 151 mg sodium.

Easy Instant Pot Green Moong Dal

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 1/2 tablespoon minced garlic
- 1/2 tablespoon ground ginger
- 1 teaspoon cumin
- 1 cup green moong dal lentils, rinsed
- 3 cups water
- 1 teaspoon coriander
- 1 teaspoon salt
- 1 teaspoon garam masala
- 1/2 teaspoon cayenne pepper
- 1 pinch ground turmeric
- 1 tablespoon lemon juice
- 1 tablespoon chopped cilantro

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat olive oil; add onions, garlic, ginger, and cumin. Cook until tender, about 2 minutes. Combine moong dal lentils, water, coriander, salt, garam masala, cayenne pepper, and turmeric in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove lid. Stir in lemon juice and cilantro.

Nutrition Facts

Per Serving: 207 calories; 4.9 g fat; 32.5 g carbohydrates; 10.9 g protein; 0 mg cholesterol; 596 mg sodium.

Instant Pot Spicy Beef Curry Stew

Ingredients

- 2 tablespoons olive oil
- 2 pounds cubed beef stew meat
- salt and ground black pepper to taste
- 2 jalapeno peppers, chopped
- 4 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 4 tablespoons curry powder
- 2 cups beef broth
- 1 (28 ounce) can fire-roasted diced tomatoes
- 1 pound Yukon Gold potatoes
- 3 carrots, sliced
- 1 large onion, sliced

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Pour in olive oil and heat until sizzling; add meat and season with salt and pepper. Cook until browned, 5 to 7 minutes per side.

Transfer meat to a plate, reserving juices in the pot. Add jalapenos, garlic, and ginger to the pot. Cook and stir until tender, about 2 minutes. Season with curry powder.

Pour 1/2 of the beef broth into the pot; scrape brown bits from the bottom of the pot using a wooden spoon. Return meat to the pot with remaining beef broth, tomatoes, potatoes, carrots, and onion. Close and lock the lid.

Select high pressure according to manufacturer's instructions and set timer for 35 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions for 10 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes more. Unlock and remove the lid.

Nutrition Facts

Per Serving: 356 calories; 19.4 g fat; 22.8 g carbohydrates; 22.1 g protein; 63 mg cholesterol; 549 mg sodium.

Rajma (Kidney Bean Curry)

Ingredients

- 2 cups dry red kidney beans
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 (2 inch) piece fresh ginger root, chopped
- 2 tablespoons vegetable oil
- 2 teaspoons ghee (clarified butter)
- 2 dried red chile peppers, broken into pieces
- 1 teaspoon cumin seeds
- 6 whole cloves
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 tomatoes, chopped
- 2 cups water
- 1 teaspoon white sugar
- salt to taste
- 2 teaspoons garam masala
- 1 teaspoon ground red pepper
- 1/4 cup cilantro leaves, chopped

Directions

Place the kidney beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight. Drain and rinse. Grind the onion, ginger, and garlic into a paste using a mortar and pestle.

Heat the oil and ghee together in a pressure cooker over medium heat. Fry the red chile peppers, cumin seeds, and whole cloves in the hot oil until the cumin seeds begin to splutter; stir the onion paste into the mixture and cook, stirring frequently, until golden brown.

Season with the ground turmeric, ground cumin, and ground coriander; continue cooking for a few more seconds before adding the tomatoes. Cook until the tomatoes are completely tender.

Add the drained kidney beans to the pressure cooker with enough water to cover; pour the 2 cups water additionally to the cooker. Add the sugar and salt. Close the pressure cooker and bring to 15 pounds of pressure; cook about 40 minutes. Lower the heat to low and cook another 10 to 15 minutes. Release the pressure and open the cooker. Stir the garam masala and ground red pepper into the bean mixture; garnish with chopped cilantro to serve.

Nutrition Facts

Per Serving: 224 calories; 5.5 g fat; 34.2 g carbohydrates; 11.3 g protein; 3 mg cholesterol; 35 mg sodium.

Soups recipe

Instant Pot Pork and Hatch Green Chile Stew

Ingredients

1/4 pound diced pancetta
1 pound boneless pork loin, cubed
1/4 cup diced onion
1/4 cup diced shallot
1/2 tablespoon olive oil (optional)
2 medium white potatoes, peeled and cubed
1/3 cup roasted Hatch green chiles, seeds and skin removed, chopped
1 1/2 cups frozen corn kernels
1 1/2 cups chicken stock
1 teaspoon salt
ground black pepper to taste
1/2 cup half-and-half

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Cook pancetta for 1 minute. Add cubed pork loin, onion, and shallot. Saute until pork loin is starting to brown and onion is just starting to become clear, about 2 more minutes. Add olive oil if pork and onion bits are sticking to the pan. Stir in potatoes and chiles and continue cooking for 5 minutes. Add corn, chicken stock, salt, and pepper. Cancel Saute mode. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 35 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the natural release method according to manufacturer's instructions, about 15 minutes. Unlock and remove the lid. Select Saute mode. Remove lid, pour in half-and-half, and cook until heated through, 5 to 7 minutes. Correct seasoning with salt and pepper.

Nutrition Facts

Per Serving: 280 calories; 13.1 g fat; 23.6 g carbohydrates; 18 g protein; 51 mg cholesterol; 743 mg sodium.

Instant Pot Chicken and Tortilla Soup

Ingredients

- 1 (32 fluid ounce) container chicken broth
- 1 (15 ounce) can fire-roasted diced tomatoes
- 1 1/2 cups frozen corn
- 1 onion, chopped
- 1/2 cup cauliflower rice
- 1/4 cup quinoa
- 3 cloves garlic
- 2 teaspoons chili powder
- 3 teaspoons ground cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound chicken breast
- 3 tablespoons vegetable oil for frying
- 2 (8 inch) corn tortillas, cut into bite-sized strips

Directions

Combine chicken broth, tomatoes, corn, onion, cauliflower rice, quinoa, garlic, chili powder, cumin, paprika, salt, and pepper in a multi-functional pressure cooker (such as Instant Pot(R)). Add chicken breast. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 7 minutes. Allow 10 to 15 minutes for pressure to build.

Meanwhile heat oil in a skillet over moderately high heat. Add tortilla strips and cook until golden, about 1 minute. Remove with a slotted spoon and drain on paper towels.

Release pressure using the natural-release method according to manufacturer's instructions, about 15 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Remove chicken and shred or cut into bite-sized pieces.

Return chicken to pot to warm. Ladle into soup bowls and top with fried tortilla strips.

Nutrition Facts

Per Serving: 228 calories; 4.1 g fat; 28.5 g carbohydrates; 20.1 g protein; 43 mg cholesterol; 1345 mg sodium.

Instant Pot French Onion Soup

Ingredients

3 pounds onions, cut into 1/8-inch slices
1/3 cup butter
1 tablespoon paprika
1 teaspoon salt
1 teaspoon ground black pepper
1/4 cup dry white wine
1/4 cup sherry
7 cups beef broth, divided
1 bay leaf
3 ounces all-purpose flour
1 loaf baguette, sliced
1/2 pound sliced Gruyere cheese, or as needed

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Add onions, butter, paprika, salt, and black pepper. Cook and stir about 4 minutes. Add wine; close and lock the lid. Select manual and high pressure and set timer for 20 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully immediately after timer goes off using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Add sherry and select saute mode. Cook for 3 minutes, scraping up any browned bits from the bottom of the pot.

Add 6 cups broth and bay leaf to the pot. Close and lock the lid; select manual and high pressure and set the timer for 6 minutes. Allow 10 to 15 minutes for pressure to build.

Meanwhile, mix flour and remaining 1 cup broth together in a bowl. Release pressure carefully immediately after timer goes off using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Set pressure cooker to saute and remove and discard bay leaf. Add flour-broth mixture, and cook and stir until soup is thickened, about 10 minutes. Season with salt and black pepper.

Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.

Ladle soup into oven-safe serving bowls and top each with slices of baguette and Gruyere cheese. Broil soup bowls until bread is toasted and cheese is melted, 1 to 3 minutes.

Nutrition Facts

Per Serving: 487 calories; 18.7 g fat; 58.2 g carbohydrates; 20.7 g protein; 52 mg cholesterol; 1552 mg sodium.

Instant Pot Creamy Chicken Noodle Soup

Ingredients

- 1 pound chicken breast, diced
- 6 slices bacon, cut into small pieces
- 1 cup chopped carrots
- 1 small onion, diced
- 4 cups chicken broth
- 1 cup chopped celery
- 1 (1 ounce) package ranch seasoning mix
- 1 (8 ounce) package spaghetti
- 1 cup Cheddar cheese
- 1 cup grated Parmesan cheese
- 1 cup heavy whipping cream
- 1 teaspoon salt, or to taste
- 1 teaspoon ground black pepper, or to taste

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Add chicken, bacon, carrots, and onion. Cook and stir frequently until onions are tender, chicken and bacon are cooked, and carrots are semi-tender, 5 to 7 minutes. Add broth, celery, and ranch seasoning.

Break spaghetti into thirds and add to the pot; stir to be sure all pasta is coated with broth. Close and lock the lid and set vent to sealing. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Stir in Cheddar cheese and Parmesan cheese until melted. Stir in cream until combined. Season with salt and pepper.

Footnotes

Cook's Notes:

You can use cooked chicken in place of raw; just add it at the end so that the meat doesn't dry out. Add a bit of olive oil to saute the carrots and onions at the beginning as well.

You can substitute 6 tablespoons real bacon bits for the sliced bacon, if you prefer. Angel hair pasta can work in place of regular spaghetti. Half-and-half or milk can be used instead of cream. If soup is too thick, add more cream, milk, or half-and-half at the end. The mixture will thicken as it stands. You could probably also add a little more warm chicken broth if you didn't want to add more dairy. Additionally, you could add more of either cheese at this point if desired.

Nutrition Facts

Per Serving: 583 calories; 31.4 g fat; 37 g carbohydrates; 35.9 g protein; 143 mg cholesterol; 2109 mg sodium.

Instant Pot Corn Chowder

Ingredients

2 tablespoons butter
1 onion, diced
4 cloves garlic, minced
4 cups fresh corn kernels
4 cups peeled and diced potatoes
4 cups vegetable broth
1/2 teaspoon fresh thyme leaves
1/2 teaspoon paprika
1 teaspoon salt
1 teaspoon ground black pepper
1 cup heavy cream

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Add butter and melt. Stir in onion and garlic; cook until onion is soft and translucent, about 5 minutes. Turn off Saute function.

Add corn, potatoes, vegetable broth, thyme, paprika, salt, and pepper to the pot; stir to combine. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, about 15 minutes. Release any remaining pressure carefully using the quick-release method according to manufacturer's instructions. Unlock and remove the lid. Remove 1 cup of potatoes and corn to a bowl. Mash with a fork and return to the pot.

Select Saute function again and pour in heavy cream. Cook until soup has thickened to desired consistency.

Footnotes

Cook's Note:

Frozen corn may be substituted for fresh, if desired.

Nutrition Facts

Per Serving: 278 calories; 15.2 g fat; 33.6 g carbohydrates; 5.5 g protein; 48 mg cholesterol; 570 mg sodium.

Instant Pot Caldillo

Ingredients

- 2 tablespoons olive oil
- 2 pounds cubed beef stew meat
- 1 onion, diced
- 4 cups beef broth
- 4 russet potatoes, peeled and diced
- 1 (14.5 ounce) can fire-roasted diced tomatoes
- 1 (8 ounce) can chopped green chiles, drained (such as Hatch®)
- 2 teaspoons Mexican oregano
- 2 teaspoons minced garlic
- 2 teaspoons cumin
- 1 teaspoon dried chipotle chile powder
- 1 teaspoon chili powder
- 1/2 teaspoon ground black pepper

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat olive oil and sear beef cubes until browned on all sides, 5 to 8 minutes. Remove browned beef from the pot and set aside. Add onion and cook until soft and translucent, about 5 minutes. Turn off Saute function.

Return beef to the pot with onions. Mix in beef broth, potatoes, diced tomatoes, green chiles, oregano, garlic, cumin, chipotle chile powder, chili powder, and pepper. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 45 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes.

Nutrition Facts

Per Serving: 370 calories; 19.3 g fat; 25.4 g carbohydrates; 23.1 g protein; 63 mg cholesterol; 920 mg sodium.

Instant Pot Creamy Mushroom Soup

Ingredients

- 2 tablespoons butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 1/2 pounds mushrooms, sliced
- 4 cups chicken broth
- 1/2 cup sherry
- 1 1/2 teaspoons dried thyme
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt, or more to taste
- 1/2 teaspoon ground black pepper, or more to taste
- 4 tablespoons all-purpose flour
- 1 cup heavy cream

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Heat butter until melted. Saute onion for 2 to 3 minutes. Add garlic and cook for 1 to 2 minutes more. Add mushrooms and saute for 2 to 3 minutes more.

Stir chicken broth, sherry, thyme, Worcestershire sauce, salt, and pepper into the pot. Close and lock the lid. Select Manual function; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions, about 10 minutes. Release remaining pressure carefully using the quick-release method. Unlock and remove the lid.

Select Saute function again to bring the soup to a light simmer. Whisk flour into heavy cream. Slowly add cream mixture to the simmering soup, whisking constantly until thickened, 2 to 3 minutes. Turn pressure cooker off. Season soup with additional salt and pepper if desired.

Footnotes

Cook's Note:

Use vegetable broth instead of chicken broth to make it vegetarian.

Nutrition Facts

Per Serving: 229 calories; 19 g fat; 10.9 g carbohydrates; 2.4 g protein; 69 mg cholesterol; 1336 mg sodium.

Instant Pot Tomato Soup

Ingredients

- 1 tablespoon olive oil
- 4 stalks celery, chopped
- 1 cup chopped carrot
- 1 small yellow onion, chopped
- 2 cloves garlic, chopped
- 4 cups vegetable broth
- 1 (14.5 ounce) can fire-roasted diced tomatoes
- 1 (14.5 ounce) can crushed San Marzano tomatoes
- 3 tablespoons tomato paste
- 2 teaspoons dried basil
- salt and ground black pepper to taste
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1 cup milk
- 1/2 cup grated Parmesan cheese
- 1 tablespoon raw cane sugar (optional)
- 1 teaspoon red pepper flakes (optional)

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Add olive oil, celery, carrot, onion, and garlic. Cook for 5 minutes, stirring occasionally.

Stir in vegetable broth, diced and crushed tomatoes, tomato paste, basil, salt, and pepper. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 6 minutes.

Allow 10 to 15 minutes for pressure to build.

Meanwhile, melt butter in a small saucepan over low heat. Stir in flour until a smooth, thick paste forms, about 3 minutes.

Release pressure naturally for 2 minutes according to manufacturer's instructions. Release remaining pressure by opening the valve to vent.

Use an immersion blender to carefully puree the hot soup. Select Saute function again; set timer for 3 minutes. Add flour paste, stirring continuously. Add milk, Parmesan cheese, sugar, and red pepper flakes. Season with more salt and pepper if needed. Stir to combine until the timer ends.

Footnotes

Cook's Notes:

The cane sugar helps cut the acidity, but you can leave it out.

You can use a regular blender to puree the soup. The soup will be extremely hot, so work in batches and be careful when blending.

Nutrition Facts

Per Serving: 379 calories; 20.2 g fat; 39.8 g carbohydrates; 11.9 g protein; 44 mg cholesterol; 1321 mg sodium.

Instant Pot Vegan Cabbage Detox Soup

Ingredients

3 cups coarsely chopped green cabbage
2 1/2 cups vegetable broth
1 (14.5 ounce) can diced tomatoes
3 carrots, chopped
3 stalks celery, chopped
1 onion, chopped
2 cloves garlic
2 tablespoons apple cider vinegar
1 tablespoon lemon juice
2 teaspoons dried sage

Directions

Combine cabbage, vegetable broth, diced tomatoes, carrots, celery, onion, garlic, apple cider vinegar, lemon juice, and sage in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 40 minutes. Unlock and remove lid.

Nutrition Facts

Per Serving: 67 calories; 0.4 g fat; 13.4 g carbohydrates; 2.3 g protein; 0 mg cholesterol; 348 mg sodium.

Instant Pot Navy Bean and Ham Soup

Ingredients

Ingredient Checklist

- 1 tablespoon olive oil
- 2 carrot, shredded
- 1 onion, chopped
- 2 stalks celery, chopped
- 2 tablespoons minced garlic
- 6 cups chicken broth
- 1 (24 ounce) package dried navy beans (such as Hurst's®)
- 1 teaspoon paprika
- 1 teaspoon ground thyme
- 1 pound fully cooked ham, cut into 1/2-inch cubes
- 1 (14.5 ounce) can diced tomatoes, undrained
- salt and freshly ground pepper to taste

Directions

Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Heat oil; add carrot, onion, celery, and garlic. Cook, stirring occasionally, until onions are translucent, about 5 minutes. Turn off Saute mode.

Step 2

Stir chicken broth, beans, paprika, and thyme into the pot. Close and lock the lid; move the valve to Sealing. Select high pressure according to manufacturer's instructions; set timer for 34 minutes. Allow 10 to 15 minutes for pressure to build.

Step 3

Select Cancel/Keep Warm when cooking is done. Release pressure for 10 minutes using the natural-release method according to manufacturer's instructions. Move valve carefully to Venting and release remaining pressure using the quick-release method, about 5 minutes.

Step 4

Unlock and remove lid; stir ham and tomatoes into the bean mixture. Close and lock the lid; move the valve to Sealing. Select high pressure according to manufacturer's instructions; set timer for 7 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method, about 5 minutes. Season soup with salt and pepper.

Nutrition Facts

Per Serving:

384 calories; 11.2 g total fat; 29 mg cholesterol; 1379 mg sodium.
46.1 g carbohydrates; 24.9 g protein;

Fish and Seafood recipes

Scallops with Herb Tomato Sauce

INGREDIENTS

2 tbsp vegetable oil
1 medium red onion peeled and diced
1 clove garlic minced
3 1/2 cups fresh tomatoes peeled ** See Note
6 ounces tomato paste 1 can
1/4 cup dry red wine
2 tbsp chopped fresh Italian parsley
1 tbsp chopped fresh oregano
1 tsp salt
1/4 tsp black pepper
1 1/2 lbs fresh scallops cleaned and drained
Hot cooked pasta or rice (optional)

INSTRUCTIONS

Press Sauté; heat oil in Instant Pot®. Add onion and garlic; cook and stir 3 to 4 minutes or until onion is soft and translucent. Add tomatoes, tomato paste, wine, parsley, oregano, salt and pepper; mix well.

Secure lid and move pressure release valve to Sealing position. Press Manual or Pressure Cook; cook at high pressure 8 minutes. When cooking is complete, press Cancel and use quick release. Taste sauce; season with additional salt and pepper if necessary. Press Sauté; add scallops to pot. Cook 1 minute or until sauce begins to simmer. Press Cancel; cover pot with lid and let stand 8 minutes or until scallops are opaque. Serve over pasta, if desired.

RECIPE NOTES

**To peel tomatoes, score "x" in bottom of tomatoes and place one at a time in simmering water about 10 seconds. (Add 30 seconds if tomatoes are not fully

ripened.) Immediately plunge into bowl of cold water for another 10 seconds. Peel skin with a knife.

Chili Lime Salmon

INGREDIENTS

Sauce Mixture:

- 1 jalapeno seeds removed, diced
- 2 cloves garlic minced
- 1 tbsp fresh parsley chopped
- 1 tbsp lime juice
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tbsp Water
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp lime zest

For Fish:

- 2 salmon fillets 5 ounces each or trout or snapper
- 1 cup Water
- 1/2 tsp kosher salt
- 1/8 tsp pepper

INSTRUCTIONS

Combine Sauce Mixture ingredients in a large liquid measuring cup or other bowl with a spout. Set aside.

Pour 1 cup of water in the Instant Pot and insert the trivet.

Season the salmon filets with salt and pepper and place them on the trivet.

Secure the lid, making sure the vent is closed.

Using the display panel select the STEAM function*. Use the +/- buttons and program the Instant Pot for 5 minutes.

When the time is up, quick-release the remaining pressure.

Serve the salmon with the sauce drizzled over the top.

RECIPE NOTES

*If your Instant Pot does not have a STEAM function, use the Pressure Cook or Manual function.

Fish and Pineapple Tostadas

INGREDIENTS

1 tbsp vegetable oil (approx.)
8 Corn tortillas 6-inch
salt
20 ounces pineapple chunks, with juice 1 can
1/2 tsp hot pepper flakes
3/4 cup Water
1-1/2 lbs skinless tilapia fillets cut into large pieces
1 cup deli-packed coleslaw
1 avocado cut into chunks (optional)

INSTRUCTIONS

Set your Instant Pot to Sauté on Normal. When the display says Hot, add 1 tsp oil, turning pot to coat bottom, and heat until shimmering. Add 1 tortilla and cook, turning once, for 2 minutes or until lightly browned. Transfer to a plate lined with paper towel. Season with salt. Transfer drained tortilla to a foil sheet. Repeat with the remaining tortillas, adding more oil as necessary between tortillas and stacking drained tortillas on the foil. Wrap tortillas in foil to keep warm. Press Cancel.

Set aside 2 tbsp pineapple juice. Add pineapple and the remaining juice to the pot. Stir in hot pepper flakes and water. Add tilapia on top, overlapping as necessary; do not stir.

Close and lock the lid and turn the steam release handle to Sealing. Set your Instant Pot to pressure cook on Low for 3 minutes. When the cooking time is done, press Cancel and turn the steam release handle to Venting. When the float valve drops down, remove the lid. The fish should be opaque and should flake easily when tested with a fork. (If more cooking time is needed, continue pressure cooking on Low for 1 minute.)

Meanwhile, stir reserved pineapple juice into coleslaw. Layer 2 tortillas, mostly overlapping, on each serving plate. Using a slotted spoon, spoon fish and pineapple onto tortillas. Top with coleslaw. Serve garnished with avocado, if desired.

RECIPE NOTES

You can substitute store-bought tostada shells for the tortillas and omit the oil and salt. Skip step 1. Before assembling the tostadas, heat the shells in the microwave on High for 10 to 20 seconds or until warmed.

If your Instant Pot doesn't have a Low pressure setting, cook on High for 1 minute.

Instant Pot Frozen Salmon

Ingredients

1 cup cold water
1/4 cup lemon juice
cooking spray
salt and ground black pepper to taste
2 frozen salmon fillets

Directions

Pour cold water and lemon juice into an electric pressure cooker (such as Instant Pot(R)). Place a steamer rack inside; spray with cooking spray. Place frozen salmon fillets on the rack, skin-side down. Cover and close vent.

Set cooker to the Steam 2 setting; cook for 3 to 4 minutes. Release vent immediately when pot beeps.

Check salmon for desired doneness; fish should flake easily with a fork. Season with salt and pepper. Cover pot to keep salmon warm until serving.

Nutrition Facts

Per Serving: 172 calories; 6.7 g fat; 2.6 g carbohydrates; 24.6 g protein; 51 mg cholesterol; 131 mg sodium.

Instant Pot Ginataang Salmon (Filipino Salmon in Coconut Milk)

Ingredients

- 1 tablespoon vegetable oil
- 3 drops sesame oil, or to taste
- 1/4 cup diced onion
- 2 diced green onions, white and green parts
- 1 teaspoon garlic powder
- 1/2 cup diced fresh tomato
- 2 tablespoons fish sauce
- 1 cup vegetable broth
- 1 (11 ounce) salmon side, bones removed with pliers
- 1 cup coconut milk
- 1 1/2 cups broccoli florets
- 1 cup chopped kale
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select Saute function. Warm vegetable oil in pot, and add sesame oil. Add onion and green onions and saute for 1 minute. Add garlic powder; cook for 1 minute. Mix in diced tomato and pour in fish sauce; cook until heated through, about 2 minutes.

Add vegetable broth to the pot and place salmon on top of the liquid and vegetables. Select Cancel to turn off Saute mode, and close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 5 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 20 minutes. Remove lid. Pour in coconut milk, then add broccoli and kale. Mix vegetables gently

around the side of salmon, but be careful not to break up the cooked salmon. Sprinkle salt and pepper over top. Replace lid and set vent to "Sealing."

Select the Steam function and steam for 2 minutes. Release pressure by turning the seal to "Venting." Remove lid.

Footnotes

Cook's Notes:

Use a side of salmon weighing between 10 and 12 ounces. If you are using frozen salmon, set the timer during the High pressure cooking phase to 7 minutes.

You can use coconut milk or coconut cream, depending on your preference.

Nutrition Facts

Per Serving: 651 calories; 50 g fat; 16.7 g carbohydrates; 37.6 g protein; 92 mg cholesterol; 2041 mg sodium.

Instant Pot Salmon Piccata

Ingredients

2 (5 ounce) salmon fillets
salt and freshly ground black pepper to taste
1/2 cup water
1 tablespoon butter
1 tablespoon minced garlic
1 cup chicken broth, divided
1 1/2 teaspoons cornstarch
1/4 cup heavy cream
2 tablespoons lemon juice
1 teaspoon onion-herb seasoning (such as Savory Spice® Capitol Hill)
2 tablespoons capers (optional)

Directions

Place salmon on a steamer rack; season with salt and pepper. Place rack inside a multi-functional electric pressure cooker (such as Instant Pot(R)). Fill liner with water. Close and lock the lid. Select Steam setting; cook for 15 minutes.

Combine butter and garlic in a skillet over medium heat. Saute until garlic is golden and fragrant, 2 to 3 minutes. Pour in chicken broth; reserve 2 tablespoons. Mix cornstarch with the reserved broth and stir into the skillet. Add heavy cream, lemon juice, and onion-herb seasoning. Stir sauce to combine.

Release pressure using the natural-release method according to manufacturer's instructions, 10 to 20 minutes. Place each salmon fillet on a dinner plate. Spoon sauce on top and sprinkle with capers.

Nutrition Facts

Per Serving: 383 calories; 25.5 g fat; 5.5 g carbohydrates; 32 g protein; 122 mg cholesterol; 1103 mg sodium.

Quick Salmon Piccata

Ingredients

4 (3 ounce) salmon fillets, skin removed
salt and ground black pepper to taste
1/4 cup all-purpose flour
2 tablespoons vegetable oil
1/4 cup dry white wine
1 teaspoon finely minced garlic
1/2 cup chicken broth
2 tablespoons lemon juice
1 tablespoon capers, drained
2 tablespoons butter
1/2 lemon, sliced

Directions

Season salmon fillets with salt and pepper. Pour flour in a bowl and dredge salmon, shaking off the excess.

Heat oil in a skillet over medium heat and cook salmon fillets until browned on both sides, about 3 minutes per side. Transfer to a plate and keep warm.

Pour wine into the skillet and scrape browned bits from the bottom.

Add garlic and cook until garlic is fragrant and slightly brown and liquid is reduced by half, about 1 minute. Add chicken broth, lemon juice, and capers. Bring to a boil while stirring. Stir in butter until melted. Return salmon fillets to skillet and spoon sauce over them.

Cook, turning fillets once, until salmon is cooked through and flakes easily with a fork, about 4 minutes. Serve salmon with sauce poured over it and garnish with lemon slices.

Nutrition Facts

Per Serving: 283 calories; 17.8 g fat; 9 g carbohydrates; 19.4 g protein; 54 mg cholesterol; 325 mg sodium.

Instant Pot Simple Steamed Crab Legs

Ingredients

1 1/2 cups water
2 pounds frozen king crab legs
juice of one lemon
1/3 cup butter, melted

Directions

Place a trivet in the multi-functional pressure cooker (such as Instant Pot(R)) and add water. Place crab legs on top of the trivet; you may need to let them thaw for a few minutes so they will fit.

Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 3 minutes. Allow 10 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Using tongs, transfer crab legs to a serving dish. Squeeze lemon juice on top and serve with melted butter.

Nutrition Facts

Per Serving: 199 calories; 16 g fat; 1.2 g carbohydrates; 12.7 g protein; 83 mg cholesterol; 324 mg sodium.

Instant Pot Jambalaya with Shrimp and Chicken

INGREDIENTS

2 tablespoons olive oil, divided
14 ounces andouille sausage, sliced
1 medium onion, chopped
2 cloves garlic, crushed
1 pound boneless skinless chicken breasts, cubed
1 green bell pepper, chopped
2 stalks celery, chopped
1 (28 ounce) can diced tomatoes
1 pound uncooked medium shrimp, peeled and deveined
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon seasoned salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce (such as Tabasco®)
2 tablespoons chopped green onions

Directions

Turn on a multi-functional pressure cooker (such as Instant Pot(R)) and select the Saute function. Heat 1 tablespoon of olive oil and cook sausage slices until browned on both sides, 3 to 4 minutes. Remove sausage from pot and set aside.

Add remaining olive oil to the pot. Add onion and garlic; cook and stir for 1 minute. Add chicken, bell pepper, and celery. Cook until chicken starts to brown on the edges, 2 to 3 minutes. Add browned sausage, diced tomatoes with liquid, shrimp, thyme, salt, seasoned salt, pepper, and hot pepper sauce, and stir until well combined. Turn off Saute function. Close and lock the lid.

Select high pressure according to manufacturer's instructions; set timer 7 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock

and carefully remove the lid after the pressure has released completely.

Serve jambalaya garnished with chopped green onions.

Nutrition Facts

Per Serving: 320 calories; 19.2 g fat; 7.2 g carbohydrates; 27.4 g protein; 144 mg cholesterol; 939 mg sodium.

Instant Pot Bang Bang Shrimp Pasta

Ingredients

1 pound dry spaghetti
4 cups water
2 cloves garlic, minced
1 tablespoon olive oil
1 teaspoon salt
1 pound large shrimp, peeled and deveined
3/4 cup mayonnaise
3/4 cup Thai sweet red chili sauce
1/4 cup lime juice
1 teaspoon chile-garlic sauce (such as Sriracha®)
2 green onions, chopped

Directions

Break spaghetti noodles in half and place in a multi-functional pressure cooker (such as Instant Pot®). Add water, garlic, olive oil, and salt. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 6 minutes. Allow 10 to 15 minutes for pressure to build.

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Combine shrimp, mayonnaise, chili sauce, lime juice, and Sriracha® in a bowl; mix until well coated. Pour into the pot and select Saute function. Add chopped green onions and cook until shrimp are pink and green onions are tender, about 7 minutes.

Nutrition Facts

Per Serving: 612 calories; 26.1 g fat; 71.9 g carbohydrates; 22.6 g protein; 126 mg cholesterol; 1061 mg sodium.

Breakcfast

Baked Eggs with Creamy Spinach & Ham

INGREDIENTS

4 tbsp unsalted butter
1 tbsp chopped shallot
4 ounces sliced ham cut into 1/2-inch pieces
1 lb baby spinach
1/3 cup heavy cream
kosher salt
freshly ground black pepper
4 large eggs
chopped fresh flat-leaf parsley for serving (optional)
Crusty bread for serving

INSTRUCTIONS

Select Sauté on the Instant Pot® and heat 2 tablespoons of the butter. Add the shallot and cook, stirring occasionally, until just softened, about 1 minute. Add the ham and cook, stirring occasionally, for 2 minutes. Add the remaining butter and the spinach and cook until the spinach is wilted, about 5 minutes. Add the cream and 1/2 teaspoon salt and cook until most of the liquid has been reduced, about 15 minutes. Add 1/4 teaspoon pepper and taste, adjusting seasoning as desired.

Press the Cancel button to reset the program. Make four wells in the spinach and carefully crack one egg into each well. Lock the lid in place and turn the valve to Sealing. Press the Pressure Cook button and set the cook time for 1 minute at low pressure.

Turn the valve to Venting to quick-release the steam. When the steam stops, carefully remove the lid. Transfer each egg on a bed of spinach to a plate, top with parsley, if using, and more pepper, and serve with a slice of crusty bread.

Breakfast Quinoa

INGREDIENTS

1 cup quinoa (red, white, or mixed), rinsed
3 cups vanilla almond milk plus more as needed
kosher salt
1/4 tsp ground cinnamon
6 ounces raspberries or 1 cup generous mixed blackberries,
raspberries, and blueberries
1/4 cup sliced almonds
honey for drizzling

INSTRUCTIONS

Put the quinoa in the Instant Pot®. Add 2 cups of the almond milk, 1/4 teaspoon salt, and the cinnamon.

Lock the lid in place and turn the valve to Sealing. Press the Pressure Cook button and set the cook time for 2 minutes at high pressure.

Let the steam release naturally for 12 minutes, then turn the valve to Venting to quick-release any residual steam. Carefully remove the lid and fluff the quinoa with a fork.

To serve, divide the quinoa evenly among four bowls. Pour 1/4 cup of the remaining almond milk over each serving, adding more if desired. Top the quinoa with the berries and almonds, drizzle with honey, and serve right away.

Superfood Breakfast Porridge

INGREDIENTS

3/4 cup steel cut oats
1/4 cup uncooked quinoa rinsed and drained
1/4 cup dried cranberries plus additional for serving
1/4 cup raisins
3 tbsp ground flax seeds
2 tbsp chia seeds
1 tsp olive oil
1/4 tsp salt
1/4 tsp ground cinnamon
2 1/2 cups almond milk plus additional for serving
1 1/2 cups Water
maple syrup (optional)
1/4 cup sliced almonds toasted* See Note (optional)

INSTRUCTIONS

Spray heatproof bowl (metal, glass or ceramic) that fits inside of Instant Pot® with nonstick cooking spray. Combine oats, quinoa, 1/4 cup cranberries, raisins, flax seeds, chia seeds, oil, salt and cinnamon in prepared bowl; mix well. Stir in 2 1/2 cups almond milk until blended.

Pour water into pot. Place rack in pot; place bowl on rack. Secure lid and move pressure release valve to Sealing position. Press Manual or Pressure Cook; cook at high pressure 13 minutes.

When cooking is complete, use natural release.

Stir porridge until smooth. Serve with additional almond milk, cranberries, maple syrup and almonds, if desired.

RECIPE NOTES

*To toast almonds, cook and stir in small skillet over medium heat 1 to 2 minutes or until lightly browned.

Fluffy Pancake Cinnamon Rolls

INGREDIENTS

Dough Mixture:

1 1/4 cup pancake mix

1 tbsp sugar

1/3 cup milk

Filling Mixture:

1 tbsp butter softened

2 tbsp brown sugar

1/2 tsp cinnamon

Icing Mixture

1/2 cup powdered sugar

1 tbsp milk

1/4 tsp Vanilla

INSTRUCTIONS

In a medium bowl, mix Dough Mixture ingredients with a fork until well combined. It should resemble cookie dough.

On a well-floured surface, roll dough into a 4 inch x 9 inch rectangle.

In a small bowl, mix Filling Mixture ingredients and then spread evenly on the dough.

Working carefully, roll the dough up from the short side. You should end up with a 4 inch long cylinder.

Cut the dough into 6 equal slices and place in a 6 inch or 7 inch baking pan.

Put one cup of water and the trivet in the Instant Pot. Carefully place the baking pan on the trivet.

Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL function*. Use the +/- keys and program the Instant Pot for 12 minutes.

When the time is up, quick-release the remaining pressure.

Remove the pan and set it under the broiler until golden, 3-5 minutes.

In a small bowl, mix the Icing Mixture ingredients and drizzle over the rolls while still warm. Serve immediately.

Pina Colada Oatmeal

INGREDIENTS

1 tbsp coconut oil
2 cups coconut milk
1 cup pineapple juice
1 cup steel cut oats
1 1/2 cups fresh pineapple diced
3/4 cup sweetened shredded coconut
raspberries or maraschino cherries for topping (optional)

INSTRUCTIONS

Pour coconut oil, coconut milk, pineapple juice and oats into Instant Pot in that order. Swirl to make sure all oats are submerged.

Secure the lid, making sure the vent is closed.

Using the display panel select the MANUAL function*. Use the +/- keys and program the Instant Pot for 3 minutes.

When the time is up, let the pressure release naturally until the pin drops (about 15 minutes).

Stir in coconut and pineapple. Serve with raspberries or maraschino cherries (optional).

Crustless Artichoke and Kalamata Olive Quiche

INGREDIENTS

6 large eggs
1/4 cup whole milk
2 tsp chopped fresh dill
1/2 tsp salt
1/4 tsp ground black pepper
1 Roma Tomato seeded and diced
1/4 cup diced jarred artichokes drained
1/4 cup sliced pitted Kalamata olives
1/4 cup crumbled feta cheese
1/4 cup peeled and diced red onion
2 cups Water

INSTRUCTIONS

In a medium bowl, whisk eggs, milk, dill, salt, and pepper. Stir in tomato, artichokes, olives, feta cheese, and onion. Set aside.

Add egg mixture to a 7-cup glass dish greased with either oil or cooking spray.

Add water to the Instant Pot®. Insert steam rack. Place dish with egg mixture on steam rack. Lock lid.

Press the Manual or Pressure Cook button and adjust cook time to 8 minutes. When timer beeps, let pressure release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.

Remove dish from pot and let sit 10 minutes. Slice and serve warm.

Ginger Almond Oatmeal

INGREDIENTS

1 cup rolled oats
2 1/2 cups low-fat milk
1 tbsp brown sugar
1 tsp grated fresh ginger heaping
1/2 tsp ground cardamom
1/2 tsp ground cinnamon
1/4 tsp kosher salt
1 pinch saffron
1 tbsp raw cashews coarsely chopped, plus more for serving
1 tbsp sliced almonds plus more for serving
maple syrup for serving

INSTRUCTIONS

Pour 1 cup water into the Instant Pot and place the wire-metal steam rack in the pot.

In an oven-safe glass bowl that will fit in the Instant Pot, combine the oats, 1 1/2 cups of the milk, the brown sugar, ginger, cardamom, cinnamon, salt, saffron, cashews, and almonds and stir together. Place the bowl of oats on the rack.

Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook or Manual setting and set the cooking time for 10 minutes at high pressure.

Let the pressure release naturally for 10 minutes, then move the Pressure Release to Venting to release any remaining steam. Open the pot and stir the remaining 1 cup milk into the oatmeal until combined.

Ladle the oatmeal into bowls, sprinkle with almonds and cashews, drizzle with maple syrup, and serve.

RECIPE NOTES

VEGAN VARIATION Substitute non-dairy milk, such as almond milk, for the low-fat milk.

Breakfast Hash

INGREDIENTS

- 3 tbsp butter
- 1 medium yellow onion chopped (1 cup)
- 1 medium green bell pepper stemmed, cored, and chopped (1 cup)
- 1 medium red bell pepper stemmed, cored, and chopped (1 cup)
- 1 lb smoked deli ham (not thinly shaved), any coating removed, the meat diced
- 2 medium garlic cloves peeled and minced (2 teaspoons)
- 1 tsp dried sage
- 1 tsp dried thyme
- 1/2 tsp celery seeds (optional)
- 1/4 tsp fine table salt
- 1/4 tsp ground black pepper
- 1 lb yellow potatoes diced (no need to peel)
- 1 1/2 cups chicken broth

INSTRUCTIONS

Press Saute, set time for 5 minutes.

Melt the butter in a the cooker. Add the onion and both bell peppers. Cook, stirring occasionally, until softened, about 4 minutes. Add the ham, garlic, sage, thyme, celery seeds (if using), salt, and pepper. Cook, stirring often, until fragrant, about 1 minute.

Turn off the SAUTE function. Stir in the potatoes and broth, scraping up any browned bits on the pot's bottom. Lock the lid onto the cooker.

Optional 1 Max Pressure Cooker Press Pressure cook on Max pressure for 10 minutes with the Keep Warm setting off.

Optional 2 All Pressure Cookers Press Pressure cook (Manual) on High pressure for 12 minutes with the Keep Warm setting off. Use the quick-release method to bring the pot's pressure back to normal. Unlatch the lid and open the cooker. Stir well.

Press Saute, set time for 10 minutes.

Bring the mixture to a simmer, stirring often. Continue without stirring until the liquid boils off and the hash touching the hot surface starts to brown, 3 to 4 minutes. Turn off the SAUTE function and remove the hot insert from the machine to stop the cooking. Some of the potatoes may have fused to the surface. Use a metal spatula to get them up. The point is to have some browned bits and some softer bits throughout the hash.

RECIPE NOTES

Beyond• For a 3-quart cooker, you must use 1 cup broth and halve the remaining ingredients. • For an 8-quart cooker, you must increase all the ingredients by 50 percent. • Substitute corned beef for the ham—or get fancy and substitute shredded, skinless boneless duck confit.

Sous Vide - Avocado Toast with Poached Egg

INGREDIENTS

FOR THE EGGS

4 eggs

FOR THE AVOCADO SPREAD

2 avocados

2 tbsp olive oil

fresh lime juice

TO ASSEMBLE

4 slices whole grain bread toasted

fresh basil leaves chopped

Freshly cracked black pepper

sea salt

INSTRUCTIONS

For the Eggs

Preheat a water bath to 145°F. Bring a pot of water to a boil on the stovetop. Prepare an ice bath with half ice and half water. Gently place the eggs in the boiling water and cook for 3 minutes.

Remove from the boiling water and place in the ice bath for 1 to 2 minutes, then transfer to the water bath. Let the eggs cook for 45 minutes. Once cooked, remove them from the water bath.

For the Avocado Spread

Peel and remove the flesh from the avocado, and mash together with the olive oil. Add the lime juice, and salt and pepper to taste, until the spread is slightly tangy and well balanced.

To Assemble

Take a slice of toasted bread and slather on some of the avocado spread. Crack a poached egg on top slather on some of the avocado spread. Crack a poached egg on top then sprinkle with the basil, fresh cracked pepper, and sea salt.

Blackberry Soy Milk Yogurt

INGREDIENTS

4 cups plain, sweetened soy milk
3 tbsp plain, dairy-free yogurt (soy, cashew, or almond)
2 tsp vanilla extract
1 pint fresh blackberries
2 tbsp pistachios roughly chopped
4 tbsp honey

INSTRUCTIONS

Add the soy milk and yogurt to the inner pot. Stir well. Cover and lock the lid, but leave the steam release handle in the venting position. Select Yogurt and set the cook time for 14 hours. When the cook time is complete, remove the lid and stir in the vanilla extract.

Allow the yogurt to cool slightly, and then transfer to a large, sealable glass jar, and seal tightly. Place in the refrigerator to chill and thicken for a minimum of 4 hours.

To serve, transfer the chilled yogurt to serving bowls. Top each serving with 1/2 cup blackberries and 1-1/2 teaspoons pistachios, and then drizzle 1 tablespoon honey over top. Store in the refrigerator for up to 5 days.

Bonus recipes

<https://bit.ly/2xfroEL>