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Must-have

Instant Pot Recipes

QUICK REFERENCE CHEAT SHEET

BAKED POTATOES

1.5C water
basket +
potatoes
15-18 min HP
NR

WHOLE CHICKEN

build flavor
1 whole chx
1 C chicken stock
25min HP
NR

DRIED BEANS

1/2lb beans +
2qts water +
1/2T oil + 1/2t salt
+/- 20min
NR

STEEL CUT OATS

1 C oats
3 C water
3min HP
NR

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MEATY SOUP

build flavor
add broth
+/-8min HP
QR

CREAMY SOUP

build flavor
add broth
+/-5min HP
QR & blend

VEGGIES

veg + flavor
+ water
2-3min HP
QR

BROWN RICE

2C rice +
2T EVOO + 1t salt
+ 3C water
22min HP
NR

MASHED POTATOES

1/2C water
cubed potatoes
8min HP
QR & blend
add flavor

HARD BOILED EGGS

1C water
basket + eggs
5min HP
QR

HP: high pressure

QR: quick release

NR: natural release