

Instant Pot Recipe Cheat Sheet

HARD BOILED EGGS

1 cup cold water
6-8 large eggs on trivet
Manual HP 8 minutes
Quick Release

WHITE RICE

1 cup water
1 cup rice, rinsed
Manual HP 4 minutes
NR for 10 minutes

BROWN RICE

1 cup water
1 cup brown rice
Manual HP 15 minutes
NR for 5 minutes

STEEL CUT OATS

1 cup steel cut oats
3 cups milk
Manual HP 3 minutes
Natural Release

MASHED POTATOES

1 cup water
4 russet potatoes on
trivet
Manual HP 8 minutes
Quick Release

DRIED BEANS

1 lb beans, rinsed
8 cups water
1 tbs oil
1 tsp salt
Manual HP 30 minutes
Natural Release

FROZEN CHICKEN BREASTS

2 lbs frozen chicken
1/2 cup water
Manual HP 12 minutes
Natural Release

WHOLE CHICKEN

1 4-5 lb whole chicken
1 cup water or broth
Manual HP 30 minutes
NR for 10 minutes

CORN ON THE COB

1 cup cold water
4 ears of corn, husks
removed, on trivet
Manual HP 2 minutes
Quick Release

PULLED PORK

2-3 lb pork roast
Sauté in olive oil
2 cups water
Meat/Stew 90 minutes
NR for 10 minutes

PORK RIBS

1 rack baby back ribs
1 cup cold water
Manual HP 22 minutes
Natural Release

BEEF ROAST

3-4 lb beef chuck roast
Sauté in olive oil
2 cups broth
Manual HP 70 minutes
NR for 10 minutes

HP = High Pressure NR = Natural Release