

Instant Pot

COOKING TIMES

~ Meat ~

Beef

Beef, stew meat - 15-20

Beef, dressed - 20-25

Beef, pot roast, - 35-40

steak, rump, round,

chuck,

brisket, large

Beef, ribs - 25-30

Beef, shanks - 25-30

Beef, oxtail - 40-50

Chicken

Chicken, breasts - 8-10

Chicken, whole - 20-25

Chicken, cut up - 10-15

w/ bones

Chicken, legs - 10-15

drumsticks, or thighs

Duck

Duck, cut up - 10-12

w/ bones

Duck, whole - 25-30

Ham

Ham shoulder - 25-30

Turkey

Turkey breast - 15-20

boneless

Turkey breast - 25-30

whole w/ bones

Turkey - 15-20

drumsticks

Pork

Pork, loin roast - 55-60

Pork, butt roast - 45-50

Pork, ribs - 20-25

Veal roast - 35-45

Seafood

Crab - 3-4

frozen - 5-6

Fish whole - 5-6

frozen 7-10

Fish fillet - 2-3

frozen 3-4

Lobster - 3-4

frozen 4-6

Shrimp - 1-2

frozen 2-3

Mussels - 2-3

frozen 4-5



ELECTRIC PRESSURE COOKING DIRECTIONS VEGETABLES


VEGETABLES	AMOUNT	COOKING TIME	TEMPERATURE
Asparagus	Vegetable + one cup water or broth	2 minutes	High
Beans, green	Vegetable + one cup water or broth	3 minutes	High
Beets, small chunks	Vegetable + one cup water or broth	11 minutes	High
Broccoli flowerets	Vegetable + one cup water or broth	3 minutes	Low
Broccoli stalks	Vegetable + one cup water or broth	4 minutes	Low
Brussel Sprouts	Vegetable + one cup water or broth	5 minutes	High
Cabbage, sliced	Vegetable + one cup water or broth	2 minutes	Low
Cabbage, quartered	Vegetable + one cup water or broth	4 minutes	Low
Carrots, 3" slices	Vegetable + one cup water or broth	5 minutes	High
Cauliflower flowerets	Vegetable + one cup water or broth	4 minutes	Low
Celery, 1" chunks	Vegetable + one cup water or broth	4 minutes	Low
Corn on the cob	Vegetable + one cup water or broth	5 minutes	Low
Onions	Vegetable + one cup water or broth	5 minutes	Low
Potatoes, sliced	Vegetable + one cup water or broth	5 minutes	High
Potatoes, whole, medium	Vegetable + one cup water or broth	15 minutes	High
Potatoes, whole, small	Vegetable + one cup water or broth	8 minutes	High
Spinach	Vegetable + one cup water or broth	3 minutes	Low
Squash, late fall, 1" chunks	Vegetable + one cup water or broth	6 minutes	High
Squash, summer, sliced	Vegetable + one cup water or broth	2 minutes	Low
Sweet potatoes, whole	Vegetable + one cup water or broth	7 minutes	High
Sweet potatoes, 2" chunks	Vegetable + one cup water or broth	3 minutes	High
Tomatoes, quartered	Vegetable + one cup water or broth	3 minutes	Low
Tomatoes, whole	Vegetable + one cup water or broth	5 minutes	Low
Zucchini, ½" slices	Vegetable + one cup water or broth	2 minutes	Low

*Pressure Cooker Temps for Fagor electric brand

*Always use one cup minimum water or broth when cooking

Vegetable Pressure Cooking Times

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Asparagus	1-2 minutes
Broccoli	5-6 minutes
Carrots (1-inch chunks)	5-6 minutes
Cauliflower	2-3 minutes
Corn (kernels)	1-2 minutes
Corn (on the cob)	4 minutes
Green Beans	2-3 minutes
Onions	2-3 minutes
Peas	1 minute
Potatoes (cubed)	7 minutes
Potatoes (whole)	12 minutes
Pumpkin (chunks)	3-4 minutes
Spinach (low pressure)	1 minute
Sweet Potatoes (chunks)	7 minutes
Zucchini (slices)	2 minutes



*TIMES LISTED ARE FOR 1 CUP WATER,
HIGH PRESSURE, AND QUICK-RELEASE



ELECTRIC PRESSURE COOKING DIRECTIONS RICE, GRAIN, AND BEANS

RICE	AMOUNT	COOKING TIME	TEMPERATURE
White, long grain rice	1 cup rice – 1½ cup water	6 minutes	High
White, short grain rice	1 cup rice – 1½ cup water	6 minutes	High
Brown, long grain rice	1 cup rice – 1½ cup water	12 minutes	High
Brown, short grain rice	1 cup rice – 1 3/4 cup water	12 minutes	High
Quinoa	1 cup quinoa – 2 cups water	6 minutes	High
Kamut®	1 cup kamut – 2 cups water	30 minutes	High
Couscous	1 cup couscous – 2 cups water	3 minutes	High
Amaranth	1 cup grain- 3 cups water	4 minutes	High
Millet	1 cup grain – 2 cups water	6 minutes	High
Spelt	1 cup grain – 3 cups water	30 minutes	High
Steel Cut Oats	1 cup oats – 2 cups water	4 minutes	High
Wheat berries	1 cup wheat – 3 cups water	30 minutes	High
Barley, pearl	1 cup barley – 4 cups water	20 minutes	High
Bulgur	1 cup bulgur – 3 cups water	10 minutes	High
Pinto Beans	1 cup beans - 3 cups water	50 minutes	High
Black Beans	1 cup beans – 3 cups water	50 minutes	High
Great Northern White Beans	1 cup beans – 3 cups water	50 minutes	High
Kidney Beans/Red Beans	1 cup beans – 3 cups water	50 minutes	High
Lentils	1 cup beans – 3 cups water	30 minutes	High
Black-Eyed Peas	1 cup beans – 3 cups water	30 minutes	High
Chick Peas/Garbanzo	1 cup beans – 3 cups water	30 minutes	High
Cannellini Beans/White Kidney	1 cup beans – 3 cups water	30 minutes	High
Lima Beans	1 cup beans – 3 cups water	25 minutes	High

* Pressure Cooker Temperatures-Fagor, electric brand

Cheat Sheet
**INSTANT POT
COOKING TIMES**

BEEF

STEW 15-20 MIN
POT ROAST 35-40 MIN
RIBS 25-30 MIN
SHANKS 25-30 MIN

CHICKEN

BREAST 8-10 MIN
WHOLE 25-30 MIN
LEGS, 10-15 MIN
THIGHH 10-15 MIN

PORK

LOIN 55-60 MIN
RIBS 45-50 MIN
BUTT 20-25 MIN

SEAFOOD

CRAB/LOBSTER 3-4 MIN
SHRIMP 1-2 MIN

BEANS

BLACK/LIMA 20-25 MIN
CHICKPEAS 35-40 MIN
RED KIDNEY 25-30 MIN
WHITE KIDNEY 35-40 MIN
NAVY/PINTO 25-30 MIN

RICE

WHITE 6 MIN
BROWN 12 MIN

VEGETABLES

ASPARAGUS 1-2 MIN
BROCCOLI 5-6 MIN
CARROTS 5-6 MIN
CAULIFLOWER 2-3 MIN
CORN 1-2 MIN
GREEN BEANS 2-3 MIN
PEAS 1 MIN
POTATOES 7 MIN
ZUCCHINI 2 MIN



Instant Pot[®] CHEAT SHEET

THESE ALL USE MANUAL OR HIGH PRESSURE

SIX SISTERS' STUFF

CHICKEN BREASTS: 10 MINS

CHICKEN THIGHS: 10 MINS

WHOLE CHICKEN: 6 MINS PER POUND

FROZEN CHICKEN: ADD 3 MINS TO THE RECIPES

BEEF ROAST: 15 MINS PER POUND

BONELESS RIBS: 25 MINS

CORN ON THE COB: 4 MINS

FISH FILET: 3-4 MINS

MEATBALLS: 7 MINS

HARD BOILED EGGS: 4 MINS

QUICK OATS: 1 MIN

STEEL CUT OATS: 10 MINS

PASTA: 4 MINS

PORK CHOPS: 5 MINS

PORK ROAST: 15 MINS PER POUND

WHOLE POTATO: 13 MINS

BIG CHOPPED VEGGIES: 3 MINS

WHITE RICE: 4 MINS, WILD RICE: 20 MINS, BROWN RICE: 25 MINS

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

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

Instant Pot

COOKING TIMES

~ Beans ~

Black beans - 20-25

Black eyed peas - 20-25

Chickpeas - 35-40

Cannellini beans - 35-40

Lentils, french green - 15-20

Lentils, green, mini - 15-20

brown

Lentils, red, split - 15-18

Lentils, yellow, split - 15-18

Lima beans - 20-25

Kidney beans, red - 25-30

Kidney beans, white - 35-40

Navy beans - 25-30

Pinto beans - 25-30

Peas - 15-20

Soy beans - 25-30

(chart times for dried beans, use enough water to cover amt. in pot and use designated time in pressure cooker)



Crock-Pot Express

cooking settings cheat sheet

Low Pressure Default

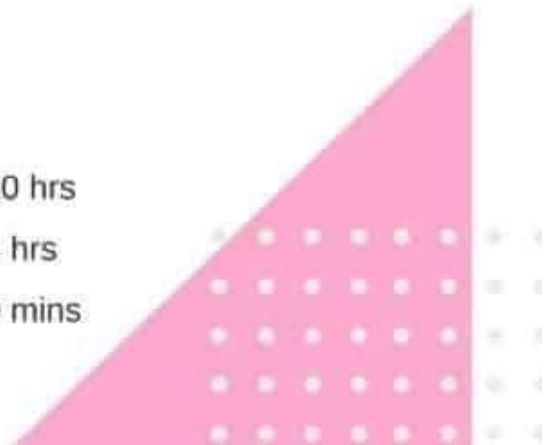
RICE/RISOTTO	12 MINS	6-30 mins
DESSERT	10 MINS	5 mins-2 hrs

High Pressure Default

STEAM	10 MINS	3 mins-1 hr
MEAT/STEW	35 MINS	15 mins-2 hrs
BEANS/CHILI	20 MINS	5 mins-2 hrs
POULTRY	15 MINS	15 mins-2 hrs
SOUP	30 MINS	5 mins-2 hrs
MULTIGRAIN	40 MINS	10 mins-2 hrs

Other Settings

Slow Cook	low/high	30 mins-20 hrs
Keep warm	warm	30 mins-4 hrs
Brown/saute	low/high	5 mins-30 mins
Yogurt	low/high	6-12 hrs





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Instant Pot Cheat Sheet

Chicken

Add one cup of water
Put in several frozen
chicken breasts
"Manual" for 10 minutes

Spaghetti

1/2 c water & bag of frozen
meatballs on bottom
Layer 16 oz noodles
top w/ 24 oz pasta sauce
Fill sauce jar w/ water, add to pot
"Manual" for 6 minutes.

Hard-Boiled Eggs

1 cup water
Eggs on steamer rack
"Manual" 5 minutes
Put eggs in cold water

Mashed Potatoes

1 cup water in bottom
2.5 lbs of quartered potatoes
on steamer rack
"Manual" 8 minutes
Add 1/2 cup warmed milk with
2 T melted butter, then mash

Baked Potatoes

1 cup water in bottom
2.5 lbs cleaned/pricked
potatoes on steamer rack
"Manual" 10-12 minutes

Mac & Cheese

4 cups water in pot
1 lb elbow mac. noodles
"Manual" 4 minutes
Mix in 4 oz cream cheese
16 oz shredded cheese,
1 cup milk

