

Pressure Cooking Charts

Because people have preferences in the taste and texture of their foods, these timings offer a range so you can experiment and find the timings you like. All are based on the high-pressure setting.

Fish & Shellfish

Cook times are generally short to preserve the delicate flavors and textures. Steaming is the ideal method, though it does depend somewhat on the recipe. You will need at least 1 cup of water in the bottom of the pot and the trivet and/or a vegetable steamer basket. Use a quick release.

Fish & Shellfish	Fresh Cooking Time (minutes)	Frozen Cooking Time (minutes)
Crab	3-4	5-6
Fish, whole	5-6	7-10
Fish, fillet	2-3	3-4
Fish, steak	3-4	4-6
Lobster	3-4	4-6
Mussels	2-3	4-5
Seafood soup or stock	6-7	7-9
Shrimp or prawns	1-2	2-3

Poultry

In general, removing the skin from poultry before pressure cooking yields the best results. Raw poultry is highly perishable. Never set the delay cook time for more than 1 hour. We recommend instead cooking the poultry immediately and using the **KEEP WARM** function to main food at serving temperature. Use a natural release for larger, bone-in pieces and a quick release for smaller, boneless pieces.

Poultry	Cooking Time (minutes)
Chicken, breasts	8-10
Chicken, whole	20-25
Chicken, dark meat	10-15
Cornish hen, whole	10-15
Duck, cut up with bones	10-12
Duck, whole	25-30
Pheasant	20-25

Poultry	Cooking Time (minutes)
Turkey, boneless breast	15-20
Turkey breast, whole with bones	25-30
Turkey, drumsticks	15-20
Quail, whole	8-10

Rice & Grains

The pre-set **RICE** and **MULTIGRAIN** functions generally provide the optimum timing for cooking rice and other grains, but the **MANUAL** setting may also be used. Use the following grain:water ratios. Use a natural release.

Rice & Grains	Grain to Water Ratio (cups)	Cooking Time (minutes)
Type		
Barley, pearl	1:4	25-30
Barley, pot	1.3-1:4	25-30
Couscous	1:2	5-8
Kamut, whole	1:3	10-12
Millet	1:1½	10-12
Oats, quick-cooking	1:1½	6
Oats, steel-cut	1:1½	10
Quinoa	1:2	8
Rice, basmati	1:1½	4-8
Rice, brown	1:1¼	22-28
Rice, jasmine	1:1	4-10
Rice, white	1:1½	8
Rice, wild	1:3	25-30
Sorghum	1:3	20-25
Spelt berries	1:3	15-20
Wheat berries	1:3	25-30

Vegetables

Steaming vegetables—whether fresh or frozen—helps preserve vitamin and minerals, as well as maintain their bright colors and crisp-tender textures. When steaming vegetables, you need at least 1 cup of water in the bottom of the pot and the trivet and/or a vegetable steamer basket. Use a quick release.

Vegetables	Fresh Cooking Time (minutes)	Frozen Cooking Time (minutes)
Artichoke, whole, trimmed	9-11	11-13
Artichoke, hearts	4-5	5-6
Asparagus, whole or cut	1-2	2-3
Beans, green/yellow or wax, whole, ends trimmed	1-2	2-3
Beets, small, whole	11-13	13-15
Beets, large, whole	20-25	25-30
Broccoli, florets	2-3	3-4
Broccoli, stalks	3-4	4-5
Brussels sprouts, whole	3-4	4-5
Cabbage, red or green, shredded	2-3	3-4
Cabbage, red or green, wedges	3-4	4-5
Carrots, sliced or shredded	1-2	2-3
Carrots, whole or chunks	2-3	3-4
Cauliflower florets	2-3	3-4
Celery, chunks	2-3	3-4
Collards	4-5	5-6
Corn, kernels	1-2	2-3
Corn, on the cob	3-4	4-5
Eggplant, slices or chunks	2-3	4-5
Endive	1-2	2-3
Escarole, chopped	1-2	2-3
Greens (beet, collards, kale, spinach, Swiss chard, turnip greens), chopped	3-6	4-7

Vegetables	Fresh Cooking Time (minutes)	Frozen Cooking Time (minutes)
Leeks	2-4	3-5
Mixed vegetables	2-3	3-4
Okra	2-3	3-4
Onions, sliced	2-3	3-4
Parsnips, sliced	2-3	2-3
Parsnips, chunks	2-4	4-6
Peas, snow pea or sugar snap	1-2	2-3
Peas, green	1-2	2-3
Potatoes, cubed	7-9	9-11
Potatoes, whole, baby	10-12	12-14
Potatoes, whole, large	12-15	15-19
Pumpkin, small slices or chunks	4-5	6-7
Pumpkin, large slices or chunks	8-10	10-14
Rutabaga, slices	3-5	4-6
Rutabaga, chunks	4-6	6-8
Spinach	1-2	3-4
Squash, acorn, slices or chunks	6-7	8-9
Squash, butternut, slices or chunks	8-10	10-12
Sweet potato, cubed	7-9	9-11
Sweet potato, whole, small	10-12	12-14
Sweet potato, whole, large	12-15	15-19
Sweet pepper, slices or chunks	1-3	2-4
Tomatoes, quartered	2-3	4-5

Meat

Browning meats on the **SAUTÉ** setting before pressure cooking helps to seal in the juices. Raw meat is highly perishable. Never set the delay cook time for more than 1 to 2 hours. We recommend instead cooking the meat immediately and using the **KEEP WARM** function to main food at serving temperature. Use a natural release for larger cuts and a quick release for smaller cuts.

Meat	Cooking Time (minutes)
Type	
Beef, stew meat	15-20
Beef, meatballs	10-15
Beef, whole pot roast, steak, rump, round, chuck, blade, or brisket	35-40
Beef, small chunks: pot roast, steak, rump, round, chuck, blade, or brisket	25-30
Beef, ribs	25-30
Beef, shanks	25-30
Beef, oxtail	40-50
Ham, slice	9-12
Ham, picnic shoulder	25-30
Pork, loin roast	45-50
Pork, butt/shoulder roast	55-60
Pork, ribs	20-25
Lamb, stew meat	10-15
Lamb, leg	35-45
Veal, chop	5-8
Veal, roast	35-45

Fruit

Steaming fresh or dried fruits best preserves their taste, texture, and nutrients. When steaming fruits, you need at least 1 cup of water in the bottom of the pot and the trivet and/or a vegetable steamer basket. Use a quick release.

Fruits	Fresh Cooking Time (minutes)	Dried Cooking Time (minutes)
Apples, slices or pieces	2-3	3-4
Apples, whole	3-4	4-6
Apricots, whole or halves	2-3	3-4

Fruits	Fresh Cooking Time (minutes)	Dried Cooking Time (minutes)
Peaches	2-3	4-6
Pears, whole	3-4	4-6
Pears, slices or halves	2-3	4-5
Plums	2-3	4-5 (prunes)
Raisins	NA	4-5

Dried Beans, Legumes & Lentils

Dried beans double in volume and weight after soaking or cooking. Do not fill the inner pot more than half full to allow for expansion. Use enough liquid to cover the beans. Use a natural release.

Dried Beans & Legumes	Dry Cooking Time (minutes)	Soaked Cooking Times (minutes)
Type		
Adzuki beans	20-25	10-15
Anasazi beans	20-25	10-15
Black beans	20-25	10-15
Black-eyed peas	20-25	10-15
Chickpeas/garbanzo beans	35-40	20-25
Cannellini beans	35-40	20-25
Pigeon peas	20-25	15-20
Great Northern beans	25-30	20-25
Lentils, French green	15-20	NA
Lentils, green/brown	15-20	NA
Lentils, yellow, split (moong dal)	15-18	NA
Lima beans	20-25	10-15
Kidney beans, red	25-30	20-25
Kidney beans, white	35-40	20-25
Navy beans	25-30	20-25
Pinto beans	25-30	20-25
Scarlet runner beans	20-25	10-15
Soybeans	25-30	20-25

Green Beans with Shallots & Pecans

While your turkey roasts in the oven, use the Instant Pot® to make this quick and delicious side dish.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
15 minutes	Sauté (Normal); Steam	15 minutes	30 minutes + 5 minutes sauté	Quick

SERVES: 8

- ½ cup pecan halves and pieces, coarsely chopped
- 1 cup water
- 1½ pounds fresh green beans, stem ends trimmed
- ¼ cup unsalted butter
- ½ cup finely chopped shallot
- ¼ cup packed brown sugar
- 1 teaspoon kosher salt
- ½ teaspoon coarsely ground black pepper

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. Add the pecans and cook for 2 to 3 minutes or until lightly toasted, stirring often. Remove from the pot and set aside. Press **CANCEL**.

Fill a large bowl with water and ice; set aside. Add the 1 cup water and a vegetable steamer basket with legs to the pot.* Add the green beans to the steamer basket. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **STEAM** and adjust to 2 minutes. When cooking is complete, use a quick release to depressurize. Press **CANCEL**.

Carefully remove the steamer basket and transfer the beans to the ice water for 1 minute to stop the cooking. Transfer the beans to paper towels to dry. (Make sure the beans are dry before adding them to the pot in the next step.)

Thoroughly dry the inner pot. Select **SAUTÉ** and adjust to **NORMAL**. Add the butter to the pot. When butter is hot, add the shallot and cook for 2 to 3 minutes or until golden. Add the sugar, stirring constantly, until dissolved. Add the pecans and cook for 1 minute, stirring constantly. Add the green beans, salt, and pepper, tossing to coat. Press **CANCEL**.

SERVE

Cook for 2 to 3 minutes or until the beans are heated through, tossing occasionally.

***TIP:** If your steamer basket doesn't have legs, place the trivet in the pot first, then place steamer basket on top of it.

Garlic Broccoli with Lemon & Olives

Steaming broccoli helps retain nutrients and its beautiful bright green color. Its pleasing, cabbagey flavor is just right accented with lemon, garlic, and olives.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
10 minutes	Steam, Sauté (Normal)	10 minutes	20 minutes + 5 minutes sauté	Quick

SERVES: 4

- 1 cup water
- 4 cups broccoli florets
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- ¼ cup sliced Kalamata olives
- 2 teaspoons lemon zest
- 1 tablespoon fresh lemon juice
- ¼ teaspoon kosher salt
- ¼ teaspoon coarsely ground black pepper

PREP

Pour the water in the Instant Pot®. Place a steamer with legs in the pot.* Add the broccoli to the steamer basket. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **STEAM** and adjust to 2 minutes. When cooking is complete, use a quick release to depressurize. Press **CANCEL**.

Carefully remove the steamer basket and transfer the broccoli to a bowl.

Thoroughly dry the inner pot. Select **SAUTÉ** and adjust to **NORMAL**. Add the oil. When the oil is hot, add the garlic, olives, lemon zest and juice, and broccoli to the pot. Toss to combine. Cook and stir for 2 to 3 minutes or until the broccoli is heated through, tossing occasionally. Press **CANCEL**.

SERVE

Season the broccoli with salt and pepper.

***TIP:** If your steamer basket doesn't have legs, place the trivet in the pot first, then place steamer basket on top of it.

Collards with Smoked Ham Hocks & Sweet Onions

Collards can be quickly sautéed so they stay slightly firm or slow-simmered until they're very soft. Here, they're cooked to a perfect in-between stage and classically flavored with smoked ham and sweet onions.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
30 minutes	Sauté (Normal), Steam	15 minutes	45 minutes	Quick

SERVES: 6 to 8

- 6 slices hickory-smoked bacon, chopped
- 8 ounces smoked ham, diced
- 2 large Vidalia or other sweet onions, peeled, quartered, and thinly sliced (3 cups)
- $\frac{1}{3}$ cup apple cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon hot pepper sauce
- 2 to 2½ pounds fresh collard greens, washed, dried, and coarsely chopped (16 cups)

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. Add chopped bacon to pot. Cook and stir bacon for 5 to 10 minutes or until crisp. Using a slotted spoon, transfer crisp bacon to paper towel-lined plate to drain.

Add ham and onions to the pot; cook and stir for 5 to 6 minutes or until onions are limp and ham is browned. Press **CANCEL**; cool slightly. Add vinegar, sugar, salt, pepper, and hot pepper sauce; mix well. Select **SAUTÉ** and adjust to **NORMAL**. Push collards into pot a batch at a time, waiting until one batch wilts down before adding another. Press **CANCEL**. When all collards are in the pot, secure the lid on the pot. Close the pressure-release valve.

COOK

Select **STEAM** and adjust cook time to 8 minutes. Once cooking is complete, use a quick release to depressurize.

SERVE

Using a slotted spoon, transfer collards to a serving dish; sprinkle with reserved crisp bacon bits.

Steamed Cauliflower with Cayenne & Parmesan

Just a few simple ingredients give this vegetable side wonderful flavor. Try it with a grilled steak.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
10 minutes	Steam	15 minutes	25 minutes	Quick

SERVES: 4

- 1 cup water
- 6 cups large cauliflower florets
- 2 tablespoons butter, melted
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- Dash cayenne pepper
- ½ cup finely shredded Parmesan cheese
- 1 tablespoon chopped fresh flat-leaf parsley

PREP

Place a vegetable steamer basket with legs in the Instant Pot®.* Add the water to pot and place cauliflower in basket. Secure the lid on pot. Close the pressure-release valve.

COOK

Select **STEAM** and adjust cook time to 1 minute. When cooking is complete, use a quick release to depressurize.

SERVE

Meanwhile, in a medium bowl combine butter, lemon juice, salt, and cayenne. Add cooked cauliflower to butter mixture; stir gently to coat. Top with Parmesan and parsley.

***TIP:** If your steamer basket doesn't have legs, place the trivet in the pot first, then place steamer basket on top of it.



Brussels Sprouts with Bacon & Balsamic

After being steamed to tender perfection, the sprouts are browned with the bacon until they get a crisp, golden edge. A drizzle of balsamic vinegar adds a hint of sweetness.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
20 minutes	Pressure/Manual (High); Sauté (Normal)	20 minutes	40 minutes	Quick

SERVES: 4

- 2 cups water
- 12 ounces fresh Brussels sprouts, trimmed and halved
- 5 slices bacon, chopped
- 2 tablespoons chopped fresh chives
- 2 tablespoons balsamic vinegar
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon salt

PREP

Place a vegetable steamer basket with legs in the Instant Pot[®]. Add the water to the pot. Add Brussels sprouts to pot, arranging evenly in the steamer basket. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 2 minutes. When cooking is complete, use a quick release to depressurize. Press **CANCEL**. Transfer Brussels sprouts to a medium bowl. Remove steamer basket from pot, pour water from the pot. Wipe pot dry.

Select **SAUTÉ** and adjust to **NORMAL**. Add half of the Brussels sprouts and half of the bacon to the pot. Cook for 5 to 7 minutes or until sprouts are browned and bacon is crisp, stirring occasionally. Transfer sprouts and bacon to a serving dish; cover to keep warm. Repeat with remaining sprouts and bacon. Add to serving dish with first half of sprouts and bacon. Press **CANCEL**.

SERVE

Sprinkle sprouts with chives and drizzle with vinegar; sprinkle with pepper and salt. Toss quickly to coat. Serve immediately.

***TIP:** If your steamer basket doesn't have legs, place the trivet in the pot first, then place steamer basket on top of it.

Spicy Indian Savoy Cabbage

Deep green, crinkly-leaved savoy cabbage has a mild, earthy flavor that takes beautifully to the Indian spices. The flavor of this dish is so complex and delicious you'll be tempted to eat it as your main course!

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
20 minutes	Sauté (Normal); Pressure/Manual (High)	5 minutes	25 minutes	Quick

SERVES: 4 to 6

- 1 2-inch piece fresh ginger, peeled and cut into ½-inch slices
- 4 cloves garlic, chopped
- 1 large jalapeño pepper, stemmed, halved, and seeded
- 2 teaspoons garam masala
- 1 teaspoon ground turmeric
- ½ cup chicken broth
- 3 tablespoons coconut oil
- 1 tablespoon black mustard seeds
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 3-inch cinnamon stick
- 1 whole jalapeño pepper
- 2 cups thinly sliced yellow onions
- ½ teaspoon salt
- 10 cups thinly sliced, cored savoy cabbage (about 1½ pounds)
- ½ cup snipped fresh cilantro

PREP

In a food processor combine ginger, garlic, jalapeño, garam masala, turmeric, and ¼ cup of the broth. Cover and process until a coarse paste forms; set aside.

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. Add the oil. When hot, add the mustard seeds, coriander seeds, cumin seeds, cinnamon stick, and whole jalapeño. Cook, stirring frequently, for 2 minutes. (The mustard seeds will pop and spatter as they cook.) Add onions and cook for 4 to 5 minutes or until lightly browned. Add the ginger mixture and salt. Cook for 3 minutes, stirring often. Add the cabbage and remaining broth. Stir to combine from the bottom up. Press **CANCEL**.

Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 3 minutes. When cooking is complete, use a quick release to depressurize.

SERVE

Remove and discard the cinnamon stick and whole jalapeño.

Sprinkle with cilantro.



Jill Nussinow blogs at TheVeggieQueen.com and is the author of *Vegan Under Pressure*.

Maple-Vinegar-Braised Parsnips

Balsamic vinegar adds tanginess and maple syrup a bit of sweetness to this simple root-vegetable dish. Be sure to use real maple syrup for the best flavor.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
15 minutes	Pressure/Manual (High)	10 minutes	25 minutes	Quick

SERVES: 4

- 1½ pounds parsnips, peeled and cut into ½-inch slices on the diagonal
- ¼ cup vegetable stock
- 3 tablespoons balsamic vinegar
- 2 tablespoons maple syrup
- Salt and black pepper

PREP

Combine the parsnips, stock, and vinegar in the Instant Pot®.

Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 4 minutes. When cooking is complete, use a quick release to depressurize.

Stir in the maple syrup. Season to taste with salt and pepper.

SERVE

Transfer to a bowl and serve.



Orange-Honey Beets with Parsley

Beets are one of the best vegetables to cook in the Instant Pot®. Their dense texture usually requires a long cook time, but they cook quickly under pressure—and they turn out fork-tender, never mushy.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
25 minutes	Manual/Pressure (High)	35 minutes	1 hour	Natural

SERVES: 4

- 2 tablespoons olive oil
- 2 shallots, chopped
- 3 pounds beets (with tops), trimmed, peeled, and cut into 2-inch chunks
- ½ cup freshly squeezed orange juice
- 3 tablespoons red wine vinegar
- 3 tablespoons honey
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup chopped fresh flat-leaf parsley
- 1 teaspoon orange zest

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. Add olive oil and shallots. Cook, stirring often, until shallots are softened for about 3 minutes. Press **CANCEL**. Stir in the beets, orange juice, vinegar, honey, salt, and pepper. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 13 minutes. When cooking is complete, use a natural release to depressurize.

SERVE

Stir in parsley and orange zest.

Artichoke "Nests" with Garlic Clove Eggs

As pretty to look at as they are delicious to eat, these make a fitting first course for a fancy dinner party in the spring, when artichokes are in season. Your guests will be so impressed!

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
35 minutes	Steam; Sauté (Normal)	20 minutes	55 minutes	Quick

SERVES: 4

- ½ cup olive oil
- ¼ cup freshly squeezed lemon juice
- 1 teaspoon honey
- 2½ cups chicken broth
- 2 medium artichokes (about 8 ounces each)
- 12 whole cloves garlic, peeled
- 1 tablespoon snipped fresh dill
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 bay leaf

PREP

Combine the oil, lemon juice, honey, and chicken broth in the Instant Pot®. Mix well.

Use kitchen shears to snip the thorny tips of each of the leaves on the artichokes. Cut artichokes in half lengthwise. Using a serrated spoon or paring knife, carefully remove the artichokes' thorny centers. Place artichokes in the pot, turning each to coat with liquid. Turn artichokes so cut sides are above oil mixture, packed tightly together. Place 3 garlic cloves in the indentation of each artichoke half. Sprinkle artichokes with dill, salt, and pepper. Drop bay leaf into pot. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **STEAM** and adjust cook time to 9 minutes. When cooking is complete, use a quick release to depressurize. Press **CANCEL**.

Using a slotted spoon, remove artichokes and transfer to serving plates.

Select **SAUTÉ** and adjust to **NORMAL**. Let liquid boil for 5 minutes or until slightly reduced. Remove and discard bay leaf. Skim fat from top of liquid. Press **CANCEL**.

SERVE

Spoon liquid over artichokes. Serve warm or at room temperature.



Brazilian Black Bean Soup

This filling and nutritious soup is considered the national dish of Brazil. To make your own *feijoada* [fay-SHWA-da] truly tango, serve it over hot cooked rice with stewed collards on the side.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
25 minutes	Pressure/Manual (High)	1 hour 5 minutes	1 hour 30 minutes	Natural

SERVES: 6

- 1½ cups chopped onions
- ½ cup thinly sliced green onions
- 2 cloves garlic
- 12 ounces dried black beans (2 cups)
- 1 smoked pork hock
- 2 bay leaves
- 2 teaspoons ground coriander
- Stems of 1 bunch cilantro, tied with kitchen string
- 2 teaspoons finely shredded orange zest
- Juice of one large orange
- 1½ cups chicken broth
- Hot cooked rice (optional)
- 2 oranges, peeled and sectioned*
- ½ cup chopped fresh cilantro or flat-leaf parsley

PREP

Combine onions, green onions, garlic, black beans, pork hock, bay leaves, coriander, cilantro stems, orange zest, orange juice, and chicken broth in the Instant Pot®. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook on high pressure for 40 minutes. When cooking is complete, use a natural release to depressurize.

SERVE

Remove cilantro stems and bay leaves and discard. Remove pork hock and transfer to a cutting board. Using two forks, shred meat and return to pot; mix well.

Serve as a soup or, if desired, over cooked white rice. Garnish with orange sections; sprinkle with chopped cilantro.

***TIP:** To section an orange, cut a thin slice off of the stem end and bottom of the orange to expose the fruit. Stand the fruit upright on a cutting board. Cut sections of peel off the orange from top to bottom, following the curve of the fruit. To release the sections, insert a small thin knife on either side of each one, cutting from the outside of the fruit toward the center.



Chef AJ blogs at EatUnprocessed.com

Black Bean & Mushroom Chili

With cumin, oregano, and a double dose of smoke from both smoked paprika and chipotle powder, this flavorful vegan chili doesn't need added salt.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
20 minutes	Pressure/Manual (High)	20 minutes	40 minutes	Quick

SERVES: 8

- 3 cups chopped onion
- 8 cloves garlic, minced
- 2 pounds mushrooms, sliced
- 2 14.5-ounce cans salt-free diced tomatoes, undrained
- 3 15-ounce cans salt-free black beans, undrained
- 1 tablespoon cumin
- 1 tablespoon oregano
- ½ tablespoon smoked paprika
- ½ teaspoon chipotle powder
- 1 pound frozen corn, defrosted
- Baked potato or cooked brown rice (optional)
- Enlightened Faux Parmesan

PREP

Combine onions, garlic, mushrooms, tomatoes, black beans, cumin, oregano, smoked paprika, and chipotle powder in the Instant Pot®. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 6 minutes. When cooking is complete, use a quick release to depressurize. Stir in the corn.

SERVE

Sprinkle with Enlightened Faux Parmesan. If desired, serve over a baked potato or brown rice.

ENLIGHTENED FAUX PARMESAN: In a food processor or blender combine 1 cup rolled oats, 1 cup nutritional yeast, and 1 tablespoon salt-free seasoning. Blend until powdery.

TIP: If desired, use the **SAUTÉ** function and sauté the onion, garlic, and mushrooms first.

Indian-Style Lentil Soup

Some brands of garam masala contain salt. If the brand you are using doesn't contain salt, you may need to add salt to taste to the finished soup. Toasting the spice blend briefly intensifies its flavor.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME
20 minutes	Sauté (Normal); Slow Cook (More)	3 hours 30 minutes	3 hours 50 minutes

SERVES: 6

- 1 tablespoon butter
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- 1 tablespoon chopped fresh ginger
- 1 jalapeño pepper, seeded and finely chopped
- 2 teaspoons garam masala
- 1 pound dried lentils, rinsed
- 8 cups vegetable or chicken broth
- 1 tablespoon fresh lemon juice
- Plain yogurt (optional)
- Chopped fresh cilantro (optional)

PREP

Select **SAUTÉ** on the Instant Pot* and adjust to **NORMAL**. When hot, add butter to pot. Add onion, garlic, ginger, and jalapeño. Cook for 1 minute. Add garam masala and cook for an additional 1 minute. Add lentils and broth. Stir to combine. Press **CANCEL**. Secure the lid on the pot. Open the pressure-release valve.

COOK

Select **SLOW COOK** and adjust to **MORE**. Cook for 3½ to 4½ hours until lentils are very tender.

SERVE

Add lemon juice to pot. (Soup can be served as is or, for a creamier version, use an immersion blender for 30 seconds to puree some of the lentils.)

Ladle into soup bowls. If desired, garnish with plain yogurt and cilantro.





Italian White Bean Soup

If you can find escarole, give it a try. Popular in Italian cooking, it can be enjoyed raw as a salad green and cooked as a vegetable.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
10 minutes	Sauté (Normal); Soup/Broth	1 hour 10 minutes	1 hour 20 minutes	Natural

SERVES: 4 to 6

- 1½ tablespoons olive oil
- 2 tablespoons sliced garlic
- ¼ teaspoon crushed red pepper
- 1 cup dried unsoaked Great Northern or cannellini beans, rinsed and drained
- 1 bay leaf
- 6 cups reduced-sodium chicken broth
- 6 cups coarsely chopped kale or escarole
- ½ cup grated Parmigiano-Reggiano or Grana Padano cheese
- Toasted Italian bread (optional)

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. When hot, add olive oil, garlic, and crushed red pepper. Sauté for 1 minute. Press **CANCEL**. Add beans, bay leaf, and broth. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **SOUP/BROTH**. When cooking is complete, use a natural release to depressurize.

SERVE

If desired, use a potato masher to mash some of the beans for a thicker consistency. Stir in kale and cheese. Divide soup among bowls. If desired, serve with toasted Italian bread.



Kathy Hester is the creator of HealthySlowCooking.com and author of *The Ultimate Vegan Cookbook for Your Instant Pot®*.

Vegan Cranberry Bean, Millet & Bulgur Chili

Millet is the crunchy round yellow grain with a cornlike flavor that is often an element in hearty artisan-style whole grain breads. Here it adds texture and interest to a vegan chili.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
10 minutes	Pressure/Manual (High)	1 hour	1 hour 10 minutes	Natural

SERVES: 6 to 8

- 1 pound dried cranberry beans, pinto beans, or black beans (about 2 cups)
- 5 cups water
- 1 14.5-ounce can diced tomatoes with green chiles
- ½ cup bulgur or quinoa
- ¼ cup millet
- 2 tablespoons tomato paste
- 1½ teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon minced garlic
- 1 teaspoon dried oregano
- ½ teaspoon liquid smoke (optional)
- ½ teaspoon ancho chile or chipotle powder
- Salt and black pepper
- Optional toppings: Cashew cream, vegan shredded cheese, hot sauce, pickled jalapeño peppers

PREP

Combine the beans and 3 cups of the water in the Instant Pot®. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 25 minutes. When cooking is complete, use a natural release to depressurize.

Add the remaining 2 cups water, the tomatoes, bulgur, millet, tomato paste, cumin, chili powder, garlic, oregano, liquid smoke (if using), and the ancho chile powder.

Secure the lid on the pot. Close the pressure-release valve. Select **MANUAL** and cook at high pressure for 10 minutes. When cooking is complete, use a natural release to depressurize.

SERVE

Season with salt and black pepper to taste. If desired, serve with optional toppings.



Jill Nussinow blogs at TheVeggieQueen.com and is the author of *Vegan Under Pressure*.

Spicy Brown Rice & Bean Soup

Adding the vegetables to the hot soup after the beans are cooked in the broth preserves their crisp-tender texture and nutritional content.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
20 minutes	Sauté (Normal), Pressure/Manual (High)	1 hour	1 hour 20 minutes + 5 minutes stand	Natural

SERVES: 4 to 6

- 1 tablespoon olive oil
- 1 cup diced onion
- 4 cloves garlic, minced
- 1 Anaheim or jalapeño pepper, seeded and minced (optional)
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 bay leaf
- $\frac{3}{4}$ cup brown rice
- $\frac{3}{4}$ cup unsoaked dried pinto beans, rinsed and drained
- $\frac{3}{4}$ cup unsoaked dried black beans, rinsed and drained
- 6 cups vegetable stock
- 1 to 2 cups chopped summer squash, broccoli, green beans, corn, or any greens
- 3 tablespoons fresh lime juice (about 2 limes)
- 2 tablespoons snipped fresh cilantro
- Salt and black pepper

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. When hot, add the oil. Add the onion and cook, stirring occasionally, for 2 minutes. Add the garlic, chile (if using), cumin, and paprika. Cook for 1 minute. Add the bay leaf, rice, beans, and stock. Press **CANCEL**.

Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 30 minutes. When cooking is complete, use a natural release to depressurize.

SERVE

Remove and discard the bay leaf. Add the summer squash or other vegetables. Cover the pot with the lid. Let stand for 5 minutes.

Add the lime juice and cilantro. Season to taste with salt and black pepper.



Chef AJ blogs at EatUnprocessed.com.

Smoky Butternut Bisque

Choose any nondairy milk you like to add creaminess to this vegan soup. Almond, soy, coconut, and cashew are all good choices.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
10 minutes	Sauté (Normal); Pressure/Manual (High)	20 minutes	30 minutes	Quick

SERVES: 4

- 3 cups chopped onions (about 10 ounces)
- 2 pounds butternut squash, peeled, halved, and seeds removed, cut into chunks
- 6 cloves garlic
- 2 pears, stemmed, halved, and cored
- 1 tablespoon smoked paprika
- 1½ teaspoons salt-free seasoning
- ¼ teaspoon chipotle powder
- 1 cup plain unsweetened nondairy milk

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. When hot, add the onions to the pot. Sauté the onions until browned, adding water if necessary. Add the squash, garlic, pears, paprika, seasoning, and chipotle powder. Press **CANCEL**. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 6 minutes. When cooking is complete, use a quick release to depressurize.

SERVE

Add the milk and puree soup in a blender or in the pot using an immersion blender.

Curried Cauliflower Soup

Mild-mannered cauliflower takes beautifully to the intensity of the Thai red curry that flavors this soup. A tablespoon of honey tempers the heat just a bit.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
25 minutes	Sauté (Normal), Pressure/Manual (High)	45 minutes	1 hour 10 minutes	Natural

SERVES: 6

- 2 tablespoons vegetable oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 2 tablespoons red curry paste
- 1 teaspoon finely shredded lemon zest
- 1 large head cauliflower, broken into small florets (about 10 cups)
- 2 cups vegetable broth or chicken broth
- 1½ cups refrigerated coconut milk at room temperature
- 1 tablespoon honey
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup chopped cilantro

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. Add oil to pot. When hot, add the onion. Cook and stir for 3 minutes or until tender. Stir in garlic and ginger. Cook and stir for 1 minute more. Add cumin, turmeric, curry paste, and lemon zest. Cook and stir for 30 seconds. Press **CANCEL**. Add cauliflower florets and broth. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 5 minutes. When cooking is complete, use a natural release to depressurize.

SERVE

While cauliflower cooks, in a small bowl combine coconut milk, honey, salt, and pepper. Blend thoroughly. Set aside.

In a food processor or blender puree cauliflower-broth mixture, about 1 cup at a time (or use an immersion blender in the pot). Transfer pureed mixture to a bowl and keep warm. Whisk in coconut milk mixture.

Ladle hot soup into warmed bowls. Sprinkle each serving with cilantro.

Corn Chowder

The consummate soup of summer, this is best made when sweet corn is in season—but if you're craving it in the dead of winter, it's very tasty made with frozen corn as well.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
40 minutes	Sauté (Normal); Soup/Broth	1 hour	1 hour 40 minutes	Natural

SERVES: 6

- 4 slices bacon, chopped
- ¾ cup chopped onion
- ½ cup chopped red sweet pepper
- ¼ cup chopped celery
- 2 cloves garlic, minced
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 pound Yukon gold potatoes, peeled and diced (3 cups)
- 4 cups chicken broth
- 3 cups fresh corn kernels or frozen corn, thawed
- 1 cup heavy cream
- 1 teaspoon chopped fresh thyme

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. Add bacon to pot. Cook bacon until crisp; remove with a slotted spoon to a paper towel-lined plate; set aside. Add onion, sweet pepper, celery, garlic, salt, and black pepper to bacon drippings in pot. Cook for 3 to 5 minutes until vegetables are softened, stirring frequently. Press **CANCEL**.

Add potatoes and chicken broth. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **SOUP/BROTH**. When cooking is complete, use a natural release to depressurize. Press **CANCEL**.

Select **SAUTÉ** and adjust to **NORMAL**. Bring soup to a simmer; add corn and cook for 3 to 5 minutes until tender. Press **CANCEL**.

SERVE

Stir in cream and thyme. Season to taste with salt and black pepper. Serve topped with bacon.





Carrot-Ginger Soup

This light and refreshing soup can be served warm or cold. It's lovely in both fall and spring—when gardens and farmers markets are bursting with the sweet orange roots.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
30 minutes	Soup/Broth	50 minutes	1 hour 20 minutes	Natural

SERVES: 6

- 3 cups chicken broth or vegetable broth
- 1 large yellow onion, peeled and cut into 8 wedges
- 3 cloves garlic, peeled and smashed
- 2 tablespoons finely grated fresh ginger
- 1 pound fresh carrots, peeled and cut into thirds
- 1 large Yellow Finn or other gold potato, peeled and quartered
- 1 cup refrigerated coconut milk
- 3 tablespoons freshly squeezed lime juice
- 2 teaspoons finely shredded lime zest

Plain yogurt (optional)

Snipped fresh chives (optional)

PREP

Combine broth, onion, garlic, ginger, carrots, and potato in Instant Pot®.

Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **SOUP/BROTH** and adjust cook time to 8 minutes. When cooking is complete, use a natural release to depressurize.

SERVE

Use an immersion blender to blend soup until smooth. (If using a blender or food processor, return all soup to pot.) Stir in coconut milk, lime juice, and lime zest. Serve immediately garnished, if desired, with a dollop of yogurt and chives.

Potato-Leek Soup

Velvety and delicately flavored, this creamy soup makes a lovely first course for a nice dinner party—or a yummy lunch accompanied by a roast beef sandwich.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
20 minutes	Sauté (Normal/Less); Soup/Broth	1 hour 5 minutes	1 hour 25 minutes + 5 minutes simmer	Natural

SERVES: 6

- 2 tablespoons butter
- 2 large leeks, halved lengthwise, rinsed, and thinly sliced (white and light green parts only)
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 pound russet potatoes, peeled and diced (2¾ cups)
- 4 cups chicken broth
- 1 cup heavy cream
- 2 tablespoons chopped fresh chives

PREP

Select **SAUTÉ** on the Instant Pot® and adjust to **NORMAL**. Melt butter in pot; add leeks, salt, and pepper to pot. Cook for about 5 minutes or until leeks are softened, stirring frequently. Press **CANCEL**. Add potatoes and chicken broth. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **SOUP/BROTH**. When cooking is complete, use a natural release to depressurize. Press **CANCEL**.

SERVE

Blend soup in pot with an immersion blender or blend in a blender in small batches until smooth; return to pot. Stir in cream.

Select **SAUTÉ** and adjust to **LESS**. Bring soup just to a simmer (do not boil) for about 5 minutes. Stir in chives and season to taste with additional salt and pepper. Press **CANCEL**.

Simple Seafood Bouillabaisse

The ingredient list may look a little daunting, but the recipe is structured in such a way that you're prepping ingredients while the pot is cooking, making this elegant French stew infinitely doable.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
10 minutes	Pressure/Manual (High), Sauté (Normal)	30 minutes	40 minutes	Quick

SERVES: 6

- 1 medium fresh or frozen lobster tail (8 to 10 ounces)
- 12 ounces fresh or frozen jumbo shrimp
- 12 ounces fresh or frozen skinless halibut or sea bass, cut 1 to 1½ inches thick
- 1 medium fennel bulb
- 1 medium red sweet pepper, coarsely chopped
- 1 medium red onion, chopped (about ¾ cup)
- 1 14.5-ounce can diced tomatoes
- 3 cloves garlic, halved
- 3 wide, long strips orange zest (orange-color outer part of the peel only)
- 3 cups seafood stock
- 8 ounces fresh mussels (see Tip, page 147)
- ½ cup dry white wine
- ½ teaspoon dried saffron threads, crushed
- ¼ teaspoon crushed red pepper
- ¼ cup chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh chives
- Lemon wedges

PREP

Thaw lobster, shrimp, and halibut if frozen. Set aside. Trim tops off fennel bulb; reserve the tops for garnish if desired. Trim a thin slice off the bottom of the bulb; cut bulb in half. Cut out the core and discard. Chop the bulb; add to the Instant Pot®. Add sweet pepper, onion, undrained tomatoes, garlic, and orange zest. Rinse lobster tail with cold water; place lobster tail on top vegetables in the pot. Pour 1 cup of the seafood stock over all in pot.

COOK

Secure the lid on the pot. Close the pressure-release valve. Select **MANUAL** and cook at high pressure for 3 minutes. Once cooking is complete, use a quick release to depressurize. Transfer lobster tail to a cutting board. Transfer vegetables and cooking juices from the pot to a blender or food processor. If necessary, allow mixture to cool for about 10 minutes.* Cover and blend or process vegetable mixture until smooth. Set aside.

While lobster is cooking, clean mussels (see Tip, page 147). Peel and devein shrimp. Rinse shrimp and halibut with cold water; pat dry with paper towels. Cut halibut into 1½-inch cubes. Add mussels, shrimp, and halibut to the pot. Pour remaining 2 cups seafood stock over all. Secure the lid on the pot. Close the pressure-release valve. Select **MANUAL** and cook at high pressure for 2 minutes. Once cooking is complete, use a quick release to depressurize. Press **CANCEL**.

Using kitchen scissors, cut the lobster tail down the center, along the soft side of the shell. Open the shell and remove the lobster meat. Chop lobster meat.

Add pureed vegetable mixture, lobster, wine, saffron, and crushed red pepper to the seafood mixture in the pot. Select **SAUTÉ** and adjust to **NORMAL**. Cook for 1 to 2 minutes or until heated through, stirring gently. Press **CANCEL**.

SERVE

Ladle into shallow bowls. If desired, snip some of the feathery tops of the reserved fennel. Sprinkle over each serving; sprinkle parsley and chives over each serving. Serve with lemon wedges.

***TIP:** Some blenders do not require liquid to be cool before blending. Check your blender manufacturer directions.

Spinach, Tomato & Feta Frittatas

These individual frittatas are made in 6-ounce ramekins or custard cups. To give the Greek flavor profile a boost, substitute dried oregano for the dried basil.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
15 minutes	Pressure/Manual (High)	15 minutes	30 minutes	Quick

SERVES: 4

- 1½ cups water
- Nonstick cooking spray
- ¼ cup chopped, seeded tomato
- ¼ cup coarsely chopped baby spinach
- 1 green onion, sliced
- ¼ cup crumbled feta cheese, divided
- 4 eggs, beaten
- 1 tablespoon milk
- ¼ teaspoon dried basil, crushed
- ⅓ teaspoon salt
- Dash black pepper

PREP

Place the trivet—with handles under the rack—in the Instant Pot®. Add the water to pot.

Coat four 6-ounce ramekins or custard cups with cooking spray. Divide tomato, spinach, green onion, and half of the feta cheese among the ramekins. In a small bowl combine eggs, milk, basil, salt, and pepper. Pour egg mixture into ramekins. Cover each ramekin with foil. Arrange 3 of the ramekins evenly on the trivet. Set remaining ramekin on top of the other three.

Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 5 minutes. When cooking is complete, use a quick release to depressurize.

SERVE

Carefully remove ramekins from pot. Remove foil and top with remaining feta cheese.



Barbara Schieving is the creator of the blog PressureCookingToday.com.

Crustless Tomato-Spinach Quiche

This veggie quiche is especially delicious when made with ripe, juicy summer tomatoes.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
20 minutes	Pressure/Manual (High)	1 hour 15 minutes	1 hour 35 minutes	Natural

SERVES: 6

- 1½ cups water
- 12 large eggs
- ½ cup milk
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 cups fresh baby spinach, roughly chopped (one 5-ounce package)
- 1 cup diced, seeded tomato
- 3 large green onions, sliced (green part only)
- 4 tomato slices
- ¼ cup shredded Parmesan cheese

PREP

Place the trivet in the pot. Pour the water into the Instant Pot®.

In a large bowl whisk together the eggs, milk, salt, and pepper. Add spinach, diced tomato, and green onions to egg mixture and stir to combine. Lightly grease a 1½-quart baking dish. Transfer to prepared dish. Gently place sliced tomatoes on top and sprinkle with Parmesan cheese.

Cover top of dish with foil. Tear an 18-inch-long sheet of foil. Fold the sheet lengthwise into thirds to make a long, narrow sling. Use the sling to place the dish on the trivet in the pot. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 20 minutes. When cooking is complete, use a natural release to depressurize.

Carefully open the lid and lift out the dish.

SERVE

If desired, broil until top is lightly browned.

Coconut-Lime Breakfast Porridge

Coconut and lime give this creamy breakfast cereal a tropical touch. Topped with fresh, juicy blackberries, it's a healthful, eye-opening way to start your day.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
5 minutes	Porridge (Less)	30 minutes	35 minutes	Natural

SERVES: 3 to 4

Nonstick cooking spray

- 1 cup steel-cut oats
- 1 cup refrigerated coconut milk
- ½ teaspoon finely shredded lime zest
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon honey or agave nectar
- 2 cups cold water
- ¼ teaspoon salt
- 2 cups fresh blackberries, washed

PREP

Spray the inner pot of the Instant Pot® lightly with cooking spray (this helps reduce foaming and aids in cleanup). Combine the oats, coconut milk, lime zest, lime juice, honey, the water, and salt in the pot. Stir well. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **PORRIDGE** and adjust to **LESS**. When cooking is complete, use a natural release to depressurize. Remove lid; set aside. Stir porridge well, allowing any excess liquid to be absorbed.

SERVE

Serve porridge in warm bowls topped with fresh blackberries.



Jill Nussinow blogs at TheVeggieQueen.com and is the author of *Vegan Under Pressure*.

Pumpkin-Spice Steel-Cut Oats

The wildly popular pumpkin-spice combo infuses this hearty oatmeal flavored with warm spices and maple syrup and studded with dried cranberries. Crunchy toasted nuts on top add texture and nutrition. Perfect for a fall morning!

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME	RELEASE
10 minutes	Pressure/Manual (High)	20 minutes	30 minutes	Natural

SERVES: 4

Nonstick cooking spray
(optional)

2¼ cups water

1 cup unsweetened plain or
vanilla almond, soy, or cashew
milk

Pinch of salt

½ teaspoon grated nutmeg

¼ teaspoon ground cardamom

1 to 2 cinnamon sticks

¼ cup dried cranberries

1 cup steel-cut oats

½ cup pumpkin puree or **½** cup
diced pumpkin or other squash

1 to 2 teaspoons pumpkin pie
spice

Maple syrup

¼ cup chopped toasted pecans or
walnuts

PREP

Spray the inner pot of the Instant Pot® lightly with cooking spray if desired (this helps reduce foaming and aids in cleanup). Combine the water and milk in the pot. Stir in the salt, nutmeg, cardamom, cinnamon sticks, and cranberries. Add the oats and pumpkin, but do not stir. Secure the lid on the pot. Close the pressure-release valve.

COOK

Select **MANUAL** and cook at high pressure for 10 minutes. When cooking is complete, use a natural release to depressurize.

Carefully remove the lid, tilting it away from you.

SERVE

Stir the mixture. If it seems watery, place the lid back on and let sit 5 minutes. Open carefully. Use long tongs to remove and discard the cinnamon sticks. Add the pumpkin pie spice and maple syrup to taste.

Top each bowl with toasted nuts.

PUMPKIN-SPICE BUCKWHEAT: Make this dish with buckwheat groats (kasha) instead of steel-cut oats. Follow the same directions.

Chai-Spiced Breakfast Quinoa with Berries

Instead of getting your chai fix in a cup, try it in a bowl—in this healthy and nicely spiced grain-based breakfast dish. Fresh berries are stirred into the creamy grains and placed on top—with a drizzle of honey.

PREP TIME	FUNCTION	CLOSED POT TIME	TOTAL TIME
10 minutes	Slow Cook (More)	2 hours	2 hours 10 minutes

SERVES: 6

- 2 cups quinoa
- 5 cups water
- ¼ cup honey
- 1 tablespoon coconut oil
- 2 teaspoons minced fresh ginger
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 cup refrigerated coconut milk (full fat) or half-and-half
- 2 cups raspberries, chopped strawberries, blueberries, and/or blackberries
- Honey

PREP

Place quinoa in a sieve and rinse well under cool running water; let drain. Combine quinoa, the water, honey, coconut oil, ginger, cardamom, cinnamon, cloves, nutmeg, and salt in the Instant Pot®. Secure the lid on the pot. Open the pressure-release valve.

COOK

Select **SLOW COOK** and adjust to **MORE**. Cook for 2 to 3 hours or until grains are tender. Press **CANCEL**.

SERVE

Stir in the coconut milk and 1 cup of the fresh berries. Top each serving with the remaining berries and drizzle with honey.

