


INSTANT POT

Cook Times

MEATS, per pound	 (minutes)	 (release)	SOUPS & STEWS	 (minutes)	 (release)
Beef, stew meat	25	Natural	Veg Beef Soup	35	Quick
Beef, roast	25	Natural	Taco Soup	10	Quick
Chicken Breast	5-8	Natural	Potato Soup	10	Quick
Whole Chicken	8	Natural	Chili	30	Natural
Pork Butt	15	Natural	Chicken Noodle	20	Quick
Pork Ribs	15	Natural	Chicken Spaghetti	20	Quick
Pork Loin	15	Natural			
Fish, whole (on low)	5	Quick	SIDES		
Fish, fillets (on low)	1-2	Quick	Mac & Cheese	4	Quick
Shrimp (on low)	1-2	Quick	Chicken Spaghetti	20	Quick
Eggs, hard-boiled	5	Natural	Mashed Potatoes	30	Quick
			Chicken 'n Gravy	35	Quick
VEGETABLES			Pasta, any type	4-10	Quick
Broccoli	1	Quick	Rice, white	3	Natural
Black-Eyed Peas	30	Natural	Rice, brown	20-25	Natural
Carrots	1	Quick	Oats	2-5	Natural
Cauliflower	1	Quick			
Corn on the Cob	1	Quick	DESSERTS		
Potatoes, whole	12-15	Natural	Caramel Sauce	10	Natural
Potatoes, cubed	30-35	Natural	Cakes	30	Quick
Squash, yellow	1-2	Quick	Cheesecake	35	Quick
Butternut Squash	5-8	Quick	Chocolate Lava Cake	9	Quick
Sweet Potatoes	12-15	Natural	Applesauce	5	Quick
Zucchini	1-2	Quick	Rice Pudding	5	Quick

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