



Converting Recipes to Instant Pot Recipes

You must have 1 Cup of Liquid.

- Add at least 1 cup of water or broth to your recipes. To play it safe you can add 1½ to 2 cups of liquid. If you forget this step, your Instant Pot will not pressurize and dinner won't cook!

You can Cook from Frozen!

- In a nutshell, all frozen chicken recipes will cook for 25 minutes on High Pressure with Natural Release.
- Whole Pieces of Beef will cook for 90 minutes on High Pressure with Natural Release.
- Cut Pieces of Beef will cook for 25 minutes on High Pressure with Natural Release.

Saute it, Baby!

- Turn on the Saute Function while you're prepping veggies so that the pot can heat up. The "High" option is great for searing meats, while the low option is great for bringing sauces to a boil.

Try the Pot-in-Pot Method

- The Instant Pot works a lot like an oven, in that you can put any oven safe bowl or pot inside of the Instant Pot and cook multiple things at once or even a cheesecake! Think, meatloaf on the bottom with potatoes on top! Heatproof glass, metal or ceramic are perfect options!

Watch the Max Fill Line

- Not only will it give you a big mess to contend with if you overfill your Instant Pot, but it might not reach pressure and you'll be waiting for hours for dinner to cook! For beans or rice that expand when they're cooked, only fill halfway.

Converting Cooking Times

- Most crockpot recipes that require 8 hours on low or 4 hours on high can be cooked for 25 minutes in the Instant Pot.

Natural Release vs. Manual Release

- Most meats on require Natural Release. This helps to ensure that they are fork tender.
- Thick and foamy foods like Oatmeal, Soups, Beans and Rice are Natural Release so that the vent doesn't become clogged.
- Fruits and Vegetables can get mushy fast, so they're almost always Manual Release.