

## What is an instant pot?

A multifunctional pressure cooker.

It can be used as a pressure cooker, slow cooker, yogurt maker, rice cooker, steamer, saute pan, and warmer.

## Why would you use one?

Instant pots are beneficial for their quick cooking times, versatility, and easy clean-up. You can cook a variety of foods including soups, ribs, pasta, yogurt, and beans.



## Quick Tips

- Read through recipes to understand when to add ingredients, what pressure to use, cooking time, and release method.
- Cut large pieces of meat into small/even pieces.
- Cold or frozen foods will increase the amount of time it takes the cooker to pressurize.
- Do not overfill
- Natural pressure release is used with large cuts of meat that take longer to cook or items with a lot of liquid - this will gradually release the pressure. Quick pressure release is used to quickly release the pressure to stop the cooking process.

## Cooking Times

### Meat

Beef Stew = 20 min. per lb  
Beef meatball = 5 min. per lb  
Pot Roast/Steak = 15-20 min. per lb  
Ribs = 20-25 min. per lb  
Boneless chicken breasts = 6-8 min. per lb  
Whole Chicken = 8 min. per lb  
Slices of ham = 9-12 min.  
Whole Duck = 10-15 min. per lb  
Lamb cubes = 10-15 min. per lb  
Lamb stew meat = 12-15 min. per lb  
Pork Loin = 20 min. per lb  
Boneless turkey breast = 7-9 min. per lb  
Turkey breast whole = 20-25 min. per lb  
Veal chops = 12 min. per lb  
Eggs hard-boiled = 5 min.

### Beans

Chickpeas = 35-40 min.: soaked, 10-15 min.\*  
Cannellini Beans = 30-35 min.: soaked, 6-9 min.  
Great Northern beans = 25-30 min.: soaked, 7-8 min.  
Kidney Beans = 15-20 min.: soaked, 7-8 min.  
Red Lentil = 1-2 min.  
Navy Beans = 20-25 min.: soaked, 7-8 min.  
Pinto Beans = 25-30 min.: soaked, 6-9 min.  
Peas = 16-20 min.: soaked, 10-12 min.  
Soybeans = 35-45 min.: soaked, 18-20 min.

\*Soaked = covering dried beans with water and soaking overnight

## What is a slow cooker?

A large electric pot that is used for cooking foods very slowly.

## Why would you use one?

Slow cookers are a good way to do hands-off cooking; prep the food before work and the meal is ready when you get home. They are great for tenderizing meat and good for preparing stews, soups, rice, and casseroles. It is easy to use and easy to clean, as well.



## Quick Tips

- Order of ingredients matter; harder root vegetables and meat should go on the bottom, grains on top of this, more delicate veggies such as broccoli on top, and liquid or sauces poured on top and around the ingredients.
- Some ingredients should be added at the end of the cooking process such as hot sauce, cheese, parsley, basil, olive oil, and lemon juice.
- Slow cookers can be set on high heat or low heat. High heat will speed up the cooking process while low heat will take longer. The low heat option is good for keeping food warm until mealtime.

## Cooking Times

### Beef Roast - Whole Chuck, Brisket, Round (3-4 lbs)

- Low Heat - 8 hours
- High Heat - 6 hours

### Beef Stew Meat - 3 lbs

- Low Heat - 6 hours
- High Heat - 5 hours

### Large Pork Roast - 6-7 lbs

- Low Heat - 9.5 hours
- High Heat - 7.5 hours

### Pork Loin - 3-4 lbs

- Low Heat - 6 hours
- High Heat - 5 hours

### Chicken - 6 lbs

- Low Heat - 7.5 hours
- High Heat - 6.5 hours

### Fish - 3 lbs

- Low Heat - 3.5 hours
- High Heat - 1.5 hours

### Beans

- Low Heat - 6-8 hours
  - Soaking beans overnight will decrease cooking time