

INSTANT POT COOKING TIMES

FOOD	INSTRUCTIONS
Beef Roast	35-40 minutes
Pork Loin Roast	60 minutes then full natural release
Meat (beef, pork)	1 inch cubes 15-20 minutes
Chicken Breasts	8-10 mins (12-15 mins frozen)
Whole Chicken	20-25 minutes
Fish Fillets	(fresh) 2-3 minutes (3-4 minutes frozen)
Hard-boiled Eggs	5 minutes cook 5 minutes natural release 5 minutes ice bath
Dry Beans	1lb beans, 8 cups water, 1 TBS oil, 1 Tsp salt 35-40 minutes
White Rice	Water 1 : 1.5 ratio 8 minutes
Brown Rice	Water 1 :1.25 22-28 minutes
Quinoa	Water 1:2 ratio 8 minutes
Oats	Water 1 : 1 2/3 ratio 6 minutes
Steel-Cut Oats	water 1 : 1 2/3 10 minutes
Pasta	Cover noodles with water cook for 1/2 the time of package directions
Whole Potatoes large	12-15 minutes
Veggies (chunks)	1-3 mintes
Corn on the cob	3-4 minutes (frozen 4-5)

TIPS:

Everything on this list is meant to be cooked on the manual setting on “high”

Use quick release for everything except meats. Meats will be more tender if 10 minute natural release is allowed.

Vegetables and meats need at least 1 cup water and use trivet or steaming basket.

