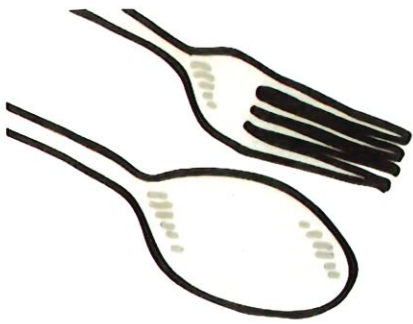


INSTANT POT COOKING TIMES



MEATS

	TIME/ LB	RELEASE
Whole Chicken (2-2.5KG)	8	Natural
Chicken Breast (Boneless)	6-8	Quick
Chicken Pieces (w/Bones)	10-15	Quick
Chicken Thighs (w/Bones)	12	Quick
Chicken Wings	5-7	Natural
Stewing Beef	20	Natural
Beef Oxtail	40-50	Natural
Beef brisket roast steak (small)	15-20	Quick
Beef brisket roast steak (large)	20-25	Quick
Beef meatballs	5	Quick
Beef Shank	25-30	Quick
Beef Ribs	20-25	Quick
Pork Ribs	15-20	Natural
Pork Sausage	10-15	Quick
Pork Tenderloin	7-9	Quick
Pork Butt Roast	15	Quick
Pork Chops Bone-in Boneless	4-5	Quick
Ham (Picnic Shoulder)	8	Quick
Turkey Breast (Whole)	20-25	Quick
Turkey Breast (Boneless)	7-9	Quick
Turkey Drumstick	15-20	Quick
Lamb Shank	30	Natural
Stewing Lamb	12-15	Natural
Leg of Lamb	15	Natural

SEAFOOD

	TIME	RELEASE
Shrimp	1-3	Quick
Crab (Whole)	2-3	Quick
Salmon Fillets	4	Quick
Calamari	20-23	Quick
Mussels	1-2	Quick

BEANS & LEGUMES

	TIME DRY SOAKED	RATIO BEANS LIQUID
Lima Beans	12-14 6-10	1:3
Black Beans	20-25 6-8	1:3
Pinto Beans	25-30 6-9	1:3
Kidney Beans	15-20 7-8	1:3
Cannellini Beans	30-35 6-9	1:3
Red Lentils	1-2 n/a	1:3
Brown Lentils	8-10 n/a	1:3
Chick Peas	35-40 10-15	1:3

RICE & GRAINS

	TIME	RATIO
White Rice	4	1:1
Jasmine Rice	4-6	1:3
Brown Rice	20-22	1:3
Wild Rice	20-25	1:1
Quinoa	1	1:1
Quick Cook. Oats	1	1:2
Steel Cut Oats	10	1:2

VEGETABLES

	TIME	RELEASE
Carrots (whole)	3-5	Natural
Carrots (sliced)	1-2	Quick
Broccoli Florets	1	Quick
Brussel Sprouts (Whole)	1	Quick
Cabbage	1	Quick
Corn on the Cob	1	Quick
Potato (Cubed)	1	Quick
Potato (Whole Small)	3-5	Quick
Potato (Whole Large)	20-25	Natural
Sweet Potato (Cubed)	1	Natural
Butternut Squash (Sliced)	1-2	Quick
Eggplant (Sliced or Cubed)	3-4	Quick
Collard Greens	4-5	Quick

*** ADD 1 CUP OF WATER OR STOCK FOR EXTRA FLAVOR**



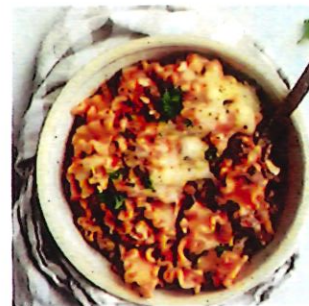
Instant Pot Lazy Lasagna ☆☆☆☆☆

Lazy lasagna is all of the lasagna ingredients, but no messing around with boiling noodles, making sauce, and then baking it. Oh, and 4 minute pressure time in your Instant Pot for this recipe!

Course Instant Pot **Cuisine** American **Keyword** Lazy lasagna **Prep Time** 10 mins

Cook Time 4 mins **Pot pressure up time** 9 mins **Total Time** 9 mins

Servings 6 people **Calories** 376 **Author** [Steph](#)



Equipment

- 6 Quart Instant Pot

Ingredients

- 1 lb lean ground beef
- 1 cup diced onion
- 2 cloves garlic minced
- 1 25oz jar spaghetti sauce of your choice
- 2-3 cups water this will vary a bit based on which noodles you use. You want the noodles to JUST barely cover the noodles, or you will have soup.
- 4 cups dry mini lasagna noodles (mafalda noodles)
- 1 cup shredded mozzarella
- 1 cup cottage cheese or ricotta
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

1. Press the saute function and once the pot is hot, add the ground beef, salt, and pepper. When almost all of the pink is gone, add in the onions and garlic, and cook until the onions are translucent. Drain grease if there is any. Also scrape any bits off the bottom to prevent the burn signal.
2. Press cancel. Add in the sauce. Mix to combine.
3. Add the noodles on top of the meat and sauce mixture.
4. Add the water on top of the noodles. Do NOT mix. Gently press down any noodles that are not submerged in the water.
5. Place the lid on your pot. Secure and set to sealing. Set the time to 4 minutes (high pressure).
6. When the pressure cycle is done, quick release the pressure (you don't want the noodles to over cook). If there is foam it spurts out. Close the valve for 3 seconds, open for 3 and repeat until spurting stops.
7. Stir in the cottage cheese.
8. Add the mozzarella on top. Place the lid back on to trap the heat. Let sit until it is all melted and amazing.
9. Serve immediately.

Nutrition

Calories: 376kcal | Carbohydrates: 67g | Protein: 18g | Fat: 3g | Fiber: 6g | Sugar: 3g

Instant Pot Apple Crisp

Easy **Instant Pot Apple Crisp** is made in minutes! Caramelized apples with a sweet, crisp topping is the perfect fall dessert recipe!



☆☆☆☆☆
4.75 from 24 votes

Prep Time
10 mins

Cook Time
3 mins

Total Time
13 mins

Course: **Desserts** Cuisine: **American**

Keyword: **apples, fall baking, instant pot, pressure cooker**

Servings: **8 servings** Author: **Aimee**

Ingredients

For the apples:

- 6 large Granny Smith apples peeled and cubed
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon almond extract
- ¼ cup light brown sugar packed
- ½ cup water

For the crisp topping:

- 4 Tablespoons unsalted butter melted
- ½ cup old fashioned oats
- ¼ cup all-purpose flour
- ½ cup light brown sugar packed
- pinch kosher salt
- ½ teaspoon cinnamon

Instructions

1. Peel and cube apples into large chunks or slices. Combine with cinnamon, nutmeg, almond extract and brown sugar in the Instant Pot. Add water. Stir until combined.
2. Make the topping in a bowl by combining melted butter with oats, flour, brown sugar, kosher salt, and cinnamon. Sprinkle on TOP of the apples, but do not stir.
3. Lock the lid in place and select HIGH PRESSURE for a cook time of 3 minutes. When done cooking, do a quick release.
4. Serve warm with ice cream and caramel sauce!

Notes

- In the instant pot, apples cook very quickly. To prevent making applesauce, chop your apples into large chunks or slices. If you want your apples firmer, cook for only 1 minute, for much softer apples cook up to 5 minutes.
- Want the crispy oat topping that doesn't happen in an Instant pot? Spoon Apple Crisp into oven safe bowls and broil for 1-2 minutes.

- Leftovers are delicious. Warm in microwave for one minutes and enjoy!
- I prepared today's recipe in a 6qt Instant Pot. Prep time does not include the time it takes the Instant Pot to come to pressure.
- See blog post for more recipe tips and tricks!

Instant Pot Apple Crisp <https://www.shugarysweets.com/apple-crisp/> August 15, 2023

Instant Pot

BUTTONS

Button	Used For	Adjust By
Manual/ Pressure Cook	To pressure cook	Hitting + or - sign
Pressure	Toggles between high & low pressure	Hit pressure button until desired pressure lights up
Adjust	Slow Cooker, Sauté, & Yogurt Functions	Hitting Adjust until desired function or temperature is reached
Sauté	To brown meat/veggies or simmer a sauce	Hit Sauté and then Adjust to reach low, normal or high temperatures
Yogurt	Yogurt	Hit Yogurt then Adjust for boil or incubate time
Timer	Delaying Cooking Time	First set cooking time, then hit timer and use + & - buttons to set delay time
Slow Cooker	Slow Cooking foods	Hit Slow Cook first and then Adjust to switch from low, normal and high temperatures

