

INSTAPOT

Red Meat

Beef Pieces (large): 20-25 min per pound
Boneless Ribs: 20-25 min per pound
Bone-In Ribs: 40-45 min
Stew: 15-20 min per pound

Chicken

Boneless/Skinless: 8 min
Frozen Breasts: 10 min
Chicken Pieces with Bones: 9-10 min
Whole Chicken: 6 min per pound

Pork

Chops: Brown on saute for 5 min
Boneless Roast: 15 min per pound
Bone-In Butt: 2 hrs
Tenderloin: 7-9 min
Ribs: 20 min per pound
Ham: 8 min per pound

Use natural release for meat

Fish

Filet: 2-3 min

Eggs

Hard Boiled: Place on metal rack with 1 cup of water for 4 min.

Rice

White: 1 cup rice & 1 cup water for 4 min
Brown: 1 cup rice & 1 cup water for 20-25 min

Veggies

Place on metal rack with 1 cup of water for 2-3 min

Black/Pinto Beans

Cover with water for 20-25 min

Pasta

Cover with water for 4 min

Potatoes

Whole: Place on metal rack with 1 cup of water for 15 min
Cubed: 3-4 min

Cooking Tips

- **Always** use 1 cup of liquid or more even if no liquid is specified
- Use chicken broth or another flavorful liquid for more flavor
- Never use dairy in an Instapot machine - it will burn
- **Always** follow **ALL** safety warnings that came with your machine