

INSTANT POT COOKING TIMES

Cheat Sheet

BEEF (PER 1 LB)

Stew	20 mins
Pot Roast	15 min
Ribs	20-25 mins
Shanks	25-30 mins

CHICKEN

Boneless breasts	6-8 mins
Whole	8 min per lb.
Cut with bones	10-15 mins
Thighs	10 mins
Legs	10 mins

SEAFOOD

Crab	2-3 mins
Lobster	2-3 mins
Shrimp / Prawns	1-3 mins

FRUITS

Apples (slices)	1-2 mins
Apples (halved)	2-3 mins
Peaches	2-3 mins
Pears (slices)	2-3 mins
Pears (halved)	3-4 mins

PORK

Loin	20 mins per lb.
Ribs	15-20 mins
Butt	15 mins per lb.

BEANS

	DRY	SOAKED
Black	20-25 mins	4-6 mins
Lima	12-14 mins	3-6 mins
Chickpeas	35-40 mins	10-15 mins
Red Kidney	15-20 mins	7-8 mins
White Kidney	25-30 mins	6-9 mins
Navy	20-25 mins	3-4 mins
Pinto	25-30 mins	7-9 mins

RICE (GRAIN:WATER) TIME

Brown	1:1	20-22 mins
White	1:1	4 mins
Jasmine	1:1	4 mins
Wild	1:2	20-25 mins
Basmati	1:1	4 mins

VEGGIES

	FRESH	FROZEN
Asparagus	1-2 mins	2-3 mins
Broccoli	1-2 mins	2-3mins
Brussel Sprouts	2-3 mins	3-4 mins
Butternut Squash	2-3 mins	3-4 mins
Carrots	2-3 mins	3-4 mins
Cauliflower	2-3 mins	4-5 mins
Corn (kernels)	1-2 mins	2-3 mins
Green Beans	2-3 mins	4-5 mins
Peas	2-3 mins	3-4 mins
Potatoes	2-3 mins	3-4 mins

for recipes or resources go to
www.mamagourmand.com