



INSTANT POT COOKING TIMES

Use this cheat sheet to make your next meal an *instant* success!

- ✓ If there is a range of cooking times, choose a time based on the size of the item you're cooking.
- ✓ Everything on this list is meant to be cooked on High Pressure using the Manual or Pressure Cook function.
- ✓ If the food is frozen, add 1-3 minutes of cooking time.



Quick Release



Natural Release



Naturally release for 10 minutes, then quickly release the remaining pressure.



Use sauté function to brown with a little oil, then add 1 cup cooking liquid and bring to pressure.

BEEF ROAST



15 MINUTES PER POUND

DRY BLACK OR PINTO BEANS



Cover beans with water


26 MINUTES
8 MINUTES IF SOAKED OVER NIGHT

BONELESS RIBS



25 MINUTES

CHICKEN BREASTS



6 MINUTES

CHICKEN THIGHS



10 MINUTES
8 MINUTES FOR BONELESS/SKINLESS

WHOLE CHICKEN



6 MINUTES PER POUND

CORN ON THE COB



4 MINUTES

FISH FILLET



2-3 MINUTES

MEATBALLS



6 MINUTES

HARD-BOILED EGGS



Add 1 cup water and use metal rack

4 MINUTES

QUICK OATS



Oats : Water
1 : 2

1 MINUTES

STEEL-CUT OATS



Oats : Water
1 : 3

10 MINUTES

PASTA



Cover noodles with water

4 MINUTES

PORK CHOPS



5 MINUTES
8 MINUTES FOR BONE-IN

PORK BUTT ROAST



15 MINUTES PER POUND

WHOLE POTATOES



Add 1 cup water and use metal rack

13 MINUTES

BROWN RICE



Rice : Water
1 : 1

25 MINUTES

WHITE RICE



Rice : Water
1 : 1

4 MINUTES


WILD RICE



Rice : Water
1 : 1

20 MINUTES

VEGGIES (CHUNKS)



Add 1 cup water and use metal rack

1-3 MINUTES