INSTANT POT
COOKING TIMES

- Use natural release for red meat, and use quick release for everything else.
- 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 the manual setting on "high".

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

BEEF ROAST	DRY BLACK OR PINTO BEANS	BONELESS RIBS	CHICKEN BREASTS	CHICKEN THIGHS
	Cover beans with water			
35-40 MINUTES	**26** MINUTES	**25** MINUTES	**8** MINUTES	**9** MINUTES

WHOLE CHICKEN	CORN ON THE COB	FISH FILLET (FRESH)	FISH FILLET (FROZEN)	HARD-BOILED EGGS
Use sauté function to brown first with a little oil				*Add 1 cup water and use metal rack*
6 MINUTES PER POUND	**3-4** MINUTES	**2-3** MINUTES	**3-4** MINUTES	**4** MINUTES

QUICK OATS	STEEL-CUT OATS	PASTA	PORK CHOPS	PORK ROAST
Oats : Water 1 : 1.6	*Oats : Water 1 : 1.6*	*Cover noodles with water*	*Use sauté function to brown first with a little oil*	*Use sauté function to brown first with a little oil*
5 MINUTES	**10** MINUTES	**4** MINUTES	**5** MINUTES	**45-55** MINUTES

WHOLE POTATOES	BROWN RICE	WHITE RICE	WILD RICE	VEGGIES (CHUNKS)
Add 1 cup water and use metal rack	*Rice : Water 1 : 1.25*	*Rice : Water 1 : 1*	*Rice : Water 1 : 1.3*	*Add 1 cup water and use metal rack*
12-15 MINUTES	**25** MINUTES	**12** MINUTES	**27** MINUTES	**1-3** MINUTES