

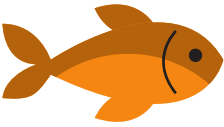


# INSTANT POT Meat Cooking Times




✔ Use Natural Release    ✔ Manual Setting "High"    ✔ Adjust Range Based On Size

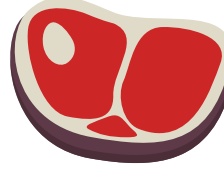
\*\*For Steaming Use 0-1 Minutes\*\*



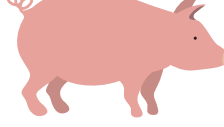
FISH  
WILD CAUGHT  
2-5 MINUTES



CHICKEN WHOLE  
8 MIN / POUND



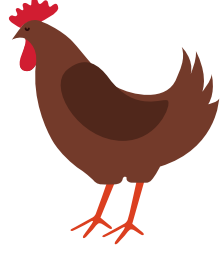
LEAN BEEF  
20 MIN / POUND



PORK  
EXTRA LEAN  
15-20 MIN / POUND



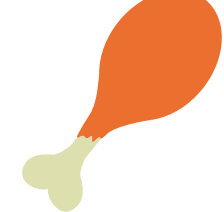
SHRIMP  
1-3 MINUTES



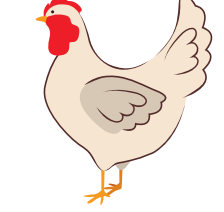
CHICKEN  
BREASTS  
6-8 MINUTES



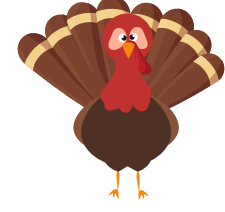
CHICKEN  
BONE STOCK  
40-50 MINUTES



CHICKEN  
THIGHS  
10-15 MINUTES

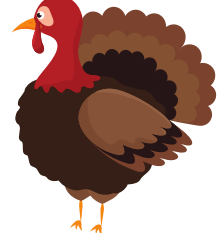


GROUND  
CHICKEN  
SAUTÉ FUNCTION

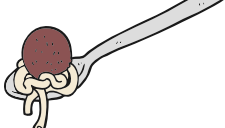


GROUND  
TURKEY  
SAUTÉ FUNCTION

ADD 1 - 3 MINUTES IF THE MEAT YOU ARE COOKING IS FROZEN!




TURKEY  
BREAST  
7-10 MINUTES



MEATBALLS  
FRESH  
5 MIN / POUND



SHELLFISH  
CRAB | LOBSTER  
2-3 MINUTES



PORK  
TENDERLOIN  
20 MIN / POUND



BEEF  
ROAST  
15 MIN / POUND

FOR DELICIOUS AND HEALTHY INSTANT POT RECIPES, VISIT MY CRAZY GOOD LIFE