

INSTANT POT HACKS

The ridiculously easy cookbook to
make the most of an Instant Pot!




Perfect for kids, college kids, newlyweds, and more!

Learn the basics on how to make hundreds of easy
meals in one appliance!

Bigger font - easy to read - simple to understand!

VOLUME 1



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The goal of this cookbook is to be as helpful as possible. While we try to keep the information up-to-date and correct, there are no representations or warranties, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services, or related graphics contained in this eBook for any purpose. Any use of The methods describe within this eBook are the author's personal thoughts. They are not intended to be a definitive set of instructions for this project. You may discover there are other methods and materials to accomplish the same end result.



Introduction:

My son is leaving for college in a few years. It dawned on me the other day that I could buy him an Instant Pot and he could basically cook every meal in it. Not too mention...

Instant Pot's are a LOT safer than stoves!

I started looking for a cookbook to send with him so he would have something to reference and I couldn't find one that would keep his interest - they were all WAY too long and complicated

...so I wrote one.

This is about as easy and simple as it gets.

This is for Carson.

What is so great about an Instant Pot?

The great thing about an Instant Pot is that it can help you cook food faster. A lot faster - by using the pressure cooker feature, things that used to take 8 hours now take 30 minutes. Additionally, the Instant Pot can be used to make meals where everything is cooked in just one appliance. You will find many recipes like this in this book!

One appliance can replace seven others!

An Instant Pot can help you save space in your kitchen because it can replace seven other appliances. These appliances include a pressure cooker, slow cooker, rice cooker, steamer, yogurt maker, and warmer.

Additionally, the Instant Pot is very easy to use and is very user-friendly and very safe to use so it is great for smaller places like apartments and dorms. It has 10 safety features that make it one of the safest cooking appliances on the market.

Once you get one, you will love it!

Instant Pot Quick Start Guide

Here are some things you should know about an Instant Pot!

1. The vent at the top needs to be in the sealed position to do any kind of pressure cook.
2. You can use the sauté function to brown meat before cooking
3. You can use the yogurt function to make homemade yogurt
4. You can cook frozen meat without thawing it first
5. You can make perfect rice every time by using the rice function
6. The steam function is great for steaming vegetables
7. You can use the slow cooker function to make delicious stews and chili. Just set it and hours later, your meal will be ready!
8. The keep warm function is perfect for keeping food warm until serving
9. Make sure to use the quick release when finished cooking to prevent overcooking.

These are just a few of the many hacks you can use to make your Instant Pot experience even better. With a little creativity, you can come up with even more ways to use this versatile kitchen appliance.

So get cooking and enjoy!

What Accessories do you Need for an Instant Pot?

If you're new to Instant Pot cooking, you might be wondering what sort of tools and gadgets you need to get started. Here's a quick run-down of the must-haves for Instant Pot success.



First, you'll need some basic kitchen tools, like a spoon or spatula for stirring, measuring cups, a knife, and a cutting board. Of course oven mitts so you don't burn yourself!

If you plan on making soups or stews in your Instant Pot, you'll need a good soup ladle. Tongs are also helpful when grabbing things inside the Instant Pot like potatoes too.

It is also suggested that you get a meat thermometer if you plan to cook meats in it...just to make sure they are thoroughly cooked.

See the MEATS page for cook temps.

What are the Most Important Instant Pot Settings?

The settings on an Instant Pot can be confusing, especially if you're new to using one. Here's a quick guide to which ones you really need to know...

Manual: The manual setting is used for cooking foods that require precise control over the cooking process. This setting allows you to set and adjust the cooking time and pressure manually.

Saute: The saute setting is used for browning or searing food. It can also be used for simmering or thickening sauces.

Slow Cook: The slow cook setting is used for cooking food slowly over a long period of time. This setting is perfect for dishes that need to be cooked slowly, such as stews or roasts.

Steam: The steam setting is used for cooking food using steam. This setting is ideal for delicate foods, such as fish or vegetables, that could be damaged by direct contact with the pressure cooker's heat.

Keep Warm: The keep warm setting keeps food warm after it has been cooked. This setting can be used to keep food warm until it is ready to be served.

Quick Release VS Natural Release

There are two types of release methods for an Instant Pot: quick release and natural release.



With quick release, you use the valve to manually release the pressure that has built up inside the pot. This is done by turning the valve to the "venting" position.

Natural release happens when you simply let the pot sit until the pressure has dissipated on its own. Which method you use will depend on what you're cooking and your personal preference.

COOKING THE BASICS



Learn these basics and you can cook
countless meals in your Instant Pot!

Chicken

Plain ol chicken is great for sandwiches, with pasta, or rice. You can even freeze cooked chicken for future recipes.

Prep Time : 1 minute
Cook Time : 5 minutes
Servings : 6
Setting: SAUTE



Ingredients :

- 1 lb chicken breast - or boneless dark meat diced
- 1 cup water
- 1 tbsp olive oil
- salt, pepper, garlic

Instructions:

1. Set your pot on SAUTE and add the oil. Once hot add the chicken and season it.
2. Cook for 4 minutes continuously stirring.
3. Hit OFF. Add the water and set to MANUAL for 10 minutes. Once done allow to naturally release.

Notes:

You can either cook these whole or dice them up for quicker cooking. Above we diced them. Just make sure you cook the chicken until it is no longer pink inside. The internal temp should be 165. To freeze, place the cooked chicken into freezer bags and seal. Will last 6 months. To reheat, thaw overnight in a fridge and microwave for 30 - or microwave for 2 min.



Meal Ideas Using Cooked Chicken



Chicken and rice bowls with vegetables - Cooked chicken, rice (or quinoa), vegetables, and your favorite sauce come together in these healthy and filling bowls.

Southwest chicken wraps - These flavorful wraps are perfect for a quick lunch or dinner. Simply add cooked chicken, black beans, corn, and avocado to a tortilla and wrap it up!

Chicken Caesar salad - This classic salad is even better with the addition of cooked chicken. Add some croutons and parmesan cheese for extra flavor and crunch.

Chicken and rice soup - This comforting soup is easy to make. Add cooked chicken, rice, vegetables, and enough chicken broth to cover. Use your Instant Pot to cook - use SOUP.

Chicken stir-fry - This quick and healthy stir-fry is made with cooked chicken, vegetables, and a sauce of your choice. You can even use your Instant Pot on SAUTE. Serve it over rice or noodles.

Chicken salad - This classic salad is perfect for a light lunch or dinner. Simply combine cooked chicken, mayonnaise, celery, and grapes. Add some chopped nuts or dried fruit for extra flavor and crunch.

How to Cook Other Meats

in your Instant Pot



Pork - Set it to SAUTE and add a little olive oil. You can either cook pork chops whole or dice it up. Either way - brown them and then add a few tbsps of water and set to MANUAL to cook for 5 - 10 minutes - depends on the thickness.

Sausage - To brown uncooked sausage, set it to SAUTE and add a little olive oil. Brown on all sides. Add few tablespoons of water and put on the lid. Cook on MANUAL for 3 minutes. Quick release. For cooked - no need to precook. Just add to meals!



Steak - It is suggested you dice up steak and then add a little olive oil and get it to where water will sizzle when you drop a little. Quick cook the steak bites by cooking two 1-2 minutes on each side. Remove and let sit.

Ground Beef, Turkey, Chicken, or Pork

Select SAUTE, once it is HOT. Simply add 1 tbsp of olive oil and add the meat. Cook until thoroughly cooked. Add to other meals if desired.



Seafood - Seafood cooks really fast so you don't need to pressure cook it unless you are cooking it in other meals. Simply saute in olive oil for a few minutes. Done!

Hard Boiled Eggs

You will never boil eggs another way again. This is seriously the easiest way to do and the easiest to peel! Instant pot hard boiled eggs are the perfect breakfast and snack food – they're nutritious, easy to make, and can be stored in the fridge for up to a week.

Ingredients :

- 2 - 24 Eggs
- 1 cup water
- pinch of salt

Instructions:

1. Simply place eggs in the pot on the trivet, add one cup of water.
2. Set to MAUAL and set the timer for 5 minutes at high pressure.
3. When the timer goes off, quick release the pressure and carefully remove the eggs.
4. Allow them to cool before peeling and enjoy!



Tips:

- You can cook up to two dozen at a time. Just stack them.
- Store in a bowl or egg carton in the fridge. Don't freeze.
- Gently squish the eggs in your hand to easily peel them. The more you crush the shell the easier it will be.
- Use these eggs in countless recipes...next page for ideas!

Prep Time : 1 minutes
Cook Time : 10 minutes
Servings : 2- 20
Setting: MANUAL



Meal Ideas Using Hard Boiled Eggs



Egg salad sandwich: Combine diced hard boiled eggs with mayo, mustard, relish, and celery (or other desired chopped veggies) on whole wheat bread.

Deviled eggs: Make a healthy twist on this classic appetizer by using Greek yogurt or avocado in place of mayo, and adding in some diced tomatoes or paprika for extra flavor.

Egg and veggie wrap: Simply combine cooked eggs with your favorite chopped veggies (think: carrots, cucumbers, peppers, etc.) in a whole wheat tortilla. Add a little salt and pepper to taste.

Egg salad lettuce cups: Make a lightened up version of egg salad by using Greek yogurt or avocado as the base, and adding in diced celery, onions, and grapes (or other desired chopped fruits/veggies). Serve on lettuce leaves or in a pita pocket.

Mason jar egg bakes: These are perfect for meal prep! Layer cooked eggs, diced veggies, and shredded cheese in a mason jar. Then, when you're ready to eat, just microwave and enjoy.

Egg and avocado toast: This one is simple but oh so delicious! Just top whole wheat bread with smashed avocado and a slice of hard boiled egg. Season with salt and pepper to taste.

Caprese egg bites: Combine cooked eggs with diced tomatoes, fresh mozzarella, and basil leaves. Spoon into muffin tins and bake until set.

Fluffy White Rice

Make fluffy, tender white rice for an excellent side dish, or add veggies for a full meal!

Ingredients:

- 1 cup rice (white or brown)
- 1¼ cup water

Instructions:

1. Add the rice and water to the Instant Pot
2. Set it on RICE and cook for 12 minutes.
3. Quick release
4. Stir and serve.

Notes :

Add a can of cooked chicken and frozen mixed veggies immediately after after cooking for quick chicken and rice. The heat from the cooked rice will thaw the veggies and heat up the meat. Everything will be ready to eat in about 5 minutes!

Prep Time : 1 minute
Cook Time : 12 minutes
Servings : 4
Setting: MANUAL





Meal Ideas Using Cooked White Rice



Fried Rice: Cooked white rice can be easily transformed into a delicious and hearty fried rice dish. Simply sauté some chopped veggies (onion, garlic, carrots, celery, green onions, etc.) in a bit of oil or butter, then add the cooked rice and any other desired ingredients (soy sauce, salt and pepper, sesame oil, etc.). Fry everything together until hot and evenly mixed, then serve.

Rice Bowls: A great way to use up cooked white rice is to make simple yet satisfying rice bowls. Start by cooking up some protein of choice (chicken, beef, shrimp, tofu, etc.), then add it to a bowl along with the cooked white rice. Top with whatever else you like, such as sautéed veggies, a drizzle of sauce, or some crunchy toppings.

Soup: Cooked white rice can also be used to thicken soups and stews. Simply add the desired amount of cooked rice to the soup pot towards the end of cooking. This will help to absorb some of the liquid and create a heartier overall dish.

Chicken and rice, beef and rice, shrimp and rice, veggie and rice... there are endless possibilities when it comes to using cooked white rice in quick and easy meals. So the next time you have some leftover cooked white rice on hand, put it to good use with one of these three ideas.

Freeze it for later! Don't have time to use your cooked white rice right away? No problem! Just pop it in the freezer for later using a freezer bag or bowl. When you're ready to use it, simply thaw it out in the fridge overnight or microwave it with a little water.

Pasta



If you're looking for a quick and easy way to cook pasta, then using an Instant pot is the perfect solution!

Ingredients :

- 8 oz pasta - half box
- 2 cups water
- pinch of salt

Instructions:

1. Add the pasta and water to the Instant Pot and stir.
2. Secure the lid and cook the pasta for 2 minutes on MANUAL
3. After the cook time is completed, do a quick release. Drain and serve!

Cook Times:

- Angel Hair, Orzo - 1 minute
- Elbow, Shells, Spaghetti - 2 minutes
- Penne, Rotini - 3 minutes

Cooking Pasta WITH Meals:

If you are cooking meat and sauce you can easily add pasta to any of those. Just add the uncooked pasta and then add enough water to cover the pasta. Usually about a cup. It NEEDS to be runny looking or it will burn.

The cook time will vary on the size of the pasta.

Prep Time : 1 minutes
Cook Time : 2-5 minutes
Servings : 4
Setting: MANUAL



Meal Ideas Using Cooked Pasta



Pasta with Tomato Sauce: This is a classic and simple dish that can be made in minutes. Just heat up some tomato sauce and pour it over cooked pasta. You can add Parmesan cheese on top for extra flavor.

Pasta with Creamy Pesto Sauce: This dish is rich and flavorful, thanks to the pesto sauce. Just mix together some pesto sauce with cream and pour it over cooked pasta. You can add Parmesan cheese on top if you like.

Pasta with Vegetables: This dish is healthy and filling, thanks to the vegetables. Just cook up some veggies (such as broccoli, carrots, and tomatoes) and mix them with cooked pasta. Top with cheese!

Pasta with Chicken: This dish is hearty and filling, thanks to the chicken. Just cook up some chicken and mix it with cooked pasta. Add a sauce or just butter!

Pasta with Seafood: This dish is light and flavorful, thanks to the seafood. Just cook up some seafood (such as shrimp or scallops) and mix it with cooked pasta. Top with your favorite sauce or just a little lemon!



Mashed Potatoes

Instant or Homemade!

You can use instant mashed potatoes to cook them in minutes or get real homemade ones in 20 minutes!

Ingredients :

- 1/2 lb potatoes peeled and diced
- 2 tbsp butter
- 1/4 cup milk

Cook Instant:

To cook on package of Instant Mashed Potatoes, select SAUTE and add the water. Once it starts to boil. Add the rest of the ingredients and stir to combine. Turn it off and let it sit for 5 minutes covered. Serve!



Prep Time : 5 minutes
Cook Time : 20 minutes
Servings : 6
Setting: MANUAL

Instructions:

1. Peel the potatoes
2. Add enough water to cover the potatoes to the Instant pot
3. Set MANUAL for 20 minutes
4. Quick release and drain. Add butter and milk and mash with a fork until smooth.

Baked Potatoes

Prep Time : 1 minute
Cook Time : 10 minutes
Servings : 2
Setting: MANUAL

Here's how to make perfect baked potatoes. You can cook as many as you can fit on the trivet at once!



Ingredients :

- 2 Russet Potatoes
- 1 cup water

Topping Ideas :

Sour cream - chives - shredded cheese - bacon bits - chili

Instructions:

1. Wash the potatoes and poke 4 holes in them with a fork.
2. Put the trivet in the bottom and add the water. Place the potatoes on top.
3. Set your pot on MANUAL and set the timer for 10 minutes.
4. Once done allow it to slow release for a few minutes before quick releasing.
5. Carefully remove them - they will be HOT. Slice down the middle and top!



Oatmeal

Prep Time : 2 minutes

Cook Time : 12 minutes

Servings : 4

Setting: MANUAL

This is an easy and delicious breakfast that's ready in minutes! Enjoy yours with fruit, honey, or cinnamon!

Ingredients :

- 2 cup old fashioned oats
- 4 cups water (follow box)
- 2 tablespoon butter
- pinch of salt

Instructions:

1. Add everything to the Instant Pot and stir well to combine.
2. Secure the lid and cook the oats for 2 minutes on MANUAL
3. After the cook time is completed, Allow it to naturally release for about 10 minutes.
4. Stir well and serve with toppings!

Instant Pot Hacks

Topping Options :

- Fresh fruit
- Honey or Maple syrup
- Brown sugar
- Nuts & Seeds
- Peanut Butter, Almond Butter
- Ground cinnamon or Nutmeg

Notes:

The amount of water will depend on the type of oatmeal. Use the ratio offered on the box!

Basics

Popcorn

Here's how to make popcorn in your Instant Pot in minutes for your next movie night. Cheaper and healthier than packaged microwave popcorn!



Notes :

You will want to see through lid for this recipe. If you don't have one, gently sit the lid on top - don't seal it.

Prep Time : 1 minute
Cook Time : 5 minutes
Servings : 6
Setting: SAUTE

Ingredients :

- ½ Cup Popcorn Kernels
- 2 Tablespoons Avocado Oil
or Other Cooking Oil
- 2 Tablespoons Butter
(optional)

Instructions:

1. Set your pot on SAUTE and add the oil (and butter if using).
2. Wait 2 minutes until it says HOT and add the kernels.
3. Stir for about 1 minute and add the lid - clear is preferred!
4. In 2 minutes the kernels will start popping. Let it pop for about 5 minutes or until most of the kernels have popped.
5. Remove once there is 10 seconds between the pops.

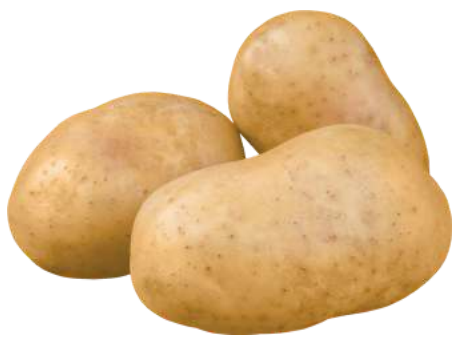
How to Cook Other Basics

in your Instant Pot



Corn on the cob - Shuck the corn or use frozen. Select MANUAL and set cook time to 4 minutes. Once done. Use the quick release method to release pressure.

Dried beans - Rinse the beans and add them to the Instant Pot. Add the ingredients per the package. Select BEANS and cook for 20-40 minutes (time depends on size of bean - small 20 - bigger 40). Use the slow release method to release pressure. Cook additional time if necessary. Add 10 minutes if they are close, 20 if still hard.



Root Vegetables - This method can be used for any hard vegetable. Peel and add to the Instant Pot with enough water to cover them. Select MANUAL and set cook time to 4 minutes. Once done. Use the quick release method.

Vegetables - This method can be used for any vegetable. Wash them and then add to the Instant Pot ON the trivet if possible. You want to steam them. Add one cup of water to the bottom. Select STEAM and set cook time to 2-3 minutes. Once done. Use the quick release method.



ONE POT DINNERS

Now that you have the basics down,
learn to cook these one pot meals!

Yes, everything is cooked in ONE pot.
Not a lot of messy pans to clean!

Macaroni & Cheese

Prep Time : 1 minute
Cook Time : 5 minutes
Servings : 4
Setting: MANUAL

I know you are thinking this is a side - to many people Mac and Cheese is a complete meal!



Ingredients:

- 16 oz pasta
- 4 tablespoon butter
- ½ teaspoon salt
- ½ teaspoon garlic salt
- ½ cup heavy cream
- 4 cups water
- 2 cups cheese - cheddar, mexican blend, mozerella

Instructions:

1. Add the uncooked pasta, water, and butter and select MANUAL and cook for 4 minutes.
2. When it is done (starts beeping), do a quick release.
3. Add cream and half of all cheeses.
4. Stir until cheese is melted, then add remaining cheese.

Notes:

You can easily add diced ham, peas, leftover chicken, sausage, turkey, mixed veggies or just about anything to this for a full meal!

Chili w/ Beans

This easy chili recipe takes only about 20 minutes to make from start to finish. Make extra and freeze it for easy meals!

Ingredients :

- 1 lb ground beef
- diced peppers and onions
- 2 cans of kidney beans
- 1 can beef broth
- 1 can Rotel tomatoes w/ chilis
- 1 pack of chili seasoning

Instructions:

1. Select the SAUTE function. Add the ground beef, onions, and peppers. Cook until the beef is browned. Drain any excess fat.
2. Stir in the broth, diced tomatoes, and beans with their juices. Add the seasoning pack as well.
3. Close the lid of the Instant Pot. Select MANUAL and choose 10 minutes. Naturally release when done - or quick release if you are hungry. Top with cheese!



Notes:

You can use ground turkey, chicken or pork instead of beef. You can add corn or jalapenos to liven it up!

You can also cheat and add uncooked noodles to make Chili Mac. Just make sure the noodles are covered. May need to add extra water!

Prep Time : 2 minutes
Cook Time : 14 minutes
Servings : 6
Setting: MANUAL

Easy Chili Mac

If you make the chili recipe in the page before you can easily turn leftovers into this just add real chili rather than canned!

Prep Time : 1 minute
Cook Time : 10 minutes
Servings : 4
Setting: MANUAL

Ingredients:

- 12-16 oz elbow macaroni
- 3-4 cans of chili with meat
- 1-2 cups shredded cheese

Instructions:

1. Add the uncooked noodles to the Instant Pot
2. Add enough water to cover them. Stir to combine.
3. Select MANUAL and cook 2 minutes. Quick Release
4. Set to SAUTE. Add the chili and cook for another few minutes until warm.
5. Top with cheese

Notes :

If you don't want meat - use vegetarian chili!



Beef Stew

This one pot meal is packed with savory flavor and is ready in 30 minutes!



Notes :

If you want to use real carrots and potatoes instead, add them before you do the 20 minute cook.

Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 6
Setting: SOUP

Ingredients :

- 1 pound of stew meat
- 1 bag of frozen mixed vegetables
- 1 can of beef broth
- 1 tbsp italian seasoning
- 1/4 diced onion
- salt and pepper

Instructions:

1. Add olive oil and add the meat and onion and and brown for 2 minutes
2. Season and then add the broth.
3. Cook on STEW for 20 minutes. Quick Release.
4. Add the veggies and stir until they are no longer cold. Serve and enjoy!

Spaghetti w/ Meatballs

This is a perfect meal! This recipe is quick and easy to make, and it's full of flavor.

Ingredients :

- 1/2 cup water
- 12-16 oz frozen meatballs
- 16 oz spaghetti noodles
- 24 oz pasta sauce

Instructions:

1. Pour water into instant pot
2. Break spaghetti noodles into halves or thirds and place in pot
3. Pour in pasta sauce and meatballs
4. Stir to combine - trying to separate the noodles.
5. Cook at high pressure for 6 minutes and do a quick release



Notes:

You can do ground beef instead of meatballs. Simply set the pan to SAUTE first and brown the beef. Then add the ingredients!

Prep Time : 2 minutes
Cook Time : 14 minutes
Servings : 4
Setting: MANUAL

Chicken Alfredo

It doesn't have to be chicken, you can use shrimp, leftover pork, steak, or just about any meat in this easy meal. Just make sure it's pre-cooked!

Prep Time : 1 minute
Cook Time : 5 minutes
Servings : 4
Setting: MANUAL



Ingredients:

- 8 oz pasta - half a box
- 1 cup of chicken or other meat
- 1/2 cup of water
- 1 15oz jar of alfredo sauce
- Salt and Pepper
- Cajun Seasoning **optional
- Add-Ins (see notes)

Instructions:

1. Add all of the ingredients to the Instant Pot and select MANUAL and cook for 4 minutes. ONLY add enough water to ensure the pasta is covered.
2. When it is done (starts beeping), do a quick release.
3. Stir to combine. Serve!

Notes:

You can easily add veggies to this meal like Spinach, Broccoli, Peas, or Asparagus. Just add them when you add the other ingredients UNLESS they are precooked. Then add them after the cook when you are stirring.

Beef Stroganoff

Instant Pot Beef Stroganoff combines savory beef, creamy sauce and delicious egg noodles for a great dinner in minutes!



Ingredients :

- 1 tbsp olive oil
- 1 pound beef stew meat
- 3 ounces mushrooms sliced
- 2 tbsp flour
- 2 cups beef broth
- 1 tbsp Worcestershire sauce
- 12 ounce wide egg noodles
- 3/4 cup sour cream

Notes:

You can add frozen meatballs instead of beef. Just add when you add the noodles. They will heat up while they cook!

Prep Time : 10 minutes

Cook Time : 20 minutes

Servings : 6

Setting: MANUAL

Instructions:

1. Set the instant pot to sauté. Add the olive oil and brown the stew meat on all sides. Add the flour and stir.
2. Add in the beef broth and worchestershire sauce. Cover and set the instant pot on MANUAL for 12 minutes. Quick release.
3. Add in the egg noodles and stir. Add water if necessary to cover the noodles. Cover and seal the instant pot and cook for 3 minutes.
4. Quick release the pressure. Stir in sour cream and salt and pepper to taste

Chicken Tortilla Soup

It doesn't get much easier than Chicken Tortilla Soup. Just dump and cook!



Notes:

You can use leftover rotisserie chicken, canned chicken, or frozen cooked chicken in this recipe. If you are using raw chicken you will need to cook it first. To do that dice the chicken breast into small cubes and select SAUTE, add some olive oil and brown the chicken. Cook for five minutes before starting this recipe!

Prep Time: 15 minutes
Cook Time: 20 minutes
Servings: 12
Setting: SOUP

Ingredients :

- 2 cup of shredded chicken
- 1 can of black beans
- 1 can of chicken broth
- 1 can of corn
- 1 can of Enchilada sauce
- peppers and onions
- 1 can of stewed tomatoes
- 1 package of taco seasoning.
- 2 cups of water

Instructions:

1. Add everything to the Instant Pot and select SOUP. Cook for 10 minutes. Quick release and add 1/2 of the cheese and stir.
2. Serve in bowls and top with the remaining cheese!

Sloppy Joes

Instant Pot Sloppy Joes are simple and freezer meal friendly! These sweet and savory sandwiches can easily be made for a quick weeknight dinners.

Prep Time : 1 minute

Cook Time : 15 minutes

Servings : 4

Setting: MANUAL



Ingredients:

- 1 pound lean ground beef
- 1 onion, diced
- 1 green pepper, diced
- 2 tablespoons tomato paste
- 1 cup ketchup
- 1/2 cup water
- 2 tablespoons brown sugar
- salt and pepper to taste

Instructions:

1. Select SAUTE. Add the ground beef, onions, and peppers. Cook until beef is brown - drain fat. Click OFF
2. Add the other ingredients and stir until well combined. Close the lid and select MANUAL, cook five minutes.
4. Quick release and stir, then serve!

Freeze for later!

The meat can be made ahead of time and frozen for later. Simply cook as directed and then let cool completely before freezing in individual portions. To reheat, thaw in the refrigerator overnight and then reheat in the microwave or back in the Instant Pot.

Jambalaya

This isn't authentic Louisiana style Jambalaya but it certainly hits the spot and only takes 20 minutes to make!

Ingredients :

- 1/2 lb smoked sausage - sliced
- 1/2 lb shrimp
- 1/2 lb chicken diced into 1 in cubes
- diced peppers and onions
- 1 can beef or chicken broth
- 1 can Rotel tomatoes w/ chilis
- 1 tbsp Cajun or Creole Seasoning
- 1 cup long grain rice

Instructions:

1. Select the SAUTE function. Heat a little olive oil and add the sausage, chicken, onions, and peppers. Cook until the chicken is browned.
2. Stir in the shrimp, broth, diced tomatoes with their juices and rice. Add the seasoning as well.
3. Close the lid of the Instant Pot. Select MANUAL and choose 10 minutes. Naturally release.
4. Stir to mix together and serve!



Notes:

- You can use any smoked sausage or Andouille. Turkey sausage will work if you are eating healthy.
- If you use instant rice don't add it at the beginning. Instead cook it for 10 minutes and then quick release and add the rice. Cook another five minutes. If you don't the rice will be mushy.

Prep Time : 5 minutes
Cook Time : 15 minutes
Servings : 6
Setting: MANUAL



Slow Cooker All Day Meal Ideas



The genius of a slow cooker is that you put all of your ingredients in the morning and the meal is ready dinner. You don't have to watch it or do anything. It cooks itself. To cook these recipes, simply add the ingredients and select "SLOW COOK". Make sure to stir to combine.

Here are some meal ideas...

Chicken and rice bowls with vegetables - Diced chicken, uncooked rice, vegetables, and your favorite sauce come together in these healthy and filling bowls.

Southwest chicken wraps - These flavorful wraps are perfect for a quick lunch or dinner. Simply add cooked chicken, black beans, corn, and avocado to a tortilla and wrap it up!

Chicken and rice soup - This comforting soup is easy to make. Add cooked chicken, rice, vegetables, and enough chicken broth to cover. Use your Instant Pot to cook - use SOUP.

Chicken stir-fry - This quick and healthy stir-fry is made with cooked chicken, vegetables, and a sauce of your choice. You can even use your Instant Pot on SAUTE. Serve it over rice or noodles.

Chicken salad - This classic salad is perfect for a light lunch or dinner. Simply add the chicken and some water and slow cook all day. Then combine the cooked chicken, mayonnaise, celery, and grapes.

REFERENCE SECTION

Now that you have the basics down,
learn to cook these one pot meals!

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Not a lot of messy pans to clean!

Grocery Store Shopping List

Freezer and Fridge Food:

- Stew Beef
- Frozen Mushrooms
- Mixed Vegetables
- Frozen Peppers and Onions
- Frozen Meatballs
- Shredded Cheese
- Butter
- Cream
- Frozen Chicken
- Ground Beef
- Shrimp
- Smoked Sausage
- Sour Cream
- Mushrooms - frozen
- Eggs
- Heavy Cream
- Butter
- Cheese - shredded Mexican

Pantry Food:

- Rice
- Pasta
 - Elbows
 - Spaghetti
 - Egg Noodles
- Spaghetti Sauce
- Canned Chili
- Oatmeal
- Popcorn
- Olive Oil
- Canned Beef Broth
- Worcestershire Sauce
- Canned veggies
- Cajun Seasoning
- Canned Chicken Broth
- Wild Rice
- Rotel tomatoes w/ chilis
- Tomato Paste
- Buns
- Enchilada Sauce
- Black Beans
- Brown Sugar
- Alfredo Sauce
- Potatoes
- Garlic powder
- Salt and Pepper

How to Quickly Clean an Instant Pot

If your Instant pot is starting to look a bit dirty, don't worry - it's easy to clean too!

Here's how to quickly and easily clean your Instant pot:

1. Remove the inner pot from the Instant pot. The pan itself inside the Instant Pot is dishwasher safe so you can just throw it in or hand wash it.
2. Wipe down the exterior of the Instant pot with a damp cloth.
3. Use a Q-tip to clean around the edge if necessary.
4. Replace the inner pot into the Instant pot.

Your Instant pot will be sparkling clean and ready to use!

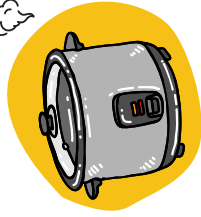
Instant Pot Cook Times

One of the best things about cooking with an Instant Pot is that you can control the temperature very precisely. This means that you can cook your meat to perfection every time, without having to worry about it being overcooked or undercooked.

Here are some general guidelines for cooking various types of meat in an Instant Pot:

Meat Temperatures & Doneness Chart Recommended by USDA

MEAT	Rare	Med Rare	Medium	Med Well	Well Done
Ground Beef			160°F/71°C		
Ground Poultry			165°F/74°C		
Beef	125°F/52°C	140°F/60°C	150°F/66°C	160°F/71°C	165°F/74°C
Veal	125°F/52°C	140°F/60°C	150°F/66°C	160°F/71°C	165°F/74°C
Chicken			165°F/74°C		
Pork			160°F/71°C	165°F/74°C	170°F/77°C
Poultry			165°F/74°C		
Lamb	140°F/60°C	145°F/63°C	160°F/71°C	165°F/74°C	170°F/77°C
Fish			145°F/63°C		
Program		145°F/63°C			



INSTANT POT COOK TIME CHEAT SHEET

MEATS

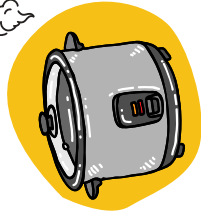
	TIME/LB	RELEASE
Whole Chicken (2-2.5KG)	8	Natural
Chicken Breast (Boneless)	6-8	Quick
Chicken Pieces (w/Bones)	10-15	Quick
Chicken Thighs (w/Bones)	12	Quick
Chicken Wings	5-7	Natural
Chicken Breast (Boneless)	6-8	Quick
Stewing Beef	20	Natural
Beef Oxtail	40-50	Natural
Beef brisket roast steak (small)	15-20	Quick
Beef brisket roast steak (large)	20-25	Quick
Beef meatballs	5	Quick
Beef Shank	25-30	Quick
Beef Ribs	20-25	Quick
Pork Ribs	15-20	Natural
Pork Sausage	10-15	Quick
Pork Tenderloin	7-9	Quick
Pork Butt Roast	15	Quick
Pork Chops Bone-in Boneless	4-5	Quick
Ham (Picnic Shoulder)	8	Quick
Turkey Breast (Whole)	20-25	Quick
Turkey Breast (Boneless)	7-9	Quick
Turkey Drumstick	15-20	Quick
Lamb Shank	30	Natural
Stewing Lamb	12-15	Natural
Leg of Lamb	15	Natural

SEAFOOD

	TIME	RELEASE
Shrimp Prawns	1-3	Quick
Salmon Fillets	4	Quick
Lobster Crab Fish Fillet	2-3	
Crab (Whole)	2-3	Quick
Mussels	1-2	
Calamari	20-23	Quick

VEGETABLES (+ 250mL of water)

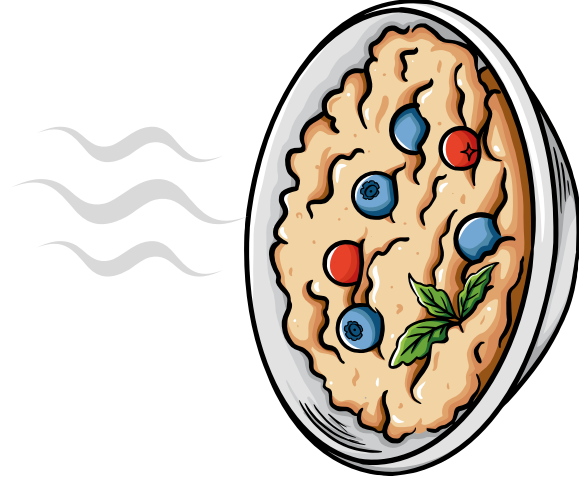
	TIME	RELEASE
Carrots (whole)	3-5	Natural
Carrots (sliced)	1-2	Quick
Broccoli Florets	1	Quick
Brussel Sprouts (Whole)	1	Quick
Cabbage	1	Quick
Corn on the Cob	1	Quick
Okra	2-3	Quick
Collard Greens	4-5	Quick
Potato (Cubed)	1	Quick
Potato (Whole Small)	3-5	Quick
Potato (Whole Large)	20-25	Natural
Sweet Potato (Cubed)	1	Natural
Butternut Squash (Sliced)	1-2	Quick
Eggplant (Sliced or Cubed)	3-4	Quick
Peas	1-2	Quick
Cauliflower Florets	1	Quick



INSTANT POT COOK TIME CHEAT SHEET

BEANS & LEGUMES

	LIQUID RATIO	TIME (DRY)	TIME (SOAKED)
Lima Beans	1:3	12-14	6-10
Cannellini Beans	1:3	30-35	6-9
Kidney Beans	1:3	15-20	7-8
Black Beans	1:3	20-25	6-8
Pinto Beans	1:3	25-30	6-9
Navy Beans	1:3	20-25	7-8
Green Lentils	1:3	8-10	-
Red Lentils	1:3	1-2	-
Brown Lentils	1:3	8-10	-
Chick Peas	1:3	35-40	10-15
Soy Beans	1:3	35-45	18-20
Peas	1:3	16-20	10-12



RICE & GRAINS

	LIQUID RATIO	TIME
Jasmine Rice	1:3	4-6
Brown Rice	1:3	20-22
White Rice	1:1	4
Wild Rice	1:1	20-25
Israeli Couscous	1:2	2-3
Pearl Barley	1:2.5	20-22
Quinoa	1:1	1
Quick Cooking Oatmeal	1:2	1
Steel Cut Oatmeal	1:2	15
Old Fashioned Oatmeal	1:2	10
Polenta	1:2.5	9

TIPS & TRICKS

- * Use SAUTE to sear/brown meats and seafood in oil to seal juices & for extra flavor.
- * Cook all MEATS & SEAFOOD on MEATS - HIGH. Times above are for fresh foods. Add a few more minutes for foods that are frozen.
- * Cook RICE & GRAINS on RICE - HIGH. Natural Release for 10 minutes before releasing remaining pressure using quick release.
- * Cook BEANS & LEGUMES on BEANS - HIGH. Let the pressure release naturally for at least 20 minutes before doing a quick release



Epilogue of Instant Pot Hacks cook book

Instant Pot Hacks, the ridiculous cook book is finally complete!

I hope you have enjoyed all of the recipes and tips that I have shared with you. If you have any questions or comments, please feel free to contact me. I would love to hear from you!

Now that you know all of my secrets to making meals in an Instant Pot, it's time to get cooking!

I know you'll love these recipes as much as I do. Be sure to check out my other cook books for more great ideas. Happy cooking!