QUICK GUIDE FOR INSTANT POTS & SLOW COOKERS

Whole Lifecycle NUTRITION

WHAT IS AN INSTANT POT AND WHY TO USE ONE?

A multifunctional pressure cooker.
It can be used as a pressure cooker, slow cooker, yogurt maker, rice cooker, steamer, saute pan, and warmer. Instant pots are beneficial for their quick cooking times, versatility, and easy clean-up. You can cook a variety of foods including soups, ribs, pasta, yogurt, and beans.



COOKING TIMES

MEAT

- Beef Stew = 20 min. per lb
- Beef meatball = 5 min. per lb
- Pot Roast/Steak = 15-20 min. per lb
- Ribs = 20-25 min. per lb
- Boneless chicken breasts = 6-8 min. per lb
- Whole Chicken = 8 min. per lb
- Slices of ham = 9-12 min.
- Whole Duck = 10-15 min. per lb
- Lamb cubes = 10-15 min. per lb
- Lamb stew meat = 12-15 min. per lb
- Pork Loin = 20 min. per lb
- Boneless turkey breast = 7-9 min. per lb
- Turkey breast whole = 20-25 min. per lb
- Veal chops = 12 min. per lb
- Eggs hard-boiled = 5 min.

BEANS

- Chickpeas = 35-40 min.: soaked, 10-15 min.*
- Cannellini Beans = 30-35 min.: soaked, 6-9 min.
- Great Northern beans = 25-30 min.: soaked, 7-8 min.
- Kidney Beans = 15-20 min.: soaked, 7-8 min.
- Red Lentil = 1-2 min.
- Navy Beans = 20-25 min.: soaked, 7-8 min.
- Pinto Beans = 25-30 min.: soaked, 6-9 min.
- Peas = 16-20 min.: soaked, 10-12 min.
- Soybeans = 35-45 min.: soaked, 18-20 min.
- *Soaked = covering dried beans with water and soaking overnight

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QUICK TIPS

- Read through recipes to understand when to add ingredients, what pressure to use, cooking time, and release method.
- Cut large pieces of meat into small/even pieces.
- Cold or frozen foods will increase the amount of time it takes the cooker to pressurize.
- Do not overfill
- Natural pressure release is used with large cuts of meat that take longer to cook or items with a lot of liquid- this will gradually release the pressure. Quick pressure release is used to quickly release the pressure to stop the cooking process.

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WHAT IS A SLOW COOKER AND WHY TO USE ONE?

A large electric pot that is used for cooking foods very slowly. Slow cookers are a good way to do hands-off cooking; prep the food before work and the meal is ready when you get home. They are great for tenderizing meat and good for preparing stews, soups, rice, and casseroles. It is easy to use and easy to clean, as well.



COOKING TIMES

Beef Roast - Whole Chuck, Brisket, Round (3-4 lbs)
- Low Heat - 8 hours
- High Heat - 6 hours

Beef Stew Meat - 3 lbs
- Low Heat - 6 hours
- High Heat - 5 hours

Large Pork Roast - 6-7 lbs
- Low Heat - 9.5 hours
- High Heat- 7.5 hours

Pork Loin - 3-4 lbs
- Low Heat - 6 hours
- High Heat - 5 hours

Chicken - 6 lbs
- Low Heat - 7.5 hours
- High Heat - 6.5 hours

Fish - 3 lbs
- Low Heat - 3.5 hours
- High Heat - 1.5 hours

Beans
- **Low Heat - 6-8 hours**
  - Soaking beans overnight will decrease cooking time

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QUICK TIPS

- Order of ingredients matter; harder root vegetables and meat should go on the bottom, grains on top of this, more delicate veggies such as broccoli on top, and liquid or sauces poured on top and around the ingredients.
- Some ingredients should be added at the end of the cooking process such as hot sauce, cheese, parsley, basil, olive oil, and lemon juice.
- Slow cookers can be set on high heat or low heat. High heat will speed up the cooking process while low heat will take longer. The low heat option is good for keeping food warm until mealtime.