



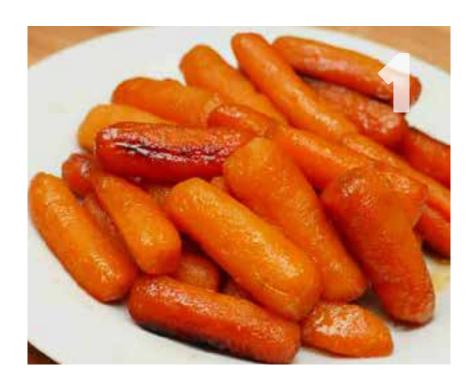
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Brown Sugar Carrots

Ingredients:

32 oz. bag baby carrots 1/2 cup water 1/2 cup brown sugar 4 tbsp unsalted butter 1/2 tsp salt



Directions:

Place carrots, butter, brown sugar, salt and water into the pressure cooker.

Lock the lid and cook on high pressure for 4 minutes. Release the pressure and stir carrots before serving.

Spicy Chili

Ingredients:

1 lb. ground beef or turkey1 onion finely chopped1 bell pepper finely chopped1 can diced tomatoes1 can red beans, drained

1 small can tomato sauce 2 tsp chili powder 1 pinch of dried cayenne pepper shredded cheese (optional)



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Once the pot is hot, brown ground beef. Add onions and bell pepper. Stir for 1 minute. Add the remaining ingredients. Salt and pepper to taste.

Lock the lid and cook on high pressure for 10 minutes. Allow the pressure to release naturally. Serve and top with shredded cheese (optional).

Salmon

Ingredients:

1 cup chicken broth 1 pinch saffron 1/4 tsp sea salt 1 tbsp unsalted butter 2 frozen salmon fillets (4-6 oz)



Directions:

Place all ingredients, except for the salmon, into the pressure cooker. Insert the pressure cooker rack then place the salmon onto the rack.

Lock the lid and cook on high pressure for 5 minutes. Allow the pressure to release naturally.

Stuffed Flank Steaks

Ingredients:

12 oz. pkg frozen spinach, thawed 3 cloves of garlic, minced 1/4 cup grated Parmesan cheese 1 1/2 - 2lbs. flank steak salt & pepper 1 tsp paprika 1/2 tsp thyme 1 tbsp olive or avocado oil 2/3 cup beef broth



Directions:

Drain the thawed spinach and dry well using paper towels. In a bowl, combine spinach, garlic and cheese.

Carefully slice flank steak in half, horizontally. Season with salt and pepper. Slice across the shortest side into about 6 strips. Add filling to the center of the strip and roll into a circle. Tie across the steak with butcher's twine. Trim off excess twine, leaving about 1/4" ends.

Place rounds on a flat side and sprinkle with paprika and thyme.

Some models of GoWISE USA pressure cookers include a Saute setting. You can Saute without the lid. Set the pressure cooker to Saute. Add oil and heat. Brown both sides of the steak rounds. Add beef broth.

Lock the lid and cook on high pressure for 30 minutes. Allow the pressure to release for 5 minutes. Release the remaining pressure. Rest steak rounds for 5 minutes before slicing or serving. Remove twine before serving.



Honey Glazed Chicken

Ingredients:

1 1/2 lbs. boneless skinless chicken thighs
1 1/2 cups diced onion
3 cloves of garlic
1/2 cup soy sauce
1/4 cup ketchup
1 cup honey
1/8 tsp salt
1/8 tsp black pepper
1/3 tbsp red pepper flakes



Directions:

Place all ingredients into the pressure cooker.

Lock the lid and cook on high pressure for 15 minutes. Release the pressure. Remove chicken, slice and set aside.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Stir sauce until thickened. Add sliced chicken back into the pot, then mix well. Serve over rice (optional).

Spicy-Rub Pork Chops

Ingredients:

2 tbsp olive oil or avacado oil 3/4 tsp sugar

1 tbsp coarse salt

1 tbsp black pepper

3/4 tsp chili powder

3 tbsp paprika

1 tsp dried cayenne pepper

4 boneless pork chops

1 gallon zip sealing bag

11/2 cups chicken broth

barbeque sauce (optional)



Directions:

Add oil and dry ingredients into a 1-gallon zip-seal bag. Shake to mix. Add pork chops and massage rub into the pork chops. Refrigerate for 1 hour. Flip the bag and let sit for another hour.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Once hot, place the pork chops into the pot, reserving remaining seasoning. Brown pork chops for about 2 minutes on each side. Remove pork chops and set aside.

Scrape off any bits from the bottom of the pressure cooker pot then add chicken broth to the pot. Insert the pressure cooker rack then place the pork chops onto the rack.

Lock the lid and cook on high pressure for 10 minutes. Release the pressure. Remove pork chops and place onto a baking sheet. Optional: Baste with your favorite barbecue sauce and broil on high for 2-3 minutes until the sauce is caramelized.

Ham Hock & Lentil Soup

Ingredients:

1 tbsp olive oil or avacado oil 1 onion, diced 2 carrots, sliced 3 garlic cloves, minced salt & pepper 2 ham backs 1 lb. brown lentils, rinsed8 cups water1 tsp balsamic vinegar



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Add onions, carrots, garlic and season with salt and pepper. Stir until softened.

Add ham hocks, lentils and water. Lock the lid and cook on high pressure for 12 minutes. Allow the pressure to release naturally. Then remove ham hocks and set aside.

Remove 2 cups of the cooked lentils. Using a blender, blend or pureé until smooth. Add back into pressure cooker pot.

Trim excess fat from ham hocks. Remove meat from the bone. Add back into pressure cooker pot. Add balsamic vinegar and salt and pepper to taste. Stir well then serve.



Beef Pot Roast

Ingredients:

1 chuck roast 1 tbsp olive oil or avacado oil

4 garlic cloves, minced

4 carrots, chopped

1 large white onion

4 medium potatoes

2 tbsp red wine

1 cup unsalted chicken stock

1 tbsp light soy sauce1 tbsp worcestershire sauce1 pinch of thyme & rosemary2 bay leaves



Directions:

Pat chuck roast dry with a paper towel. Season with salt and pepper.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil to the pressure cooker pot and heat. Add the roast and brown for about 10 minutes on each side. Remove the roast and set aside.

Add a small amount of oil back into the pressure cooker. Sauté onions and garlic with salt and pepper. Deglaze with red wine, scraping with a wooden spoon. Add chicken stock, soy sauce, Worcestershire sauce, pinch of rosemary and thyme, and bay leaves. Add roast and remaining vegetables to the pot and cook on high pressure for 30 minutes. Allow pressure to release naturally. Using a meat thermometer, check the meat to make sure it has reached a safe internal temperature before serving.

Spinach Chicken Alfredo

Ingredients:

1 tbsp olive oil or avacado oil
4 boneless chicken thighs
5 garlic cloves, minced
3 cups unsalted chicken stock
1 lb. penne pasta
1 cup heavy cream
2 cups baby spinach

2 tbsp unsalted butter salt & pepper dried parmesan cheese



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil to the pressure cooker pot and heat. Add the chicken and brown all sides. Remove chicken and set aside.

Add a small amount of oil back into the pressure cooker. Sauté garlic. Add chicken stock, scraping any bits from the bottom of the pot with a wooden spoon.

Return the chicken to the pot. Add uncooked pasta, cream, butter, salt, pepper and stir. Cook on high pressure for 30 minutes. Release the pressure. Remove chicken, slice into squares, and return to pot. add cheese and stir until melted. Add spinach and stir until wilted. Then serve.



Berry Cobbler

Ingredients:

Filling:

12 strawberries, quartered

1 cup blueberries

2 tsp lemon juice

1/4 cup brown sugar

1/4 cup white sugar

1/4 tsp cinnamon

3 tbsp corn starch

3/4 cup water

Crust:

2 cups pancake mix

1/2 cup milk

3 tbsp melted butter

1 tsp vanilla extract

3 tbsp white sugar

Cinnamon & Sugar Mix :

1/2 tsp cinnamon

11/2 tbsp brown sugar



Directions:

Place strawberries and blueberries into a mixing bowl. Add lemon juice, brown sugar, white sugar, cinnamon, corn starch and water. Stir gently, then pour into the pressure cooker pot.

For the crust, in a separate bowl, add pancake mix, milk, butter, vanilla and sugar and stir until smooth.

In another bowl, mix cinnamon and sugar.

Place crust onto berry mix inside the pot. Sprinkle cinnamon and sugar over the crust. Lock the lid and cook on high pressure for 10 minutes. Serve with vanilla ice cream (optional).



Black Beans

Ingredients:

1 lb. dried beans6 cups water8 cups additional water2 bay leaves5 garlic cloves, minced1 tbsp salt



Directions:

Rinse beans well and place into the pressure cooker pot. Add 6 cups of water. Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Bring to a boil. Then lock the lid and cook on high pressure for 1 minute.

Carefully drain and rinse beans under running water. Place beans back into the pot. Add 8 cups of water, garlic, salt and bay leaves. Lock the lid and cook on high pressure for 12 minutes. Let the pressure release naturally.

Whole Chicken

Ingredients:

5 1/2 lb whole chicken
2 tbsp olive oil or avacado oil
4 tsp salt
1 tsp white pepper
1/2 tsp black pepper
1/2 tsp cayenne pepper
2 tsp paprika

1 tsp onion powder1 tbsp basil1 tbsp thyme5 garlic cloves, minced2 lemons, juiced



Directions:

Rub the whole chicken with oil and dry seasonings. Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil to the pressure cooker pot and heat. Sauté garlic then add the whole chicken to the pot. Add lemon juice along with the lemons. Brown the chicken on all sides.

Carefully remove the chicken then insert a pressure cooker baking rack into the pot. Place the chicken onto the rack. Lock the lid and cook on high pressure for 25 minutes. Using a meat thermometer, check the chicken to make sure it has reached a safe internal temperature before serving.

Spinach Artichoke Dip

Ingredients:

10 oz. frozen chopped spinach 14 oz. can of artichoke hearts 1/2 cup sour cream 1 cup mayonnaise 1 cup shredded parmesan 1 cup shredded mozzarella 1/4 tsp garlic salt 1/4 tsp black pepper



Directions:

Combine all ingredients and place into a pressure cooker baking pan. Cover with foil.

Add 2 cups of water to the bottom of the pressure cooker and insert rack. Place baking pan on rack. Lock the lid and cook on high pressure for 10 minutes. Serve with tortilla chips.

Hot Cocoa

Ingredients:

1/2 cup unsweened cocoa mix
3/4 cup hot water
2 cinnamon st
1 cup heavy cream
5 cups almond milk
4 oz. condensed milk
2 tsp vanilla extract

1 pinch of salt 2 cinnamon sticks 1 bag of small marshmallows whipped cream



Directions:

Using a glass mixing bowl, dissolve cocoa in hot water. Pour into pressure cooker pot. Add cream, almond milk, condensed milk, vanilla, Stevia, cinnamon sticks and pinch of salt. Stir together.

Lock the lid and cook on low pressure for 6 minutes. Serve and top with marshmallows and whipped cream (optional).

Vegetable Soup

Ingredients:

2 large russet potatoes, peeled & diced
1 cup frozen peas
1 large ear of fresh corn, kernels sliced off cob
1 celery stick, diced
1 carrot, sliced
1 1/2 quarts vegetable stock
1/4 cup fresh cilantro leaves, minced



Directions:

Place potatoes, peas, corn, celery, carrots and stock into the pressure cooker. Add salt and pepper to taste. Lock the lid and cook on high pressure for 15 minutes. Allow the pressure to release naturally. Add fresh cilantro (optional).

Rice Pudding

Ingredients:

3 cups water
2 cups medium grain white rice
4 cups almond milk
1 1/2 tsp vanilla extract
1 cup Stevia
1/2 cup sugar
1 tsp cinnamon
1 cup raisins
2 cinnamon sticks
1 pinch of salt



Directions:

Add water, rice and a pinch of salt to the pressure cooker pot. Lock the lid and cook on high pressure for 6 minutes.

Add the rest of the ingredients to the pot. Stirring constantly, bring to a low boil for 1 minute then serve.

Hard Boiled Eggs

Ingredients:

8 eggs 2 cups water

4 cups cold water

4 cups ice



Directions:

Add 2 cups of water to the pressure cooker pot. Insert steam rack. Place eggs onto the steam rack (above the water). Lock the lid and cook on high pressure for 6 minutes. Release the pressure. Transfer eggs to a bowl of cold water and ice and allow to cool before peeling or refrigerate.

Chili Lime Chicken

Ingredients:

2 tbsp olive oil or avacado oil 1 lime, juice & zest 3 garlic cloves, minced 1 tsp cumin 1 tsp chili powder 1/3 cup cilantro, chopped 4 chicken thighs (1 1/2 lbs.) 1/2 cup chicken broth



Directions:

Add 1 tbsp of oil, lime juice, garlic, cumin, chili powder, cilantro and salt and pepper into a 1-gallon zip-seal bag. Shake to combine. Add chicken and massage marinade into chicken. Refrigerate for at least 30 minutes and up to 1 hour - flip the bag and redistribute marinade halfway.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add 1 tbsp of oil to the pot and once hot, add the chicken and sear for 2-3 minutes on both sides.

Scrape off any bits from the bottom of the pressure cooker pot, then add chicken broth to the pot. Lock the lid and cook on high pressure for 9 minutes. Serve with rice or quinoa (optional).

Cilantro Lime Rice

Ingredients:

2 cups basmati rice 2 1/2 cups water 3 tbsp olive oil or avacado oil 1 tsp salt 2 limes 1/2 cup fresh cilantro, chopped



Directions:

Add rice, water, oil, salt and juice of 1 lime to the pressure cooker pot and stir. Lock the lid and cook on high pressure for 6 minutes. Release the pressure and transfer rice to a serving bowl. Mix in the juice of the other lime and cilantro.

Try serving with one of our black bean, chicken, pork or beef recipes.

Creamy Cheesecake

Ingredients:

Topping:
16 oz. cream cheese, softened
1/2 cup sugar
1/2 tsp lemon zest
2 eggs at room temp
1 egg yolk at room temp
1 tsp vanilla extract
1/4 cup heavy cream
pinch of salt

Crust: % cup graham-cracker crumbs 3 tbsp unsalted butter, melted 1 tbsp of sugar



Directions:

Oil a pressure cooker baking pan.

In a bowl, combine graham-cracker crumbs, butter and sugar. Place into baking pan and press to into the bottom and up the side of the pan. Freeze for 10 minutes.

In a bowl, mix cream cheese, sugar, cream, zests and vanilla until smooth. Add eggs and yolk one at a time and gently mix until combined. Do not over-blend. Pour over pie crust. Cover with foil.

Add 11/2 cups of water to the pressure cooker pot. Insert rack. Place the baking pan onto the rack. Lock the lid and cook on high pressure for 35 minutes. Allow the pressure to release naturally. Remove and allow to cool before serving.

Sausage & Lentils

Ingredients:

1/3 lb bacon, chopped 1 medium onion, diced 1 garlic clove, minced 1 lb. italian sausage 1 tsp ground cumin 1 lb. lentils 1/2 cup tomato paste1/4 cup chopped fresh parsley4 cups of water4 cups chicken stock



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add bacon, sausage, onion and garlic. Sauté for about 10 minutes. Add cumin, lentils, tomato paste, water, chicken stock, parsley and salt and pepper.

Lock the lid and cook on high pressure for 45 minutes. Allow the pressure to release naturally.

Flan

Ingredients:

1 cup white sugar 3 eggs 1 tbsp vanilla extract 1 (12 oz.) can evaporated milk 1 (14 oz.) can sweetened condensed milk pinch of salt



Directions:

In a saucepan, melt sugar over medium/high heat until dissolved. Be sure to stir constantly. You may need to lower the heat to avoid burning. Transfer the sugar to a non-stick baking pan for the pressure cooker. Set aside.

In a bowl, beat together eggs, vanilla, evaporated milk, condensed milk and a pinch of salt. Pour over the sugar inside the baking pan.

Add 2 cups of water into the pressure cooker pot. Insert the pressure cooker rack. Carefully place the baking pan onto the rack. Lock the lid and cook on high pressure for 40 minutes.

Remove the baking pan and allow to cool. Refrigerate for at least 2 hours. Carefully run a plastic or knife or spatula or wooden skewer around the edge of the flan to loosen. Place a serving dish on top and carefully flip flan onto the dish.

Chewy Brownies

Ingredients:

1/2 cup butter
1/4 cup unsweetened cocoa powder
3/4 cup flour
3/4 tsp baking powder
1/4 tsp salt
1 cup sugar
1 tbsp honey
2 eggs
1/2 cup chopped walnuts (optional)



Directions:

Using a microwave-safe glass bowl, melt butter in a microwave. Mix in cocoa and set aside.

In a large mixing bowl, stir together flour, baking powder, salt and sugar. Mix in honey, eggs and chopped nuts. Pour into a pressure cooker baking pan.

Add 2 cups of water into the pressure cooker pot. Insert the pressure cooker rack. Place the baking pan onto the rack and cover baking pan with foil. Lock the lid and cook on high pressure for 35 minutes.

Gumbo

Ingredients:

1 tbsp olive oil or avacado oil 1 lb. smoked sausage 1 lb. boneless, chicken thighs 1/4 cup vegetable oil 1/2 cup flour 1 tsp cajun spice 1 onion, diced 1 bell pepper, diced 1 celery stalk, sliced 1/2 lb. fresh okra, sliced 2 tomatoes, chopped 4 garlic cloves, minced 1/2 tsp salt 1 qt. chicken broth



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Add sausage and brown for about 4 minutes. Remove sausage and set aside, leaving oil inside the pot. Add chicken and brown for about 6 minutes. Remove chicken and set aside with the sausage, leaving oil inside the pot.

Add oil, flour and Cajun spice to the pot, scraping any bits from the bottom of the pot with a wooden spoon. Heat for 2-3 minutes, stirring constantly. Add onion, bell pepper, celery, okra, garlic, tomato and salt. Continue stirring for another 2-3 minutes.

Add chicken broth, stirring and scraping any bits from the bottom of the pot. Return sausage and chicken to the pot. Lock the lid and cook on high pressure for 10 minutes. Serve with rice or quinoa (optional).

Chocolate Cake

Ingredients:

1 1/2 cup flour 4 tbsp cocoa powder 3/4 tsp baking powder pinch of salt 2 eggs 3/4 cup sugar 3 1/2 tbsp melted butter 1 cup milk



Directions:

Place flour, cocoa, baking powder and salt into a mixing bowl and combine.

In a separate bowl, beat together eggs and sugar. Add milk and melted butter and mix well. Combine with dry ingredients.

Oil a pressure cooker baking pan and pour batter into the pan. Cover with foil.

Add 1 cup of water to the pressure cooker pot. Insert the pressure cooker rack. Place the baking pan onto the rack. Lock the lid and cook on high pressure for 30 minutes. Release the pressure and removing the baking pan. Allow to cool for 15 minutes before serving.

Enchiladas

Ingredients:

1 tbsp olive oil or avacado oʻll 1/2 lbs. boneless chicken brea<mark>sts</mark>

1 cup diced onion 12 corn tortillas

8 oz. sharp cheddar cheese

8 oz. monterey cheese

2 tbsp fresh cilantro, chopped

and chopped

1 cup chicken broth 2 (80z.) cans tomato sauce

4 cloves garlic, minced

1 jalapeño, seeds removed

2 tbsp chili powder

1tbsp sugar

1tsp cumin



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Sauté onion, garlic and jalapeño until tender. Add chicken broth, tomato sauce, chili powder, cumin, sugar, salt and pepper and stir. Add chicken.

Lock the lid and cook on high pressure for 15 minutes. Remove chicken. Let chicken cool, then shred using a fork.

Preheat an oven at 400°F. Brush corn tortillas lightly with oil, and bake for about 5 minutes. Use tortillas to wrap shredded chicken and cheese. Using a 9"x13" glass baking dish, spread sauce from the pressure cooker onto the bottom of the dish. Then place tortilla wraps on top of the sauce in the baking dish. Cover with remaining sauce. Then cover dish with foil and bake for 20-30 minutes.

Brussel Sprouts

Ingredients:

1 1/2 lbs. brussel sprouts 6 garlic cloves, minced 2 tbsp olive oil or avacado oil 3/4 tsp salt 1/2 tsp black pepper 1/4 cup soy sauce 1/4 cup water



Directions:

Rinse brussel sprouts and trim bottom of the stems. Place brussel sprouts and garlic into a mixing bowl and toss with oil, salt and pepper.

Place brussel sprouts into the pressure cooker pot. Add water and soy sauce. Lock the lid and cook on high pressure for 3 minutes. Release pressure and serve.

Cinnamon Bun Raisin Oatmeal

Ingredients:

1 tbsp unsalted butter
1 cup steel cut oats
3 1/2 cups water
1/4 tsp salt
3/4 cup raisins
1/4 cup light brown sugar
1 tsp cinnamon
2 oz. cream cheese
2 tbsp powdered sugar
2 tsp milk



Directions:

Press saute on your pressure cooker and wait for the pot to get hot. Add the butter and stir until completely melted. Add the oats and stir continuously until oats absorb the butter.

Add the water to the pot, lock the lid, turn the regulator knob to pressure, and cook on high pressure for 10 minutes.

Release the pressure, open the lid, stir in the raisins, press warm/cancel and lock the lid. Leave the cooker to sit while you make the cinnamon topping and frosting.

In a small cup, mix the cinnamon and light brown sugar. Sift well using a fork.

in a small mixing bowl, mix the cream cheese, powdered sugar and 2 TSP of milk. Whisk until creamy. Using a pastry piping bag and fill with frosting. Serve the oatmeal with a generous sprinkling of cinnamon and swirl of frosting.



Ribs

Ingredients:

2 racks baby back ribs 1 sm. onion, diced 2 garlic cloves, minced

Rub: 2 tbsp brown sugar 3/4 tsp salt 2 tbsp paprika 1/2 tsp black pepper 1 1/2 tbsp chili powder Sauce:
3 tbsp brown sugar
3 tbsp worcestershire sauce
1 1/2 tbsp ketchup
1 tsp dry mustard
3/4 tsp salt
3 tbsp apple cider vinegar



Directions:

In a mixing bowl, stir together brown sugar, paprika, chili powder, salt and pepper. Cut ribs into sections of 2. Massage seasoning into ribs.

In a separate bowl, add brown sugar, Worcestershire sauce, ketchup, dry mustard, and apple cider vinegar and salt. Mix together and set aside.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Sauté onions and garlic. Add sauce and stir. Add ribs to the sauce and coat well.

Remove the ribs. Insert rack over the sauce in the pot. Place ribs onto the rack.

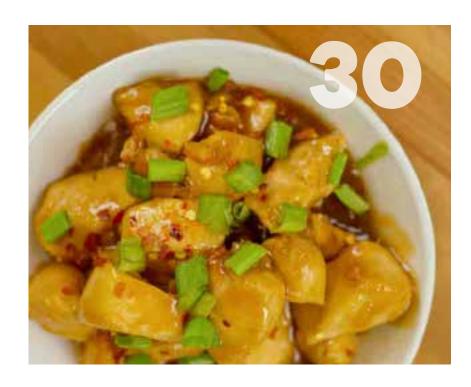
Lock the lid and cook on high pressure for 30 minutes.



Orange Chicken

Ingredients:

4 large boneless skinless chicken breasts
1/4 cup soy sauce
1/4 cup water + 3 tbsp water, divided
2 tbsp brown sugar
1 tbsp rice wine vinegar
1 tsp sesame oil
1/4 tsp chili garlic sauce
1/2 cup orange marmalade
3 tbsp cornstarch
2 green onions, chopped
red pepper flakes



Directions:

Add all ingredients except for cornstarch ,3 tbsp of water, green onion and red pepper into the pressure cooker pot.

Lock the lid and cook on high pressure for 4 minutes.

In a bowl, dissolve cornstarch into 3 tbsp of water. Add it to the sauce in the pressure cooker pot.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté and simmer sauce until thickened. Serve with rice or quinoa. And top with green onion and red pepper flakes (optional).

Beef Stroganoff

Ingredients:

1tsp salt

1/4 tsp onion powder
1/4 tsp garlic powder
1/2 tsp dried thyme
1/2 tsp rosemary
1/4 tsp paprika
2 cups sliced mushrooms
1 medium onion, sliced
2 garlic cloves, minced
1 3/4 cups beef broth
3/4 cup sour cream
2 1/2 lbs. sirloin steak, cubed pre-cooked egg noodles

2 tbsp olive oil or avacado oil



Directions:

Add salt, onion powder, garlic powder, thyme, rosemary and paprika into a 1-gallon zip-seal bag. Shake to combine. Add cubed beef and toss to coat.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Brown beef in small batches then set aside.

Add mushrooms and onions to the pot. Adding more oil if needed and sauté for about 5 minutes. Add garlic and sauté for another minute. Return beef to the pot. Stir in beef broth.

Lock the lid and cook on high pressure for 20 minutes. Allow pressure to release naturally. Using a small bowl, add sour cream. Scoop out ¼ cup of sauce from the pressure cooker and combine with the sour cream. Add mixture to the pot and mix well. Serve over pre-cooked egg noodles and top with parsley (optional).

Mashed Potatoes

Ingredients:

2 lbs. russet potatoes, peeled 4 tbsp unsalted butter 2/3 cup whole milk



Directions:

Add 1 cup of water to the pressure cooker pot. Insert rack into the pressure cooker. Place potatoes onto the rack. The potatoes should be above the water. Lock the lid and cook on high pressure for 7 minutes. Release the pressure. Carefully remove potatoes and set aside to cool. Empty water from the pot.

Once potatoes have cooled, cut into quarters.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add milk and butter and melt the butter. Add salt and pepper to taste. Place the potatoes back into the pot. Using a masher, mash potatoes. Use a plastic whisk to blend and smooth. Serve and top with chives (optional).

Quinoa

Ingredients:

1 cup whole grain quinoa 1 tbsp olive oil or avacado oil 1 garlic clove, minced 1 tsp turmeric 1 tsp cumin 1/2 tsp salt 1 1/2 cups water



Directions:

Using a fine mesh strainer, rinse quinoa under running water for about 2 minutes. This will remove any bitterness from the quinoa.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Sauté garlic. Add turmeric, cumin, salt and stir. Add water and slowly transfer quinoa into the pot.

Lock the lid and cook on high pressure for 1 minute. Release the pressure. Try serving with one of our black bean, chicken, pork or beef recipes.

Barbacoa

Ingredients:

5 garlic cloves 1/2 tsp ground cloves

1/2 med onion, chopped 1 cup water

1 lime, juiced 3 lbs. eye of round beef

1 tbsp cumin
1 tsp olive oil or avacado oil
1 tbsp oregano
2 1/2 tsp solt & coppor

2 tosp oregano 2 1/2 tsp salt & pepper 2 tosp chipotles 2 howlesses

tosp chipoties 3 bay leaves



Directions:

Using a blender, puree garlic, onion, lime juice, cumin, oregano, cloves, chipotle peppers and water until smooth.

Trim any excess fat from the meat. Cut into 2-inch portions. Season with salt and pepper. Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Brown the meat and in batches if needed. Add water, puree from the blender and bay leaves.

Lock the lid and cook on high pressure for 45 minutes. Release the pressure and remove the meat. Allow to cool then shred with a fork. Transfer the meat back into the pot and mix well. Try serving with one of our rice or quinoa recipes.

Asian Dumplings

Ingredients:

1 tbsp olive oil or avacado oil 1 cup minced shiitake mushrooms 1 1/2 cups cabbage, minced 1/2 cup grated carrot 2 tbsp soy sauce 1 tbsp rice wine vinegar

1 tsp grated fresh ginger1 tsp sesame oil12 round dumplingwrappers



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Sauté mushrooms until tender. Add cabbage, carrots, soy sauce and rice wine vinegar. Mix until liquid is absorbed. Set pressure cooker to Warm. Stir in ginger and sesame oil.

Fill a small bowl or ramekin with water. Place next to a cutting board. Place 1 dumpling wrapper onto the cutting board. Dip a fingertip into water and moisten the edges of the wrapper. Place about 1 tbsp of the filling onto the center of the dumpling wrapper. Fold dumpling in half, matching the edges, then pressing and sealing together.

Add 1½ cups of water into the pressure cooker. Insert a rack into the pressure cooker. The rack should be above the water. Place dumplings onto a perforated baking pan and place onto the rack. Lock the lid and cook on high pressure for 7 minutes. Release the pressure and serve immediately.

Spicy Mac n' Cheese

Ingredients:

16 oz. macaroni
4 cups cold water
2 large eggs
12 oz. can evaporated milk
1 tsp sriracha sauce (optional)
4 tbsp unsalted butter
14 oz. sharp cheddar, grated



Directions:

Add macaroni, water and a pinch of salt to the pressure cooker pot. Lock the lid and cook on high pressure for 4 minutes. Allow pressure to release naturally.

In a bowl, whisk milk and eggs, blending in sriracha sauce (optional).

After macaroni has cooked, adjust the pressure cooker to Warm. Remove the lid and add butter, stirring until melted. Add wet ingredients and stir to coat macaroni. Add in cheese and stir until melted.

Elotes with Sauce

Ingredients:

4 ears corn, shucked and rinsed 1/2 cup plain almond milk 1/4 tsp cayenne pepper 1/4 tsp salt 2 tbsp sesame seeds 2 tbsp nutritonal yeast 1 tbsp brown rice flour 1 garlic clove, peeled 1 tbsp fresh lime juice



Directions:

Add 1½ cups of water to the pressure cooker pot. Insert a steam rack into the pot. Place corn on the rack. The corn should be above the water. Lock the lid and cook on high pressure for 5 minutes. Release the pressure.

In a blender, combine all other ingredients, except lime juice. Blend well. Pour the sauce into a saucepan and heat over medium/high, stirring until it reaches a boil. Add the lime juice and stir for another minute.

Drizzle corn with sauce and serve while it's warm. Drizzle with hot sauce (optional).

Shepherd's Pie

Ingredients:

1 tbsp olive oil or avacado oil
1 cup diced onion
1 cup diced carrot
3 garlic cloves, minced
2 lbs. ground lamb
1 cup beef stock
1 tbsp tomato paste
1/2 tsp salt
1/2 tsp pepper
2 tbsp cornstarch



Directions:

Preheat an oven at 375°F. Oil a 2-quart casserole dish that will fit into the pressure cooker.

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Sauté onions and carrots until tender. Add garlic and cook for another minute. Add ground lamb and brown. Drain the oil from the meat.

Add meat, stock, tomato paste and salt and pepper to the pressure cooker pot. Lock the lid and cook on high pressure for 3 minutes. Release the pressure.

In a small bowl, combine cornstarch and water. Add to the pressure cooker pot. Press Sauté and bring to a boil, stirring continuously. After sauce has thickened, add corn, peas and parsley. Place mixture into a casserole dish.

Rinse the pressure cooker pot. Add 1 cup of water and insert steam rack. Place potatoes onto rack, above water. Lock the lid and cook on high pressure for 5 minutes. Release pressure and drain. Place potatoes back into the pot. Using a masher, mash potatoes. Stir in milk, butter, cheese and salt and pepper. Top meat with the mashed potatoes.

Spinach & Tomato Quiche

Ingredients:

12 large eggs
1/2 cup milk
1/2 tsp salt
1/4 tsp black pepper
1 cup diced and seeded tomato
3 cups baby spinach, chopped
3 large green onions, sliced
4 tomato slices for topping
1/4 cup shredded parmesan cheese



Directions:

In a large bowl, whisk together eggs, milk, salt and pepper.

In a 1½-quart casserole dish that will fit into the pressure cooker, add spinach, diced tomato and green onions and stir together. Pour egg mixture over the baking dish and stir. Gently place sliced tomatoes on top and sprinkle with cheese.

Add 1 cup of water to the pressure cooker. Insert rack. Place casserole dish onto rack. Lock the lid and cook on high pressure for 20 minutes. Release the pressure. Remove casserole dish and place into an oven on broil for 5 minutes, browning the top.

Lo Mein

Ingredients:

2 cups partially cooked rice noodles 1/3 cup sliced carrots 1/3 cup chopped broccoli 1/4 cup reduced sodium soy sauce 2 cups vegetable broth 1/3 cup brown sugar 2 tsp minced garlic cloves 1 tbsp cornstarch 1/2 tsp grated ginger black pepper



Directions:

Add 1 cup of water to the pressure cooker pot. Add partially cooked rice noodles, carrots and broccoli.

In a bowl, mix soy sauce, broth, brown sugar, garlic, ginger, cornstarch and pepper. Add to the pot. Lock the lid and cook on high pressure for 2 minutes. Release pressure. Remove lid and stir before serving.

Rosemary Garlic Potatoes

Ingredients:

1 lb. baby red potatoes1 tbsp olive oil or avacado oil2 garlic cloves, minced2 sprigs of fresh rosemarysalt & pepper



Directions:

Add 1 cup of water to the pressure cooker. Insert rack into the pressure cooker. Place potatoes onto the rack. The potatoes should be above the water. Lock the lid and cook on high pressure for 4 minutes. Release the pressure. Carefully remove potatoes and set aside to cool.

In a microwave-safe bowl, combine oil, garlic, rosemary, salt and pepper. Microwave for 1 minute.

Once potatoes have cooled, slice into thin medallions. Place into a serving dish and coat with rosemary and olive oil mix.

Meatloaf

Ingredients:

2 lbs. ground beef 11/2 cups breadcrumbs 1 cup parmesan cheese 4 large eggs 1 tbsp garlic cloves, minced 1 tsp steak seasoning salt & pepper Sauce: 5 tsp brown sugar 2/3 cup ketchup 1 tbsp dry mustard 2 tsp worcestershire sauce

1 cup beef broth



Directions:

In large mixing bowl, combine all ingredients except for sauce ingredients. Mix together with your hands. After well combined, form a loaf shape that will fit inside the pressure cooker.

In a separate bowl, mix together all sauce ingredients. Do not add beef broth.

Add beef broth to the pressure cooker pot. Insert steam rack. Place meatloaf onto the rack. Spread half of the sauce onto the loaf. Lock the lid and cook on high pressure for 35 minutes. Release the pressure and remove the loaf. Place the loaf onto a baking dish and top with remaining sauce. Broil in an oven for 5-6 minutes, until the sauce has caramelized.

Green Pepper Casserole

Ingredients:

1 lb. lean ground beef 1/2 tsp salt 1/3 cup chopped onion 1/4 tsp pepper

2 garlic cloves, minced 1 cup shredded mozzarella

2 large green peppers, chopped

1 - 14.5 oz. can diced tomatoes

1 - 8 oz. can tomato sauce

1/2 cup beef broth

1/2 cup uncooked rice

1 tbsp worcestershire sauce



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and sauté onions. Brown ground beef. Add garlic and cook for another minute. Stir in peppers, tomatoes, rice, tomato sauce, broth, worcestershire sauce, salt and pepper.

Lock the lid and cook on high pressure for 4 minutes. Release pressure.

Pour into an oven-safe dish. Top with cheese and place into an oven on broil for 5 minutes, or until cheese is melted.

Pumpkin Pie

Ingredients:

1/2 cup light brown sugar 1/2 tsp salt

11/2 tsp pumpkin pie spice 1 egg, beaten

11/2 cups solid packed pumpkin

1/2 cup evaporated milk



Directions:

Oil a pressure cooker baking pan.

In a bowl, combine graham-cracker crumbs, butter and sugar. Place into baking pan and press to into the bottom and up the side of the pan. Freeze for 10 minutes.

In a bowl, combine sugar, salt, pumpkin pie spice and pumpkin. Slowly blend in egg and evaporated milk Pour over the crust

Add 1 cup of water to the pressure cooker. Insert rack into the pressure cooker. Place baking pan on rack. Lock the lid and cook on high pressure for 35 minutes. Release the pressure. Insert a toothpick into the center of the pie. If the toothpick comes out clean, the pie is done. If not, you may cook for another 5 minutes.

Refrigerate for 4 hours. Serve and top with whipped topping (optional).

Crust:

1 tbsp of sugar

Cherry Pie

Ingredients:

6 cups fresh pitted cherries
1/2 cup water
2 tbsp fresh lemon juice
2/3 cup granualted sugar
4 tbsp cornstarch
1/4 tsp almond extract
1 pkg (2 pcs) pre-made crust



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add cherries, water, lemon juice, sugar and cornstarch to the pot. Bring to a boil, stirring constantly. Then reduce heat to low and continue to cook until the filling has thickened, stirring occasionally. Stir in almond extract. Remove the cherry filling from the pot and allow to cool. You may chill in the refrigerator for 10 minutes.

Preheat an oven at 375°E.

If using pre-made frozen pie crusts, keep refrigerated until you are ready to use. Line a pie dish with 1 piece of the pie crust. Press crust down to form into the pie dish. Fill with cherry filling. Then place the other piece of the pie crust on top. Use kitchen shears to trim dough to a 1/2-inch overhang. Press edges together to seal. Using a knife, make several slits through top of the pie.

Bake in an oven at 375°F for 7 minutes or until the crust is golden brown.

Banana Cinnamon French Toast

Ingredients:

5 slices of french bread. cubed 4 bananas, sliced 2 tbsp brown sugar 1/4 cup cream cheese 1/4 cup pecans 2 tbsp chilled butter 3 eggs 1/2 cup milk 1 tbsp white sugar 1 tsp vanilla extract 1/2 tsp cinnamon maple syrup



Directions:

Oil a pressure cooker baking pan.

Using a microwave-safe bowl, melt cream cheese in the microwave for about 30 seconds. Do not over-heat. Melt until just soft enough to spread easily.

Slice bread into cubes. Add a layer of bread to the pan, then layer banana slices and sprinkle with 1 tbsp of brown sugar. Then spread cream cheese. Top with the remaining bread cubes, then layer banana slices, sprinkle with another tbsp. of brown sugar. Top with half of the pecans and slices of the butter.

In a bowl, whisk eggs and milk. Stir in white sugar, vanilla and cinnamon. Pour over the pecans.

Add ¾ cup of water into the pressure cooker pot. Insert rack into pressure cooker. Place the baking pan onto the rack. Lock the lid and cook on high pressure for 20 minutes. Release the pressure and remove the baking pan from the pressure cooker.

Allow to cool for 5 minutes before serving. Top with the other half of the pecans and drizzle with maple syrup (optional).

Chicken Curry

Ingredients:

2 tbsp olive oil or avacado oil
8 skinless chicken breasts, quartered
4 garlic cloves, minced
2 large onions, chopped
2 tbsp curry powder
1 green apple, diced
1 cup chicken broth 1 tsp salt 1/2 tsp pepper 2 tbsp flour 1 cup plain yogurt



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Brown chicken then remove the chicken and set aside. Sauté onions and garlic. Stir in curry powder. Mix in apples, chicken broth, salt and pepper. Return chicken back to the pot and stir.

Lock the lid and cook on high pressure for 10 minutes. Allow pressure to release naturally. Adjust pressure cooker to sauté. Then stir in flour and yogurt. Serve with rice or quinoa.

Irish Beef Stew

Ingredients:

2 tbsp olive oil or avacado oil 1 onion, chopped 4 garlic cloves, minced 1 tsp salt 1/2 tsp black pepper 1 1/2 cup potatoes, diced 2 lbs. cubed beef 3 cups stout beer



Directions:

Some models of GoWISE USA pressure cookers include a Sauté setting. You can Sauté without the lid. Set the pressure cooker to Sauté. Add oil and heat. Sauté onions, garlic, salt and pepper. Brown the beef cubes then stir in beer and potatoes.

Lock the lid and cook on high pressure for 20 minutes.

Three Bean Chili

Ingredients:

1 tbsp olive oil or avacado oil
1 small yellow onion, chopped
2 carrots, chopped
14.5 oz can diced tomatoes
1 tsp salt & pepper
15.5 oz can cannelini beans
15.5 oz can kidney beans
15.5 oz can chickpeas
3 1/2 cups of water or vegetable broth

Pesto topping: 1/4 cup of olive oil 3 tosp pine nuts, chopped 1 cup fresh parsley, chopped 1 garlic clove, minced



Directions:

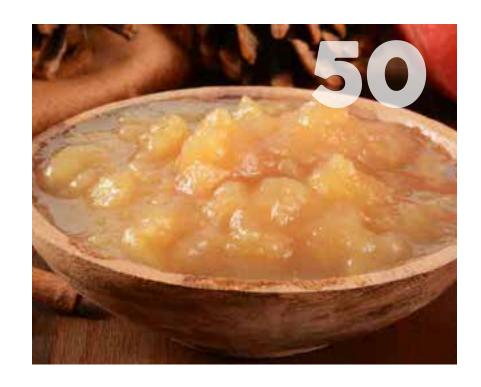
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For the pesto topping (optional), in a separate bowl, add oil, pine nuts, fresh parsley, garlic, salt, pepper and stir. You may also use a food processer to chop the pine nuts, parsley and garlic, blending in the oil, salt and pepper.

Applesauce

Ingredients:

5 large red apples 1 cup water 1/4 cup brown sugar 1/2 tsp cinnamon



Directions:

Peel, core and dice apples. Place into the pressure cooker pot. Add water, sugar and cinnamon.

Lock the lid and cook on high pressure for 10 minutes. Allow pressure to release naturally.



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