

50

RECIPES
for your
PRESSURE
COOKER



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• CATEGORIES

Basics – Basic tips and go-to staples to make in your pressure cooker

Sides – Use these delicious sides recipes again and again

Soups – Nothing does soup better than the pressure cooker!

Entrées – Save time with these flavorful mains

Tasty Treats – Yes, it even does dessert. Talk about versatile!

• SIZES

Each recipe includes the size pressure cooker it was cooked with to give you a better idea of portions the recipe will yield. Feel free to adjust for your size pressure cooker.

• DIETARY RESTRICTIONS



VEGETARIAN



VEGAN



GLUTEN FREE



KETO



DAIRY FREE



50 RECIPES for your PRESSURE COOKER

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Blackberry Jam

How to Can in an Electric Pressure Cooker (10QT)

Ingredients:

- 4 pints of blackberries
- 3 tbsp of pectin powder
- 1/2 lemon, juiced
- 5 cups of sugar
- Canning kit

Instructions:

First, choose a jar that suits your needs. We used wide-mouth pint jars for this recipe. Boil jars and lids for 10 minutes.

Press the Sauté button and add in berries, pectin, lemon juice, and sugar to the pressure cooker pot. Add one cup of sugar at a time and mix around to dissolve. Let the mixture boil for 3-5 minutes. (Optional: mash berries if you'd like a smoother consistency.)

After carefully taking the jars out, clean rims with white vinegar. Using a funnel, fill each jar while they are still hot and leave 1 inch of head space. Make sure not to overfill and that rims are clean.

Tap sides of glass to clear air bubbles. Make sure there are no air bubbles before sealing.

Seal jars. Screw on finger tight. Do not over tighten lids, they will seal when in the pressure cooker. Place trivet. Add sealed jars and do not let jars touch each other or the cook pot. We used our 10-Quart model and could fit 5 pint-sized jars.

Pour water into pot until jars are covered 1/4 of the way. Lock lid and select the canning setting. Adjust time to 20 minutes.

After taking out the jars with tongs, let them cool down. Wait 12- 24 hours before checking if they sealed properly, then place a finger on the top of the cap. If it can be pushed down and make a "pop" noise, the jar was not properly sealed. This means you cannot store it long term; however, you can eat the jam within the next couple of days.

If the seal was correct and there was no "pop" sound, then congratulations: you have properly canned blackberry jam.



This recipe has a video on our YouTube channel

Chicken Stock

8QT

Ingredients:

Roasted chicken carcass – or cut up pieces of raw chicken with bones*
1 yellow onion, quartered
2 carrots, cut in half
2 celery stalks, cut in half
4 cloves of garlic, smashed
Handful of fresh parsley
Sprig of thyme
Salt and pepper, to taste



Instructions:

Place the chicken carcass or cut up chicken pieces into the pressure cooker pot. Add in the onion, carrots, celery, garlic, herbs, and salt and pepper.

Cover with water, but do not overfill the pressure cooker pot.

Lock the lid and cook on high pressure for 1 ½ hours. Let the pressure release naturally for 30 minutes before using the quick pressure release and removing the lid.

Strain the stock and discard the remaining bones and veggies. Store in the refrigerator for up to a week or freeze for up to 3 months.

*Note: If using a whole chicken or cut up chicken pieces with bones (not a leftover chicken carcass), reduce the cooking time to 45 minutes so as not to overcook the chicken. Then, be sure to remove the meat from the chicken before straining the stock and discarding the bones and veggies.



Hard Boiled Eggs

8QT

Ingredients:

8-12 eggs

Instructions:

Add two cups of water to pressure cooker pot. Insert steam rack. Place eggs onto steam rack (or pressure cooker egg rack accessory).


Lock the lid and cook on high pressure for 4 minutes. Release the pressure. Transfer eggs to a bowl of cold water and ice and allow to cool before peeling or refrigerate.



This recipe has a video on our YouTube channel

Cooking Charts

Bean	Soaked Natural Release	Soaked Quick Release	Un-soaked Quick Release	Pressure Level
Black	3-6 min	5-9 min	8-25 min	High
Garbanzo (chick-peas)	9-14 min	13-18 min	30-40 min	High
Great Northern	4-8 min	8-12 min	25-30 min	High
Lima	2-3 min	4-7 min	12-16 min	High
Navy	3-4 min	6-8 min	16-25 min	High
Pinto	1-3 min	4-6 min	22-25 min	High
Red Kidney	5-8 min	10-12 min	20-25 min	High
Soy	5-8 min	9-12 min	28-35 min	High
White Kidney	6-8 min	20-22 min	30-40 min	High
Cranberry	5-8 min	5-8 min	30-34 min	High
Lentils	2-5 min	2-5 min	8-10 min	High
Peas, Split, green or yellow	2-5 min	6-9 min	6-10 min	High
Peas, dried, whole	4-6 min	8-10 min	16-18 min	High
Peas, black eyed	4-6 min	8-10 min	10-11 min	High



Rice	Amount	Water	Cooking Time
Brown	1 cup	1 cup	HP 15 min / 5 min before QR
White	1 cup	1 cup	HP 3 min / 10 minutes before QR
Quinoa	1 cup	2 cups	HP 10 min / QR right away
Basmati	1 cup	1 cup	HP 4 min / 10 min before QR
Wild	1 cup	1.5 cups	HP 15 min / Natural Release

Cooking Charts

Vegetable	Approx Cook- ing Time	Pressure Level
Artichoke	6-8 min	High
Asparagus	1-2 min	High
Green Beans (fresh)	2-3 min	High
Beets	5-6 min	High
Broccoli florets	2 min	High
Brussels sprouts	4 min	High
Cabbage, red or green	1-4 min	High
Carrots	1-4 min	High
Cauliflower florets	2-3 min	High
Corn on the cob	3 min	High
Kale	2 min	High
Onions	2-3 min	High
Parsnips	1 min	High
Potatoes	5-7 min	High
Pumpkin	3-4 min	High
Beets	4-10 min	High
Spinach	1-4 min	High
Winter Squash	1-4 min	High
Sweet Potato	4-5 min	High
Tomatoes	1-3 min	High
Turnips	2-3 min	High
Zucchini	2 min	High

Meat	Cooking Time
Beef	10-25 min
Roast whole	30-40 min
Roast Chunks	25-30 min
Ribs	20-30 min
Chicken	8-15 min
Duck	10-30 min
Ham shoulder	25-30 min
Lamb	10-25 min
Pork	20-50 min
Turkey	15-25 min



Four-Cheese Mac and Cheese

8QT

Ingredients:

1 lb. elbow macaroni	2 cups shredded cheddar cheese
2 cups vegetable broth	½ cup shredded mozzarella cheese
2 cups water	½ cup shredded Parmesan cheese
2 tbsp butter	½ cup Havarti
1 tbsp hot sauce	1/2 - 1 cup milk
1 tsp garlic powder	
1/2 tsp salt and pepper	

Instructions:

Add the macaroni, water, vegetable broth, butter, hot sauce, garlic powder, salt, and pepper to the GoWISE USA Pressure Cooker.

Set your pressure cooker to High Pressure for 5 minutes. Release pressure immediately using the Quick Release before opening.

Fold in the cheeses and milk until melted.



This recipe has a video on our YouTube channel



Sides

2



Applesauce

6QT

Ingredients:

- 5 large red apples
- 1 cup water
- ¼ cup brown sugar
- ½ tsp cinnamon

Instructions:

Peel, core and dice apples. Place into pressure cooker.

Add water, sugar, and cinnamon. Lock the lid and cook on high pressure for 10 minutes. Allow pressure to release naturally.

Open the lid, mix and enjoy!



Asian Dumplings

12.5QT

Ingredients:

1/2 lb. Ground Pork	2 tbs Soy Sauce
1 lb. Chinese Chives	1 tsp White Pepper
1/2 lb. Shrimp without shells	1 tbs Salt
4 Eggs	1/2 tbs Cornstarch
1 tbs Fresh Ginger	50-60 Dumpling Wrappers
1 1/2 tbs Sesame Oil	1/2 cup Water

Instructions:

Add a pinch of salt and cornstarch to the uncooked shrimp. Mix together until cornstarch coats the shrimp. Set aside

Peel and mince the ginger. Set aside. Chop-up the chives. Set aside

Add a pinch of salt to 3 whole eggs and whip with a fork. In a well-oiled pan, scramble the eggs - do not overcook. Break-up the scrambled eggs into very small pieces and set aside.

Chop the marinated shrimp into small pieces and set aside.

Combine Pork, Shrimp, Scrambled Eggs, and Chives into a large mixing bowl. Add Minced Ginger, Soy Sauce, Sesame Oil, Salt, White Pepper, and one whole egg - mix well.

Add about a tablespoon of the mixture to a dumpling wrapper. Using your finger, apply water to the edges of the wrapper. Begin by folding the wrapper and pinching the middle lightly, apply water again to the edges, using your thumb and index finger, take the edge of one side and fold toward the center and pinch lightly. Repeat this process twice for each side. Practice makes perfect!

Line the steamer basket with parchment paper and arrange the dumplings carefully so they do not touch each other.

Place bottom rack into the pot along with 1 cup of water. Add the steamer baskets and seal the lid.

Set the pressure cooker to high pressure for 3 minutes.



This recipe has a video on our YouTube channel



Sides



Black Beans

8QT

Ingredients:

- 1 lb. dried black beans
- 14 cups of water
- 2 bay leaves
- 5 garlic cloves, minced
- ½ Tbsp salt

Instructions:

Rinse beans well and place into the pressure cooker pot. Add 6 cups of water. Press the saute button and wait until water boils.

Once water boils lock the lid and set to high pressure for 1 minute.

Carefully drain and rinse beans under running water. Place beans back in 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.



This recipe has a video on our YouTube channel



VEGETARIAN



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Sides

Brussels Sprouts

8QT

Ingredients:

- 1 ½ lbs. Brussels sprouts
- 6 garlic cloves
- 2 Tbsp olive oil
- ¼ tsp salt
- ½ tsp black pepper
- ¼ cup soy sauce
- ¼ cup water

Instructions:

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

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





Cilantro Lime Rice

6QT

Ingredients:

- 2 cups rice
- 2 cups water
- 1 Tbsp olive oil
- 1 tsp salt
- 2 limes, juiced
- ½ cup fresh cilantro, chopped

Instructions

Add rice, water, oil, salt and juice of one lime to the pressure cooker pot and stir. Lock the lid and cook on high pressure for 6 minutes. Release the pressure using the quick pressure release and transfer rice to a serving bowl. Add chopped cilantro and juice from remaining lime.



This recipe has a video on our YouTube channel



VEGETARIAN



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Sides

Deviled Eggs

10QT

Ingredients:

1 dozen eggs

½ cup mayonnaise

2 tsp white vinegar

2 tsp yellow mustard

¼ tsp salt

Black pepper to taste

Paprika for garnish



Instructions:

Place eggs on rack and add 2 cups of water to the pressure cooker. Ensure eggs are not touching. Close and lock the lid and cook on high pressure for 4 minutes. Allow the pressure to release naturally for 10 minutes before using the quick pressure release. Transfer eggs to a bowl of ice water and allow to cool for 15 minutes.

Crack egg shells and carefully peel under cool running water. Gently pat dry. Slice the eggs in half lengthwise, removing yolks to a medium bowl and placing the egg whites on a platter.

Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt and pepper, and mix well. Evenly disperse spoonfuls of yolk mixture into the egg whites. Sprinkle with paprika and serve.



VEGETARIAN



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Sides

8



Mashed Potatoes

6QT

Ingredients:

2 lbs. Russet potatoes, peeled

4 Tbsp unsalted butter

2/3 cup whole milk

Instructions:

Add 1 cup of water to the pressure cooker pot. Insert rack. Place potatoes onto rack. 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 pot.

Once the potatoes have cooled cut into quarters.

Place pot back inside pressure cooker and press sauté. Add butter and let it melt. Add milk. Add salt and pepper to taste. Place potatoes back into the pot. Using a masher, mash potatoes. Use a plastic whisk to blend and smooth. Serve and top with chives (optional).



Rosemary Garlic Potatoes

8QT

Ingredients:

1 lb. baby red potatoes
1 tbsp olive oil
2 garlic cloves, minced
2 sprigs of fresh rosemary
Salt and pepper



Instructions:

Add 1 cup of water to the pressure cooker. Place rack inside. 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 the potatoes have cooled, slice into thin medallions. Place into a serving dish and coat with rosemary and olive oil mix.





Spaghetti Squash

10QT

Ingredients:

1 (2-pound) spaghetti squash

1 cup water

Instructions:

Make about 12, ½ inch vents in the squash with a paring knife.

Add a rack and water to pressure cooker.

Place squash on rack and cook on high pressure for 15 minutes

Release pressure immediately with the quick release option. Carefully remove squash

Wait for it to cool slightly (about 10 minutes)

Cut squash in half, remove seeds, and shred.



This recipe has a video on our YouTube channel



Sides

Spinach Artichoke Dip

6QT

Ingredients:

- 10 oz. frozen chopped spinach
- 14 oz. can of artichoke hearts
- ½ cup sour cream
- 1 cup mayonnaise
- 1 cup shredded Parmesan
- 1 cup shredded mozzarella
- ¼ tsp garlic salt
- ¼ tsp black pepper

Instructions:

Combine all ingredients into a baking pan and cover with foil.

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

Release pressure with quick release and enjoy with tortilla chips.





Turmeric Quinoa

6QT

Ingredients:

- 1 cup whole grain quinoa
- 1 Tbsp olive oil
- 1 garlic clove, minced
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp salt
- 1 ½ cups water

Instructions:

Rinse quinoa under running water for about 2 minutes.

Press sauté and add oil. Sauté garlic until fragrant.

Add turmeric, cumin, salt, and stir. Add water and slowly transfer quinoa into pot.

Lock the lid and cook on high pressure for 1 minute. Release the pressure.



Albondigas

Mexican Meatball Soup 8QT

Ingredients:

For the Meatballs:

1 lb. lean ground beef
2 cloves garlic, chopped
½ onion, chopped
½ green bell pepper, chopped
1 egg
1 Tbsp oregano, dry
1 tsp chili powder
½ tsp cumin

For the Soup:

4 carrots, chopped
3 cloves garlic, chopped
½ onion, chopped
2 Tbsp olive oil
1 – 14.5oz can roasted diced tomatoes
8 cups chicken broth
2/3 cup white rice, uncooked
Salt and pepper to taste
Cilantro and lime for garnish



Instructions:

Add all meatball ingredients together in a bowl and mix well. Form into 1 ½ inch meatballs. You should be able to create 15-20 meatballs.

Select the Sauté function on your pressure cooker and add 2 tablespoons of olive oil. Using tongs, carefully place the meatballs in the pressure cooker. Cook and rotate often until meatballs start to brown on all sides, about 5 minutes. Use the tongs to remove them.

With the Sauté function on, add the onions and garlic and cook until translucent. Then add the carrots and diced tomatoes. Stir to combine and turn off the Sauté function.

Add the broth, rice, and browned meatballs to the pot. Lock the lid in place and cook on high pressure for 10 minutes. Let the pressure release naturally for 5-10 minutes. Use the quick pressure release to release any remaining pressure before removing the lid.

Stir together and add salt and pepper to taste. Serve soup with lime and cilantro.



14



Broccoli Cheddar Soup

6QT

Ingredients:

1 lb. of broccoli, chopped	1 tsp salt
¼ cup unsalted butter	1/8 tsp black pepper
½ white onion, chopped	Bread, for serving
1 small carrot, chopped	
¼ cup all-purpose flour	
4 cups vegetable stock	
2 cups milk	
8 oz cheddar cheese, grated	

Instructions:

Set your pressure cooker to sauté with the lid off. While waiting for it to heat, chop onions, carrots and broccoli. Add onions, carrots and butter to the pressure cooker. Cook for 8 minutes, stirring consistently or until butter is melted.

Stir in flour until it forms a paste with the veggies. Add in the vegetable stock, milk and broccoli, stirring consistently to avoid lumps. Lock the pressure cooker lid in place and cook on high pressure for 5 minutes.

When the pressure cooker beeps, use the quick release button to release pressure before opening it. Pour the soup into a blender to puree.

Pour the pureed soup back into the pressure cooker. Add the grated cheese, salt and pepper to the soup and set your pressure cooker to sauté for 5 minutes.

Use the same steps when the pressure cooker beeps, to release pressure before opening it. Garnish with extra broccoli and cheese if desired. Serve with bread.



Cauliflower Potato Soup

8QT

Ingredients:

1 head of cauliflower, floret
1 1/2 lbs. of potatoes, chunked
1 liter of unsalted chicken stock
6 cloves of garlic, minced
6 slices of bacon, chopped
1 medium onion, diced
1 cup of heavy cream
2 bay leaves
2 stalks of green onions, chopped
Optional: freshly grated Parmesan
cheese for garnish



15

Instructions:

Place chopped bacon in Pressure Cooker and press the sauté button. Stir occasionally and allow the bacon bits to crisp (about 6 minutes).

Remove bacon bits from pressure cooker and place on paper towel to absorb the bacon fat.

Sauté onions in bacon fat for about 2 minutes (until softened). Add in garlic and half of the green onions. Season with salt and pepper if you'd like.

Pour in the chicken stock and scrub the brown bits at the bottom with wooden spoon. Keep the bits because they help with flavor in the soup. Scrub and stir for about 2 minutes.

Turn off sauté. Add 2 bay leaves, cauliflower, and chunked potatoes. Close the lid and cook on high pressure for 3 minutes.

Let pressure release naturally for 10 minutes. Release any remaining pressure with the quick release pressure (if needed). Open the lid carefully. Remove bay leaves.

Place soup in blender. Blend cauliflower soup to desired consistency. Add 1 cup of heavy cream.

Serve and garnish with green onions, bacons bits, and freshly grated Parmesan cheese.





Enchilada Soup

10QT

Ingredients:

4 cups low sodium chicken broth

3 medium size boneless, skinless chicken breasts

1 (3.5 oz) can chopped green chilies

1 yellow onion, coarsely chopped

3 large russet potatoes, peeled and quartered

1 red bell pepper, cored, seeded, and chopped

½ of butternut squash, peeled and cubed

3 cloves garlic

2 tsp salt

2 tsp cumin

1 (8oz.) can tomato sauce

3 Tbsp taco seasoning

2 (15oz.) can cannellini beans, rinsed and drained

Instructions:

Add chicken broth, chicken, green chilies, onion, potatoes, pepper, squash, garlic, salt, cumin, tomato sauce, and taco seasoning. Mix well.

Place lid on top and cook on high pressure for 20 minutes.

Use natural release or wait 10 minutes before quick release.

Remove chicken and shred or chop. Add beans to pot and chicken when ready. Sprinkle with cheese or desired toppings.



French Onion Soup

8QT

Ingredients:

3 Tbsp unsalted butter	¾ tsp kosher salt
3 large yellow onions, halved and sliced ¼ inch thick	½ tsp black pepper
2 cloves of garlic, minced	8-12 small baguette slices, about ¾ inch thick
2 sprigs fresh thyme	4 ozs freshly grated Gouda
1 bay leaf	
½ cup dry red wine	
2 cups beef bone broth	
4 cups beef stock	



Instructions:

Select the Sauté setting on your pressure and add the butter. Once melted, add the onions, garlic, thyme, and bay leaf and stir to combine. Stir and cook until onions slightly soften and release moisture (about 5 minutes) and then add 3 tablespoons of water. Lock pressure cooker lid and cook on high pressure for 20 minutes. Once the pressure cooker beeps, release the pressure using the quick pressure release.

Remove the lid and select the sauté setting on the pressure cooker. Cook for 5 minutes, then add the wine. Bring to a simmer and continue to cook for 10 minutes, until most of the wine has evaporated. Discard the bay leaf and thyme stems.

Add in the bone broth and stock and let cook until soup thickens, about 10 minutes. Add salt and pepper to taste.

For the topping: arrange baguette slices on a baking sheet in a single layer. Sprinkle grated Gouda cheese on top. Broil until bubbly and golden, about 3-5 minutes. Ladle the soup into bowls, float the bread on top, and enjoy!

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Ginger Chicken Noodle Soup

8QT

Ingredients:

1 onion, chopped	Pinch of salt and pepper
2-3 garlic cloves, chopped	½ lemon
1 Tbsp of ginger	1 Tbsp olive oil
¾ cup of carrots, peeled and sliced	½ cup of chicken broth
3 celery stalks, diced	1 cup of water
½ bag of pasta or Macaroni	
2-3 chicken leg quarters or breasts	

Instructions:

Chop the garlic, onions, and ginger into small pieces.

Heat olive oil in the pressure cooker with the Sauté program. Once the oil is hot enough, add in the onions, ginger, and garlic. Sauté for a couple minutes, then press the “Keep Warm/Cancel” button to turn off.

Add in the chicken broth, water, pasta, chicken, carrots, and celery.

Squeeze half a lemon into a cup and remove the seeds. Add the juice to the cooker.

Add a pinch of salt and pepper.

Lock the lid and pressure cook on high for 35 minutes if chicken is defrosted or 45 minutes if chicken is frozen. Let pressure release naturally for 10 minutes before using the quick release.

Serve in a bowl and enjoy!



Italian Sausage and Zucchini Soup

8QT

Ingredients:

1 pound ground Italian sausage
1 medium onion, chopped
1 medium green bell pepper, chopped
1 Tbsp butter
½ Tbsp olive oil
4 cups beef broth
1 can diced tomatoes, undrained
1 tsp dried basil (or 1 tbsp fresh)
1 tsp dried parsley flakes (or 1 tbsp fresh)
1 medium zucchini, cut into ½ inch pieces
¾ cup uncooked orzo or macaroni pasta

Instructions:

Set your pressure cooker to sauté with the lid off. Add butter and olive oil to the pot. Add onions, bell pepper, and sausage, breaking up the sausage into crumbles. Cook until the meat is lightly browned, about 5 minutes, and press cancel to stop the sauté setting.

Add broth, tomatoes, basil, parsley, zucchini and orzo. Stir to combine. Lock the pressure cooker lid and cook on high pressure for 5 minutes.

When the pressure cooker beeps, use the quick release button to release pressure before opening it. Serve and enjoy!



20



Minestrone Soup

8QT

Ingredients:

- 2 Tbsp butter
- 1 onion, diced
- 3 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, diced
- 1 can chopped tomatoes
- 6 cups of chicken bone broth
- 1 cup pasta, dry (optional)
- Sea salt
- Black pepper

Instructions:

Dice onion, peel and chop carrots, and chop celery.

Press Sauté and add butter to the pressure cooker pot. After butter has melted, add the onion, carrots, and celery. Cook until soft (about 5 minutes).

Turn off Sauté and add in the tomatoes and potatoes (and anything else you'd like to add- such as spices or other vegetables).

Add broth and dry pasta. Lock the lid and cook on high pressure for 4 minutes. While pressure cooking, strain and rinse the beans.

Let pressure release naturally or use the quick release.

Add in beans and stir. Serve and enjoy!



Roasted Red Pepper and Tomato Soup

8QT

Ingredients:

2 lbs. Roma tomatoes, halved lengthwise

1 red bell pepper, quartered

4 cloves of garlic, peeled

3 Tbsp olive oil

1 tsp salt, divided

½ tsp black pepper

1 Tbsp butter

1 yellow onion, sliced

1 can whole peeled tomatoes (28oz)

¼ cup fresh basil, chopped

2 cups vegetable broth

½ tsp sugar

1 tsp chili flakes

Croûtons or crackers



Instructions:

Preheat oven to 425°F and line a baking sheet with parchment paper. Spread tomatoes, bell pepper, and garlic across the baking sheet in a single layer. Drizzle with 2 tablespoons olive oil and season generously with salt and pepper. Roast for 30 minutes.

Meanwhile, set your pressure cooker to Sauté and add the remaining olive oil and 1 tablespoon of butter to the pot. Allow to heat and add the sliced onions. Cook the onions, stirring often, until they start to brown and caramelize, about 7 minutes. Add the canned tomatoes, basil, broth, sugar, and red chili flakes to the pot and stir to combine. Set the pressure cooker to keep warm.

When the tomatoes, bell peppers, and garlic are done roasting, add them to the pressure cooker pot. Lock the lid in place and cook on high pressure for 5 minutes. When the pressure cooker beeps, use the quick release button to release pressure before opening. Blend with an immersion blender or pour ingredients into a blender and blend to desired consistency.

Serve with croûtons and fresh basil and enjoy!





Rustic Chicken and Wild Rice Soup

8QT

Ingredients:

8 oz. baby portabella mushrooms
1 large carrot
3 cloves of garlic
2 celery stalks
1/2 onion
6 oz. wild rice
6 Tbsp salted butter

2 bay leaves
1/2 cup flour
4 cups chicken broth
1 Tbsp olive oil
1 1/2 cups milk
1/2 tsp salt & pepper
3 boneless, skinless chicken breasts

Instructions:

To make the rice, melt 2 tablespoons of butter in a pan. Add rice, 2 1/4 cups of water, and seasonings of your choice. Bring water to a boil, then cover and lower to a simmer.

Now start the soup. Dice celery, slice carrot and mushrooms, mince garlic, and dice onion.

Add oil to the pressure cooker pot and use the Sauté setting to cook onions, garlic, carrot and celery until soft, about 4-5 minutes.

Add 4 cups of chicken broth. Add the 2 bay leaves, mushrooms, and 3 chicken breasts (optional: season chicken breasts before adding into the pot)

Close the pressure cooker and cook at high pressure for 7 minutes. After 7 minutes, use the quick release pressure and open the lid. Take chicken out and shred with a fork. Place shredded chicken back into the cooker. Add cooked wild rice to the pot.

In a separate bowl combine flour, salt and pepper. Add 6 tbsp of butter to skillet, let it mostly melt and slowly add dry mixture. Mix until boiling then add milk and mix until desired consistency is created. Combine with ingredients in the pressure cooker and mix well.

Pour yourself some soup and enjoy!



This recipe has a video on our YouTube channel

Soups

Spicy Chili

8QT

Ingredients:

1 lb. ground beef or turkey
1 onion, finely chopped
1 bell pepper, finely chopped
1 can diced tomatoes
1 can red beans, drained
1 small can tomato sauce
2 tsp chili powder
1 pinch of dried cayenne pepper
Salt, to taste
Pepper, to taste
Shredded cheese (optional)



Instructions:

Set pressure cooker to Sauté and add ground beef or turkey. Once browned, add onions and bell pepper. Stir for 1 minute. Add remaining ingredients. Add 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).





Wonton Soup

8QT

Ingredients:

Broth:

2 ½ cups chicken stock
2 ½ cups water
1 tsp soy sauce
3 garlic cloves, smashed
3 half-inch slices of fresh ginger root
2 green onions, sliced
Salt and pepper

Wontons:

20 square wonton wrappers
4 oz ground pork
1 tsp soy sauce
1 tsp dry sherry
1 tsp cornstarch
¼ tsp sugar
¼ tsp sesame oil
¼ tsp ground fresh ginger
1 garlic clove
1 green onion, finely chopped
Pinch of white or black pepper
Optional : Garnish with chopped green onion and cilantro

Instructions:

Add the broth ingredients to the pressure cooker pot. Cook on high pressure for 10 minutes. While the broth is cooking, prepare the wontons.

In a bowl, combine all wonton ingredients and mix well. Fill a small bowl with water for sealing the wontons. Take a wonton wrapper in one hand, and gently dab water on the edges of the wrapper using your fingertip. Add a teaspoon of filling to the center of the wrapper. Fold in half in a triangle shape and seal tightly by pinching the edges of the wrapper together. Grab the left and right corners of the triangle, overlapping them and pinching them together to make the traditional wonton shape. Place wontons on a piece of parchment paper until you are ready to add them to the broth.

When the pressure cooker beeps, release the pressure using the quick release. Open the lid and remove the ginger and green onions using a sieve.

Gently place the wontons into the broth and lock the lid. Cook on high pressure for an additional 3 minutes. When the pressure cooker beeps, let the pressure naturally release for a few minutes before using the quick pressure release for any remaining pressure.

Ladle the soup into bowls and garnish with chopped green onion and cilantro (optional).



Carnitas

12.5QT

Ingredients:

1 6-7 lb. pork shoulder, cut into chunks
3 lemons, juiced
Zest of one lemon
1 onion, chopped
8 cloves garlic, minced
2 tsp oregano
3 tsp cumin
2 tsp chili powder
1/2 tsp cinnamon
1 bay leaf
4 tsp salt
Lime juice and chopped cilantro



Instructions:

In a large mixing bowl, add pork, lemon zest, garlic, chili powder, cumin, cinnamon, oregano, and salt. Mix well!

Squeeze lemon juice into pressure cooker pot. Add pork, onion, and bay leaf. Using manual setting, set Pressure Cooker to high pressure for 45 minutes.

Let pressure release naturally, 20-30 minutes.

On a baking sheet, place cooked pork and shred with two forks. Broil for 8-10 minutes until slightly crispy.

Garnish with cilantro and lime juice, and of course, enjoy!



This recipe has a video on our YouTube channel



Entrée

26



Chili Lime Chicken

8QT

Ingredients:

- 2 lbs. boneless, skinless chicken breasts
- 2 medium Limes
- 1 1/2 tsp chili powder
- 1 tsp cumin
- 1 tsp onion powder
- 1 tsp Kosher salt
- 1/4 tsp black pepper
- 6 cloves garlic, minced
- 1 tsp Tabasco sauce

Instructions:

Place whole chicken breast into the base of the pressure cooker pot. Squeeze in the juice of both limes. Sprinkle all seasonings and Tabasco sauce over chicken and add garlic. Use clean hands to rub mixture onto all sides of chicken.

Secure lid and cook on high pressure for 6 minutes. When finished, let pressure releases naturally for another 5 minutes and then release the remaining pressure with the quick release. Make sure the chicken has an internal temperature of 160° before consuming.

Shred chicken with two forks and return to pot and toss with juices. Season with additional salt and pepper to taste if desired.

Great for tacos! Try using a lettuce leaf for a low carb option.



This recipe has a video on our YouTube channel



Entrée

French Dip Sandwiches

10QT

Ingredients:

3-4 lb. beef rump roast	2 Tbsp Worcestershire sauce
2 Tbsp brown sugar	1 Tbsp balsamic vinegar
2 tsp paprika	8 hoagie rolls (soft)
2 tsp mustard powder	4 Tbsp butter
2 tsp garlic powder	1/2 tsp garlic powder
2 tsp onion flakes	
1 tsp salt	
1/2 tsp pepper	
3 cups Beef Broth	



Instructions:

Cut roast into 2-3-inch chunks. Mix together seasoning and coat roast. Place in pressure cooker.

Whisk together broth, Worcestershire sauce, and balsamic vinegar and pour over roast.

Secure lid and cook on high pressure for 35-40 minutes. Once done, release pressure. Remove beef from the pot and slice or shred. Strain juice to serve for dipping.

Mix together softened butter and 1/2 tsp garlic powder and spread on the inside of the rolls.

Add a couple of slices of provolone and broil until lightly browned and cheese is melted.

Build sandwiches and enjoy!



Greek Chicken Pita

8QT

Ingredients:

2 lbs boneless, skinless chicken thighs
½ large onion, thinly sliced
5 cloves of garlic, minced
2 Tbsp olive oil
½ Tbsp dried oregano
Dash of allspice
½ Tbsp lemon pepper seasoning
Juice from 1 lemon
1/8 cup red wine vinegar
1/8 cup chicken broth
Pita bread

Lettuce for topping
Tomatoes for topping
Feta cheese crumbles

Tzatziki Sauce:

1 cup plain Greek yogurt
1 cucumber, peeled, seeded and diced
2 Tbsp fresh dill (or 1 Tbsp dried dill)
¼ tsp kosher salt
½ tsp garlic powder
Juice from half a lemon
Salt and pepper to taste

Instructions:

Place the chicken, onions, garlic, olive oil, oregano, allspice, lemon pepper, lemon juice, red wine vinegar, and chicken broth in the pressure cooker.

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

While the chicken is cooking, prepare the tzatziki sauce. Combine all tzatziki ingredients together in a small bowl. Stir until combined.

Once the timer beeps, let the pressure release naturally for about 10 minutes. Use the quick release pressure button to release any remaining pressure before removing the lid.

Remove the chicken from the pot with tongs or a slotted spoon and place it on a cutting board. Shred the chicken using two forks (it should be very tender and easy to pull apart).

If serving immediately, place chicken in pita and top with Tzatziki sauce and desired toppings.

If serving later, place shredded chicken back in the remaining liquid and let it continue to marinate in the juices.

Honey Glazed Chicken

6QT

Ingredients:

- 1 ½ lbs. boneless skinless chicken thighs
- 1 ½ cups diced onion
- 3 cloves of garlic
- ¼ cup soy sauce
- ¼ cup ketchup
- 1 cup honey
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/3 tbsp red pepper flakes



Instructions:

Place all ingredients in the pressure cooker.

Lock the lid and select the “Poultry” preset, or manually set your pressure cooker to high pressure for 15 minutes. Release the pressure. Remove chicken, slice and set aside.

Set the pressure cooker to ‘Sauté’ and stir sauce until thickened. Add sliced chicken back into the pot, mix well.

(Optional) Serve over rice.



Entrée



Lo Mein

6QT

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

Instructions:

Add 1 cup of water to the pressure cooker. Add 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 the lid and stir before serving.



Entrée

Meatballs in Marinara Sauce

8QT

Ingredients:

1.5 lbs. ground beef	¼ tsp dried oregano
2 Tbsp fresh parsley, chopped	1 tsp olive oil
¾ cup grated Parmesan cheese	3 cups sugar free marinara sauce
½ cup flour (can substitute with almond flour for keto-friendly)	
2 eggs	
1 tsp salt	
¼ tsp ground pepper	
¼ garlic powder	
1 tsp dried onion flakes	

Instructions:

In a mixing bowl, combine ground beef with everything except olive oil and marinara sauce.

Form into approximately two-inch meatballs.

Turn on your pressure cooker and set it to Sauté.

Brown meatballs on each side. Once they are browned, add marinara sauce to evenly cover meatballs.

Turn off Sauté and lock the lid onto the pressure cooker. Cook on low pressure for 10 minutes.

Release pressure and enjoy!



Entrée



Beef Pot Roast

8 or 10QT

Ingredients:

- 1 chuck roast
- 1 Tbsp olive oil or avocado oil
- 1 large white onion
- 4 garlic cloves, minced
- 4 carrots, chopped
- 4 medium potatoes
- 2 Tbsp red wine
- 1 cup unsalted chicken stock
- 1 Tbsp light soy sauce
- 1 Tbsp Worcestershire sauce
- 1 pinch of thyme and rosemary
- 2 bay leaves

Instructions:

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

Press Sauté and add oil to the pressure cooker. Once it's hot add the roast and brown for about 10 minutes on each side. Remove the roast and set aside.

Add more oil to the pressure cooker and sauté onions and garlic with salt and pepper. Deglaze with red wine and 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 naturally release. Before consuming check the internal temperature to ensure it's ready to eat.

Pressure Cooker Meatloaf

10QT

Ingredients:

3/4 cup onions, diced
2 lbs. ground beef
1/2 cup ketchup
1/2 cup mustard (Dijon adds a bit more flavor)
2 eggs, beaten
1 cup seasoned breadcrumbs
Salt and Pepper to taste

Optional:

Cover meatloaf with ketchup or a sauce mixture of your own creation

A suggestion for a spicy ketchup sauce:

3/4 cup Ketchup
1 tsp Worcestershire sauce
1 tsp Tabasco sauce
1 tbsp Sriracha
1 tbsp Soy sauce
Mix well and pour over meatloaf once out of the pressure cooker.



Instructions:

In a large mixing bowl, combine all ingredients and mix until evenly combined. Mix it up with your hands.

Shape meat into a ball and set aside.

Add two cups of water to the pressure cooker pot, place the rack in the center of the pot. Wrap aluminum foil (shiny side down) in the inside of the steamer tray and coat with olive oil - not too much.

Place the meatball into the foil covered steamer tray and cover with another sheet of foil.

Place the steamer tray into the pressure cooker and seal the lid.

Set the pressure cooker to high pressure for 35 min. When the cooking cycle is over, release pressure immediately to prevent overcooking.

Serve hot or cold - makes great leftovers and sandwiches.





Ribs

10QT

Ingredients:

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

Rub:

2 tbsp brown sugar
 $\frac{3}{4}$ tsp salt
2 tbsp paprika
 $\frac{1}{2}$ tsp black pepper
1 $\frac{1}{2}$ tbsp chili powder

Sauce:

3 tbsp brown sugar
3 tbsp Worcestershire sauce
1 $\frac{1}{2}$ tbsp ketchup
1 tsp dry mustard
 $\frac{3}{4}$ tsp salt
3 tbsp apple cider vinegar

Instructions:

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 rub ingredients and mix together. Set aside.

Press Sauté on your pressure cooker. Add oil and sauté onions and garlic. Cook for a couple of minutes and then add the sauce. Add ribs and coat well with sauce.

Remove ribs and add the insert rack over the sauce in the pot. Place ribs onto rack.

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



Salmon

6QT

Ingredients:

¼ cup lemon juice

¾ cup water

A couple sprigs of fresh dill, basil, or parsley

¼ tsp garlic powder

¼ tsp lemon pepper

¼ tsp sea salt

2 frozen salmon fillets (4-6 oz.)

1 Tbsp avocado oil or olive oil



Instructions:

Pour water and lemon juice into your pressure cooker. Add herbs to the pressure cooker and place steamer rack on top.

Season salmon with salt and lemon pepper. Add oil on top of the salmon. Place salmon on the steamer rack. Sprinkle garlic powder over the salmon.

Layer lemon slices on top of the salmon

Lock the lid and cook on high pressure for 7 minutes. Release pressure and enjoy!

Note: If your salmon pieces are frozen together, run them under water until they can be separated.



Entrée

36



Sloppy Joes

8QT

Ingredients:

3 lbs. Ground beef	1 tsp red pepper flakes
2 tbsp butter	1 tbsp Worcestershire
1 onion	2 tbsp tomato paste
1 bell pepper	2 tsp Tabasco sauce
Garlic	1/2 tsp salt
1 jalapeño	1/2 tsp ground pepper
1-1/2 cup ketchup	
1 cup water	
1 tsp brown sugar	
2 tsp chili powder	
1 tsp dry mustard	

Instructions:

Turn your Pressure Cooker on and set to Sauté.

In a medium mixing bowl combine the ground beef with salt and pepper, mix well. Add butter to the pressure cooker, then ground beef and brown the meat. Add onions, let cook until slightly transparent. Next, add the bell pepper, jalapeño, and garlic - cook until aromatic.

Now, spice it up with dry mustard, Worcestershire sauce, crushed red peppers, chili powder, brown sugar, Tabasco sauce, and water. Mix well. Top it off with ketchup and tomato paste - but don't mix! Set the pressure cooker to 5 minutes at high pressure. Let the pressure release naturally for 10 minutes.



This recipe has a video on our YouTube channel

Entrée

Spaghetti Bolognese

8QT

Ingredients:

2/3 lb. spaghetti	1 Tbsp fish sauce
½ lb. ground beef	1 Tbsp Worcestershire sauce
1 small onion, sliced	A pinch of dried oregano
3 cloves of garlic, minced	A pinch of dried basil
1 stalk celery, chopped	Salt and black pepper
1 cup of unsalted chicken stock	Olive oil
2 cups of water	
5.5 oz. canned tomato paste	
2 Tbsp light soy sauce	



Instructions:

Begin by chopping 1 small onion, mincing 3 garlic cloves, and slicing 1 celery stalk.

In a bowl, mix together chicken stock, water, tomato paste, light soy sauce, fish sauce, Worcestershire sauce, and stir until nicely blended.

Season ½ lb. of ground beef with salt and pepper. Select Sauté on the pressure cooker and add 2 tablespoons of olive oil. Brown the seasoned meat and remove when done. With the Sauté function still on, add onions, garlic, and celery and mix until fragrant.

Add liquid mixture into the pressure cooker. Add a pinch of oregano and a pinch of basil. Now you can add the browned meat back into the pressure cooker. Add 2/3 lb. of dried spaghetti (break in half to help it fit). Cook for 6 minutes at high pressure. Let the pressure release naturally or press the quick release button.



This recipe has a video on our YouTube channel



Entrée



38

Spicy Rub Pork Chops

8QT

Ingredients:

2 Tbsp olive oil or avocado oil
1 Tbsp coarse salt
1 Tbsp black pepper
3.4 tsp chili powder
3 Tbsp paprika
1 tsp dried cayenne pepper
 $\frac{3}{4}$ tsp sugar
4 boneless pork chops
1 $\frac{1}{2}$ cups chicken broth
Barbecue sauce (optional)

Instructions:

Add oil and seasonings to a 1-gallon zip-seal bag. Shake to mix. Add pork chops and massage mix into pork chops. Refrigerate for at least 2 hours.

After the pork chops are done marinating, set pressure cooker to Sauté and brown both sides of pork chops.

Add chicken broth and place rack in pressure cooker. Place pork chops onto rack.

Lock the lid and cook on high pressure for 10 minutes. Release the pressure and remove the pork chops.

Optional: Place pork chops onto a baking sheet. Baste with barbecue sauce and broil on high for 2-3 minutes until sauce is caramelized.



Tender Stuffed Flank Steak

8QT

Ingredients:

1 (12 oz.) pkg frozen spinach, thawed
3 cloves of garlic, minced
¼ cup grated Parmesan cheese
1 ½ - 2 lbs. Flank steak
Salt & pepper
1 tsp paprika
½ tsp thyme
1 Tbsp olive or avocado oil
2/3 cup beef broth



Instructions:

Drain 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 twine. Trim off excess twine, leaving about ¼" ends.

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

Set the pressure cooker to Sauté. 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 naturally for 5 minutes. Use the quick pressure release button to release remaining pressure. Rest steak rounds for 5 minutes before slicing or serving. Remove twine before serving.



This recipe has a video on our YouTube channel



Entrée



Teriyaki Chicken

6QT

Ingredients:

1 ½ lbs. Boneless skinless chicken breasts or thighs	2 garlic cloves, minced
Salt & pepper to taste	2 tsp freshly grated or minced ginger
½ cup low sodium soy sauce	2 ½ Tbsp corn starch
1/3 cup honey	3 Tbsp cold water
¼ cup rice wine vinegar	Sliced green onions and sesame seeds for garnish
1 Tbsp Mirin or dry sherry	
1 tsp toasted sesame oil	

Instructions:

Season chicken with salt and pepper and place in the pressure cooker pot.

In a small bowl, combine soy sauce, honey, vinegar, Mirin, sesame oil, garlic and ginger and pour over chicken.

Lock pressure cooker lid and cook on high pressure for 5 minutes. When the pressure cooker beeps, allow the pressure to release naturally for 15 minutes, then use the quick release if necessary.

Open the lid and remove the chicken from the pressure cooker pot and shred with two forks.

Press the Sauté setting. Combine corn starch with water and stir into the sauce in the pressure cooker. Cook and stir until the sauce begins to bubble and thicken up. Add the chicken back to the pressure cooker and combine with the sauce.

Top with sesame seeds and sliced green onions and serve over rice or quinoa.



Entrée

Tomato Feta Orzo with Shrimp

6QT

Ingredients:

1 Tbsp olive oil
1 medium onion, diced
2 cloves of garlic, minced
1 cup chicken broth
2 - 14.5oz cans of diced tomatoes
1 cup orzo
2 Tbsp fresh parsley
2 Tbsp fresh dill
1 ¼ lbs. shrimp (peeled and deveined)
¼ tsp salt
¼ tsp black pepper
2/3 cup feta cheese



Instructions:

Add olive oil to the pressure cooker pot and select Sauté. Add the onions and garlic and cook, stirring, until softened (about 3-5 minutes).

Add the diced tomatoes and chicken stock and bring to a boil. Next add the orzo, dill and parsley and mix well. Add the shrimp and feta cheese over the top and lock the lid on your pressure cooker.

Cook on high pressure for 2 minutes. Once done, use the quick pressure release to avoid overcooking the shrimp.



Turkey Breast

8QT

Ingredients:

Turkey:

6-7 lbs. bone-in turkey breast, thawed
1 onion, cut in half
3 garlic cloves, minced
1 carrot, cut in half
2 celery stalks, cut in half
4 cups chicken broth
Salt & pepper
1 Tbsp fresh rosemary, chopped
1 Tbsp fresh thyme
1 Tbsp fresh sage
4 Tbsp butter

Gravy:

Cooking liquid from turkey
2 Tbsp butter
2 Tbsp flour

Instructions:

Peel and cut onion and carrot in half. Slice 2 stalks of celery in half. Gather rosemary, thyme, & sage in a small bowl. Crush or mince 3 cloves of garlic.

Pour 4 cups of chicken broth into pressure cooker. Place all chopped vegetables and garlic into steamer rack inside pressure cooker. Fold sheets of tin foil to create handles for steamer rack. This is so you can lift the turkey out with ease.

Pat down the turkey breast before seasoning. Season generously with salt and pepper. Place gathered herbs and butter under turkey breast's skin. Place turkey in pressure cooker, above the steamer rack. Tuck foil handles into pot before closing lid. Cook at high pressure for 30 minutes.

For the gravy, sauté 2 tablespoons of butter and flour until browned. Add broth, lower to a simmer and whisk until thick.

After the timer has gone off, use the quick pressure release. Place turkey breast on pan and broil until skin is golden brown. Slice up and enjoy!



This recipe has a video on our YouTube channel

Entrée

Vegan Green Curry

6QT

Ingredients:

12oz firm tofu
1/2 cup of peanut oil
2 cloves of garlic
1/2 tsp ginger
2 Tbsp green curry paste
1-2 14oz cans of coconut milk
1 large carrot
1 zucchini
1 green bell pepper

1 red bell pepper
1 head of broccoli
1/2 tsp vegan fish sauce
Optional: cilantro and lime wedges for topping



Instruction:

Press the tofu with paper towels to remove water. Cut the tofu into cubes. Pour peanut oil into the pressure cooker pot and press the Sauté button. Add the tofu cubes and cook until brown and slightly crispy – about 10 minutes, rotating tofu cubes periodically to brown all sides. Remove the tofu and discard the remaining oil in the pot.

Add a splash of oil to the pressure cooker pot, press Sauté and add the minced garlic, ginger and curry paste. Cook until curry paste starts to brown, about 3 minutes. Add coconut milk and stir to combine. Continue to simmer for another 3-5 minutes.

Add sliced veggies to the pot. Press keep warm/cancel button to stop the sauté cycle. Then press the Slow Cook button on the pressure cooker. Cover and let cook for 30-45 minutes. Add in the fried tofu and fish sauce and stir to combine. (Note: the slow cook function does not use pressure. You may remove and replace the lid at any time while using the slow cook setting)

Serve with jasmine rice and top with cilantro and lime juice.



Entrée



Whole Chicken

8QT

Ingredients:

5 ½ lb. Whole chicken
2 Tbsp olive oil or avocado oil
4 tsp salt
1 tsp white pepper
½ tsp black pepper
½ tsp cayenne pepper
2 tsp paprika
1 tsp onion powder
1 Tbsp basil
1 Tbsp thyme
5 garlic cloves, minced
2 lemons, juiced

Instructions:

Rub the whole chicken with oil and dry seasonings. Select Sauté on your pressure cooker and add oil. Sauté garlic then add whole chicken to the pot. Add lemon juice along with the lemons. Brown the chicken on all sides if you prefer a crispier skin.

Carefully remove the chicken and insert the rack. Place chicken on rack, lock the lid, and cook on high pressure for 25 minutes. After the pressure cooker beeps, let pressure release naturally for 10 minutes before using the quick release for any remaining pressure. Please use a meat thermometer to check internal temperature before consuming.



Entrée

Banana Nut Bread

8QT

Ingredients:

1 1/2 cups water
2 cups flour
1 cup sugar
1/2 cup butter, room temperature
3 bananas
1/2 tsp salt
1 1/2 tsp baking soda
2 eggs, room temperature
1 cup of walnuts



Instructions:

In a bowl, combine butter, eggs, and sugar. Blend until light and fluffy.

In a separate bowl, peel and mash 3 bananas. After bananas are sufficiently mashed, add them to the egg, sugar, and butter mixture. Add flour, baking soda, and salt to same bowl and blend until combined. Add walnuts and fold into batter.

Butter an 8-inch pan. Add mixture to pan. Create handles for your trivet by folding pieces of tin foil. Attach foil slips to handles and place pan on trivet. Pour water into pressure cooker. Then lower pan and trivet into the pressure cooker. Turn to close and lock lid into place.

Cook at high pressure for 1 hour. Release pressure then use the tin foil handles to remove the pan. Slice yourself a piece and enjoy!



This recipe has a video on our YouTube channel



Tasty Treats



Berry Cobbler

8QT

Ingredients:

Filling:

12 strawberries, quartered
1 cup blueberries
2 tsp lemon juice
¼ cup brown sugar
¼ cup white sugar
¼ tsp cinnamon
3 Tbsp corn starch
¾ cup water

Crust:

2 cups pancake mix
½ cup milk
3 tbsp melted butter
1 tsp vanilla extract
3 Tbsp white sugar
Cinnamon & sugar mix:
½ tsp cinnamon
1 ½ Tbsp brown sugar

Instructions:

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 mixture over the crust. Lock the lid and cook on high pressure for 10 minutes. Serve with vanilla ice cream (optional).



This recipe has a video on our YouTube channel



Tasty Treats

Bread Pudding

8QT

Ingredients:

1 small loaf of cinnamon bread or 1 loaf of slightly stale bread (add $\frac{3}{4}$ cups of sugar and 1 tsp ground cinnamon if not using cinnamon bread)
28oz of evaporated milk
5 eggs
2 tsp vanilla extract
1 Tbsp pumpkin pie spice
2 Tbsp butter

For the Drizzle Topping:

4 Tbsp butter
 $\frac{1}{4}$ cup brown sugar
1 tsp vanilla extract



Instructions:

Cut the bread into chunks and place into a large bowl.

In a separate bowl, mix evaporated milk, eggs, vanilla, and pumpkin pie spice. Pour over the bread and mix thoroughly. Cover and let soak in the fridge for an hour.

When the bread is done soaking, spray an 8-inch baking pan with cooking spray and pour in the bread mixture. Cover with foil.

Place the rack inside your pressure cooker and add $\frac{3}{4}$ cup of water to the pot. Place the baking pan on the rack and lock the pressure cooker lid.

Cook on high pressure for 25 minutes. When the pressure cooker beeps, let the pressure release naturally while you prepare the drizzle.

Place a pot on medium heat on the stove. Add butter, brown sugar and vanilla and cook and stir until melted and thickened (about 5 minutes).

Use the quick release to release any remaining pressure before opening the pressure cooker. Remove the baking pan and cut the bread pudding into 4-6 slices. Drizzle the sauce over each and enjoy!



Tasty Treats



Hot Chocolate

8QT

Ingredients:

1/4 cup unsweetened cocoa powder
1 - 14oz can sweetened condensed milk
6 cups whole milk
2 cups heavy whipping cream
2 tsp pure vanilla extract
2 cups semi-sweet chocolate chips
Mini marshmallows for serving

Instructions:

In a 6-quart (or larger) pressure cooker, combine all the ingredients. Give it a good stir and set to Sauté.

Stirring occasionally, until the chocolate chips have melted, and the mixture is warm.

Press the 'Keep Warm' function and ladle into mugs. Make sure to occasionally stir while there is still hot chocolate in the pot.

If you like, top with marshmallows or whipped cream.



Pumpkin Pie

10QT

Ingredients:

Crust:

1/2 cup crushed shortbread cookies
1/3 cup pecans, chopped
2 Tbsp butter, melted

Filling:

1/2 cup light brown sugar
1/2 tsp salt
1 1/2 tsp pumpkin pie spice
1 egg, beaten
1 1/2 cups pumpkin
1/2 cup evaporated milk



Instructions:

In a bowl combine the cookie crumbs, chopped pecans, and butter. Spread evenly in the bottom of a spring form pan. Place in freezer for 10 minutes

While the crust is freezing, start combining ingredients for filling. In a large bowl, combine sugar, salt, and pumpkin pie spice. Whisk in egg, pumpkin, and evaporated milk.

Take pie crust out of the freezer. Pour filling into pan. Cover top with foil.

Add 1 cup of water into pressure cooker

Make two foil slings and place on each side of the rack. Place pan on rack and carefully place in pressure cooker. Make sure to fold foil handles and place them into the pressure cooker, so the lid can close properly

Lock lid in place. Set to high pressure for 35 minutes. Use natural release for 10 minutes and then release the rest of the pressure.

Carefully remove pie and set on a wire rack to cool. Remove foil. After pie has cooled down cover with plastic wrap for at least 4 hours.





Rice Pudding

8QT

Ingredients:

2 cups whole milk
¼ cup evaporated milk
½ tsp vanilla extract
½ cup sugar
1 egg
1 cup uncooked rice
1 ½ Tbsp butter
1 cup water

Instructions:

Set pressure cooker to Sauté. Add butter and stir until melted. Add rice and stir until all coated.

Add milk, water, sugar, and vanilla extract.

Cook on high pressure for 14 minutes. Once done, use the quick release to release pressure.

Whisk the egg into evaporated milk. Add a spoon of rice pudding into egg mixture and stir. Add egg mixture to the pot and stir until thickened.

Optional: add cinnamon on top.



This recipe has a video on our YouTube channel



Tasty Treats

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