



# Fed + Fit Instant Pot eBook

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## Introduction

How many times have you come home after a long day of working or running errands or chasing kiddos around only to open the freezer and realize that meat you were supposed to take out and thaw for tonight's dinner never actually made it out? We've lost count ourselves because it happens all the time. Even with the best of meal prep intentions, there will inevitably a few days out of the week where you need a hot homecooked meal, and you need it quickly! B.I.P, or what we like to call "Before Instant Pot," there wasn't much to do in these situations except go the take-out route or declare "Cereal Night" and just roll with it. While those are still two fun options for dinner in a pinch, the Instant Pot is our go-to for quick meals.

If you've never heard of the Instant Pot, allow us to make the introduction. This device is essentially an electric pressure cooker (NOT the old fashioned stove top version that made you question your safety!) that actually has the ability to cook everything from frozen roasts to rice to yogurt, depending on the model. Most importantly, it can cook pretty much anything you might consider cooking in the slow cooker in a fraction of the time.

In this eBook, we're going to share what we've learned from years of recipe testing with the Instant Pot to help you save more time and energy in the kitchen without sacrificing flavor. You'll learn all about our favorite models, how to get the best use out of your machine, tips and tricks, favorite accessories, and get your hands on our best Instant Pot friendly recipes all in once place. We hope you enjoy!

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# Instant Pot Model Comparison

Now that we've told you what the Instant Pot is and how it can help you get your kitchen life together, our next task to tackle is deciphering which type, size, model would be most suited for your family! There are many electric pressure cookers out there, but our favorite truly is the Instant Pot. Within the Instant Pot family there are numerous version and models with various capabilities, but our top three and most common models are the Lux, the Duo, and the Ultra.

## Lux

The [Lux model](#) is an amazing tool for those looking for the most budget friendly investment as it really offers an amazing entry level price point for an economy model. Let's take a look at some of the features you can expect with the Lux Instant Pot.

- Available in 3, 6, and 8-quart sizes
- Has 6-in-1 functional abilities including: Pressure Cooker, Slow Cooker, Rice Cooker, Sauté, Steamer, and Warmer
- High pressure capability only
- "Keep warm" functions for only 10 hours
- 10 built-in programs
- Does not work with the Instant Pot SMART App

## Duo

The [Duo model](#) is probably the most commonly seen in family kitchens and comes in a range of price points and subtle model variations. Some of the features you'll see in most Duo model include:

- Available in 3, 6, 8, and 10-quart sizes
- Has 7-in-1 functional abilities including: everything from the Lux Model PLUS yogurt making
- Both high and low-pressure settings available – while you won't use the low pressure setting often, it is useful when making hard-boiled eggs or steaming vegetables!
- "Keep warm" function can be operated manually on Duo for 99 hours and 50 minutes
- 14 built-in programs
- Has the added feature of slots in the handles so that you can rest the lid there instead of putting it down on your counter-top.

## Ultra

The [Ultra model](#) is the most advanced model, and runs at higher price points, while also offering more tech-savvy capabilities. Here are some of the features that can be found in most Ultra models:

- Available in 3, 6, and 8-quart sizes
- Has 10-in-1 functional capabilities including: everything from the Duo Model PLUS the cake, egg, and sterilize functions
- All attributes of the Duo/Lux plus
- Ability to set the delay timer and whether "keep warm" engages at the end of the program
- Ability to choose any temperature, one degree at a time, from 104–208°F.
- Can set to maintain the temperature plus or minus 5°
- Ability to steam without pressure
- The ability to customize and memorize settings for each program

## What Size Instant Pot Should I Buy

Now that you've got an idea of which Instant Pot to buy, the next question is what size you should go with.

- **3-QUART:** This mini Instant Pot can be great if you're cooking for one but know that most recipes are designed for larger pots.
- **6-QUART:** This is the most popular Instant Pot size, and the size that we personally use and write recipes for. This pot is great if you are feeding between 3–6 people.
- **8-QUART:** This larger pot is great if you are feeding a big family, or doing big batches of meal prep each week.

## How to Use the Instant Pot

### Your Instant Pot Buttons Explained

Ok, you have your Instant Pot, now what? You may be staring at this thing wondering how it works, whether it's safe, and trying to decipher what all the buttons mean. Trust me, you're not alone! We're going to look at the most frequently used functions on your Instant Pot, and work through the more common buttons that you may find yourself reaching for. Keep in mind that on some models, the phrases, placement, and description may vary slightly. It's also good to note that on preset buttons such as soup, meat, poultry, etc. that the timing is merely a suggested cooking time, and that you'll always want to follow the recipe cook time instructions as the Instant Pot cannot determine the doneness of a meal.

- **MANUAL/PRESSURE COOK:** this is your go-to button for cooking almost anything! It may be named some version of either of these depending on your model, but this button, followed by an adjustment in time using the + or – on most models will allow you to cook almost anything! After selecting this button and setting your time, there will be a brief pause and a series of beeps that will tell you that the Instant Pot has begun cooking.
- **SAUTÉ:** This button will be used in many recipes so become familiar with it! We use this in our recipes to sauté vegetables, brown meat, melt oils, or to simmer, reduce, and thicken sauces.
- **KEEP WARM:** Turns the Auto Keep Warm function ON and OFF. Keep Warm keeps the contents of the cooking pot between 145–172°F. We like to use this function exactly as outlined, to keep our food warm prior to serving.
- **CANCEL:** End a cooking program at any time. This one might be the easiest one to figure out!
- **SOUP/BROTH:** This button cooks at High Pressure for 30 minutes. Adjusted to more cooks for 40 minutes. Adjusted to less cooks for 20 minutes.
- **MEAT/STEW:** This button cooks at High Pressure for 35 minutes. Adjusted to more cooks for 45 minutes. Adjusted to less cooks for 20 minutes.
- **BEAN/CHILI:** This button cooks at High Pressure for 30 minutes. Adjusted to more cooks for 40 minutes. Adjusted to less cooks for 25 minutes.
- **POULTRY:** This button cooks at High Pressure for 15 minutes. Adjusted to more cooks for 30 minutes. Adjusted to less cooks for 5 minutes.
- **RICE:** This button cooks at Low Pressure and is the only fully automatic program. It is for cooking white rice and will adjust the cooking time depending on the amount of water and rice in the cooking pot.

- **MULTIGRAIN:** This button cooks at High Pressure for 40 minutes. Adjusted to more cooks for 45 minutes of warm water soaking time and 60 minutes pressure cooking time. Adjusted to less cooks for 20 minutes.
- **PORRIDGE:** This button cooks at High Pressure for 20 minutes. Adjusted to more cooks for 30 minutes. Adjusted to less cooks for 15 minutes.
- **STEAM:** This button cooks at High Pressure for 10 minutes. Adjusted to more cooks for 15 minutes. Adjusted to less cooks for 3 minutes.  
*\*\*Make sure when steaming that you use a rack or steamer basket so as not to burn the item.*
- **LESS/NORMAL/MORE:** Adjust between the Less/Normal/More settings by pressing the same cooking function button repeatedly until you get to the desired setting.  
*\*\*You may find on older versions that you may use the Adjust button instead)*
- **[-] AND [+] BUTTONS:** Adjust the cook time up [+] or down [-].
- **SLOW COOK:** Adjust to slow cook on low (180–190°F), normal (190–200°F), or high (200–210°F). Use [+] and [-] to increase or decrease the cook time.
- **PRESSURE LEVEL:** Switch between High and Low-Pressure settings for pressure cooking programs. Works with all buttons that cook at High or Low Pressure.
- **YOGURT:** Please visit [HERE](#) for detailed instructions on how to use the Yogurt function.
- **DELAY START:** Select a cooking function and set adjustments, then press Delay Start and use the [+] and [-] buttons to set amount of time you'd like to wait before the Instant Pot starts cooking.

## How to Release Pressure

There are two types of releases you can perform to relieve pressure when your done cooking your meal, the QUICK RELEASE and the NATURAL RELEASE. Let's take a dive into what each of these entail, and suggested times to use them.

- **NATURAL RELEASE:** Natural release is the method of relieving steam and pressure from the Instant Pot in a gradual, slow and "natural" way. In order to perform a natural release, you literally do nothing, and allow the Instant Pot to work its pressure releasing magic. Leave the vent in place, and when the pressure is fully release on its own, the vent will become loose. Natural pressure release can take anywhere from 5–30 minutes depending on what you are cooking, and is most recommended for large cuts of meat that take longer to cook, and other items that might be foamy, have a large amount of liquid, or that have a high starch content. While the pressure is releasing, the food will continue to cook so keep this in mind as well! We've found that with meat (especially large or particularly tough cuts) a natural release will result in a more tender texture.
- **QUICK RELEASE:** This is the method you'll use when you want to stop the cooking process and prevent over cooking of your meal. It's performed by twisting the venting knob open immediately after your meal is done actively cooking. A quick release will result in the tell-tale hot steam shooting out and up from the Instant Pot, so please be advised to use an oven mitt or other protection if needed, keep your face away from the vent, and to try and release the steam away from your cabinets or other items that might become warped from condensation over time. The quick release is best performed when cooking things like vegetables that you don't want to overcook, or seafood that requires a shorter cooking time.

# How to Clean the Instant Pot

Cleaning your Instant Pot is super easy, and here's a few tips and tricks to help make sure your gadget stays clean and functioning properly for years to come! First thing to note is that the inner stainless-steel removable pot, the sealing ring, steamer basket, and lid are all dishwasher safe – SCORE!

Here are a few notes on how to keep specific components clean:

- **SEALING RINGS:** The sealing ring is CRITICAL to the function of your pressure cooker, so keeping it clean and inspecting it regularly for cracks and discoloration will help prevent dinnertime disaster if yours unexpectedly has issues. The ring is made of silicone and can also hold on to odors, smells, and food particles over time, so many people recommend having one for savory foods and one for sweets so as not to pass on odors and tastes to your foods!
- **COOKER BASE AND HEATING ELEMENT:** This is the only part of the Instant Pot that cannot be placed in the dishwasher. This is home to the microprocessor and heating element so it's crucial to keep it dry. If the outer portion needs cleaning, wipe gently with a damp cloth. If you need to clean the area around the lip of the cooker, use a damp cloth or an old toothbrush to clean the edges.
- **LID:** Though the lid is dishwasher safe, it's best to remove the sealing ring and anti-block shield prior to washing to get into all of the crevices. You'll also want to make sure that the steam release and float valve are clean and free of food or food remnants that could potentially interfere with the pressurizing of your Instant Pot.
- **ANTI-BLOCK SHIELD:** This part, located on the underside of the lid should be removed and washed after every use with warm, soapy water. Allow it to dry, and then secure it back into place before your next use.

## Instant Pot Tips and Tricks

Here are a few of our lesser known tips and tricks to take your Instant Pot experience from good to great! We've created a LOT of Instant Pot recipes in our day, and much of this "insider knowledge" comes from creative play in the kitchen. We hope that these make your pressure cooking life easier!

- Put your Instant Pot on warm or sauté mode while you're prepping. This will let the pot begin heating up and reduce the amount of time it takes to come to pressure.
- When you're looking at cook time, make sure you factor in how long it will take the pot to come to pressure! This will typically take 10–15 minutes, but can take longer if your pot is more full, has a higher volume of liquid, or contains frozen food.
- Speaking of — you can cook meat from frozen in the Instant Pot without changing the cook time, just count on it taking longer for the pot to come to pressure.
- To create adequate pressure, the inner pot must have at least 1 cup of liquid for a 6-quart pot and 1½ cups of liquid for an 8-quart pot when cooking.
- The Instant Pot generally retains all of its cooking liquid (sometimes creating more in the cooking process!) so if you are looking to create a sauce from the liquid, make sure you add your thickening agents AFTER the cooking process is complete. Things like arrowroot starch can actually interfere with the steam generation and clog the venting mechanism during cooking and release.
- In the Duo and the Ultra models don't forget that the lid can rest on the handles when done cooking!

## Favorite Instant Pot Accessories

- **STEAMER BASKET:** available in 3, 6 and 8 qt sizes. We love steaming vegetables in the Instant Pot, but you'll need to use a steamer basket to prevent your vegetables from burning on the bottom. You can also buy a [silicone steamer](#) if you prefer!
- **EGG COOKER:** this particular steamer is a stackable two-part egg steamer that is perfect for batch cooking up to 14 boiled eggs to your desired level of doneness. We love the Instant Pot for being able to make our meal prep lives easier, and this little accessory is so helpful!
- **EXTRA SEALING RINGS:** From time to time you'll find that your Instant Pot may take more time than normal to come to pressure or will fail to cook properly. One of the first fixes we recommend is swapping out the old sealing rings for a new one! These sealing rings are affordable, come in 3,6, and 8-quart sizes, and are great to have on hand in a pinch!
- **YOGURT CUPS:** If you're going to be using the Instant Pot for yogurt making, having a set of these easy to use yogurt cups in your accessory arsenal is a smart move! Perfectly sized to fit 8 jars in an 8-quart Instant Pot, we love that they're also made of glass.
- **CHEESECAKE PAN:** Did you know that in some models of the Instant Pot you can make cheesecakes? These springform pans fit perfectly in both 6 and 8-quart sizes and can be stacked if need be.



# Instant Pot Recipes

## FORK TENDER BALSAMIC MUSTARD PORK CHOPS

PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | YIELD: SERVES 6

### INGREDIENTS

- 3 pounds boneless pork chops
- 1 teaspoon fine sea salt
- ½ teaspoon ground black pepper (omit for AIP)
- 4 tablespoons salted butter, ghee, or coconut oil divided (use CO for AIP)
- 1 medium-sized yellow onion finely chopped (about ½ cup) (omit for low-FODMAP)
- ¼ cup mustard of choice
- ¼ cup balsamic vinegar
- ½ cup broth or water

### INSTRUCTIONS

1. Season both sides of the pork chops liberally with the salt and pepper. Turn your Instant Pot on and set to Sauté function. Melt 2 tablespoons of the butter in the pot. Sear the pork chops for 2 to 3 minutes per side, until they have a nice brown color. Transfer the chops to a plate.
2. Add the remaining 2 tablespoons of butter and the chopped onion to the Instant Pot. Sauté until the onion is translucent and slightly browned. Add the mustard, vinegar, and broth, whisking to incorporate and working to release the browned bits from the bottom of the pan so that they can mix into the sauce. Turn off sauté function. Add the pork chops to the sauce and stir to coat evenly.
3. Place the lid on the Instant Pot and lock, making sure your steam valve is closed. Manually select 10 minutes for your cook time, the Instant Pot will beep and begin pressurizing.
4. Once done cooking, perform a manual or “quick” release. Serve warm and enjoy!





## RUSTIC BEEF AND POTATO SOUP

PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR | YIELD: SERVES 6

### INGREDIENTS

- 2 tablespoons grass-fed butter, ghee, avocado oil, or coconut oil
- 2 pounds beef stew meat
- 1 tablespoon fine sea salt, more to taste
- ½ teaspoon ground black pepper, more for garnish
- ½ white onion, finely chopped
- 4 cloves garlic, minced
- 2 pounds gold potatoes, cut into 1-inch cubes
- 16 ounces canned crushed tomatoes
- 3 cups beef or chicken broth (homemade or store-bought)
- 4 sprigs fresh rosemary, plus additional to garnish
- 2 tablespoons fresh lemon juice (about 1 lemon)

### INSTRUCTIONS

1. Turn your Instant Pot on and set to Sauté function. Melt the butter in the Instant Pot. Liberally season the beef with the salt and pepper and then, working in batches so that you don't crowd the pan, brown the beef for about 3 minutes on at least 2 sides, or until the beef forms a nice deep brown color. Transfer to a separate bowl and continue to brown the rest of the beef.
2. Once the beef is finished browning, add the onions and garlic to the Instant Pot with the beef drippings and remaining butter. Sauté until the onions are translucent and the garlic is fragrant, but not burned. Turn off sauté function. Add the beef back in along with the rest of the ingredients, other than the lemon. Place the rosemary on top of the rest of the ingredients and lock your lid in place, making sure the steam valve is closed. Set your Instant Pot to cook on the "Meat/Stew" setting (it should automatically set to 35 minutes).
3. Once done cooking, you can either let the pressure release naturally, or carefully release it yourself.
4. Just before serving, mix in the fresh lemon juice and any additional salt you think it may need. Serve in individual bowls and garnish with a fresh sprig of rosemary and fresh cracked black pepper, if desired.



## RUSTIC BEEF AND POTATO SOUP





## SIMPLE SHREDDED CHICKEN

PREP TIME: 5 MINUTES | COOK TIME: 12 MINUTES | YIELD: ABOUT 10 CUPS SHREDDED CHICKEN

### INGREDIENTS

- 5–6 pounds boneless, skinless chicken breasts or thighs (equates to approx. 12 breasts)
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 cup chicken broth (may substitute with water)

### INSTRUCTIONS

1. Add all ingredients to Instant Pot.
2. Set the pot to “manual” setting and program it to cook for 12 minutes.
3. Once the timer beeps, set the pressure valve from sealed to “venting” to manually release the pressure.
4. Shred the chicken with two forks, or add to the bowl of your stand mixer and shred by mixing it with the paddle attachment for about 15 seconds.
5. Store in airtight container for up to one week or freeze.



## CHIPOTLE CARNITAS

PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR 45 MINUTES | YIELD: SERVES 10

### INGREDIENTS

- 2 tablespoons plus 1 teaspoon fine sea salt, divided
- 2 tablespoons dried Mexican oregano
- 1 tablespoon garlic powder
- 1 tablespoon chipotle chili powder
- 1 tablespoon ground cumin
- 2 teaspoons ground black pepper
- 1 (4-pound) bone-in pork butt (aka shoulder), rinsed and patted dry
- 4 tablespoons salted butter, ghee, or coconut oil divided
- 1 orange, cut into 4 wedges
- 1 medium-sized yellow onion cut into 4 wedges
- 1 cup chicken broth, store-bought or homemade
- Juice of 2 limes
- ¼ cup coarsely chopped fresh cilantro leaves, for garnish

### INSTRUCTIONS

1. Cut the pork shoulder into 4, equally-sized pieces.
2. Mix 2 tablespoons of the salt with the oregano, garlic powder, chipotle powder, cumin, and pepper. Rub the spice blend all over the pork shoulder.
3. Set your Instant Pot to "Sauté." Melt 2 tablespoons of the butter in the Instant Pot. Once melted, add the seasoned pork and sear on four sides for 3 minutes each, or until a crust starts to form.
4. Remove the pork from the Instant pot, add the broth, and deglaze the pan. Add back the pork along with the orange, onion, and lime juice.
5. Set the Instant Pot to manually cook at high pressure for 90 minutes. Let the pressure release naturally.
6. Preheat the oven to 425°F. Transfer the cooked shoulder to a large mixing bowl and shred it into small chunks using two forks.
7. Melt the remaining 2 tablespoons of butter and pour it over the shredded pork. Spread the pork out on a rimmed baking sheet, sprinkle with the remaining teaspoon of salt, and roast for 10 to 15 minutes, or until the tops just start to crisp. Remove from the oven, add the fresh lime juice and cilantro, then serve.





## CHIPOTLE CARNITAS





## BABY BACK RIBS

PREP TIME: 5 MINUTES | COOK TIME: 35 MINUTES | YIELD: SERVES 4

### INGREDIENTS

- 4 pounds baby back pork rib rack (1 full rack or 2 half racks)
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 1 cup store-bought or homemade BBQ sauce, divided

### INSTRUCTIONS

1. Cut the ribs so that they'll fit in your Instant Pot. Sprinkle with the salt and pepper then brush them with ½ cup bbq sauce.
2. Pour 1 cup water into the bottom of your Instant Pot, then set the steamer insert in the bottom. Place the ribs in the Instant Pot, lining them up along the side of the pot.
3. Secure the lid, press the "Meat" button, and press the "+" until it reads 30 minutes. Let the Instant Pot do its magic!
4. Once the timer is up, use the "quick release" nob to release the pressure. Remove the lid and transfer the ribs to a rimmed baking sheet.
5. Spoon an additional ½ cup of sauce over the ribs and then place in the oven on "broil". Broil for no more than 5 minutes and watch them carefully so they don't burn.
6. Cut and serve with extra BBQ sauce. Enjoy!



## INSTANT POT CREAMY PUMPKIN SOUP

PREP TIME: 15 MINUTES | COOK TIME: 7 MINUTES | YIELD: SERVES 8

### INGREDIENTS

- 8 ounces bacon
- 2 cups chicken broth
- 2, 15 ounce cans pumpkin puree
- 2, 14 ounce cans of full-fat coconut milk
- 1 – 1 ½ teaspoons coarse sea salt, to taste
- 1 teaspoon dried rubbed sage
- ½ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- 2 tablespoons lemon juice, or about 1 lemon
- Fresh sage, for garnish (optional)

### INSTRUCTIONS

1. Set your Instant Pot to 'sauté' mode, then add the bacon to the pot and cook until crisp. Remove the bacon from the pot and set aside.
2. Add the chicken broth to the pot and whisk to scrape up the browned bits from the bacon, then add the pumpkin, coconut milk, 1 teaspoon salt, sage, ginger, and pepper and whisk to combine.
3. Place the lid on the Instant Pot and make sure it is sealed, then set to cook for 7 minutes. Once the timer goes off, you can either release the pressure manually or let it release naturally.
4. Stir the lemon juice into the soup and taste for seasoning, then add more salt and pepper, if needed. Serve with crumbled bacon and fresh chopped sage, if desired.

**NOTE:** If using homemade pumpkin puree, reduce the amount of broth by ½ cup.





## INSTANT POT HAWAIIAN CHICKEN BOWLS

PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | YIELD: SERVES 5

### INGREDIENTS

#### FOR THE HAWAIIAN CHICKEN

- 1 cup coconut aminos
- $\frac{1}{3}$  cup pineapple juice
- 2 tablespoons lime juice (about 1 lime)
- 2 tablespoons sriracha (optional)
- $\frac{1}{2}$  teaspoon garlic powder
- 1 tablespoon freshly grated ginger, or 1 teaspoon ground
- 1 teaspoon sesame oil
- 2 pounds boneless, skinless chicken thighs (may also use chicken breasts or tenders)
- 2 tablespoons arrowroot or tapioca starch
- $4\frac{1}{2}$  cups cooked white rice or cauliflower rice, for serving

#### FOR THE PINEAPPLE AVOCADO SALSA

- 2 cups pineapple, diced
- 1 large avocado, diced
- 2 tablespoons lime juice (about 1 lime)
- $\frac{1}{3}$  cup fresh chopped cilantro
- $\frac{1}{4}$  red onion, diced
- 1 small jalapeno, seeds removed, diced (optional)

### INSTRUCTIONS

1. Add the coconut aminos to the Instant Pot on sauté mode and cook for 5–8 minutes, until thickened and reduced by half, then turn off the Instant Pot.
2. Stir in the lime juice, sriracha, garlic powder, ginger, pineapple juice, and sesame oil. Add the chicken and toss to coat, then set the Instant Pot to 'manual' and adjust to cook for 12 minutes.
3. While the chicken cooks, make the pineapple salsa. Add all of the salsa ingredients to a bowl and toss to coat, then set aside.
4. When the timer on the Instant Pot goes off, manually release the pressure, then remove the chicken from the pot and shred with two forks, or with the paddle attachment of your stand mixer.
5. Put the Instant Pot back on 'saute' mode, then whisk the arrowroot starch with  $\frac{1}{4}$  cup water. Pour the arrowroot mixture into the sauce and whisk to combine. Let the sauce come to a boil and thicken, then turn off the Instant Pot and return the chicken to the pot and toss it to coat with the sauce.
6. Assemble the bowls with the rice, chicken, and pineapple salsa and enjoy!





## HAWAIIAN CHICKEN BOWLS





## SALSA CHICKEN

PREP TIME: 6 MINUTES | COOK TIME: 12 MINUTES | YIELD: SERVES 5

### INGREDIENTS

- 2 pounds boneless, skinless chicken thighs or breasts
- 1½ cups salsa verde
- ½ teaspoon coarse sea salt
- Fresh chopped cilantro, for garnish
- Sliced red onion, for garnish

### INSTRUCTIONS

1. Place the chicken in the Instant pot and toss with the salsa and sea salt. Seal the lid of the Instant Pot and set to cook on the manual setting for 12 minutes.
2. Once the timer goes off, manually release the pressure by turning the valve on the Instant Pot from 'sealed' to 'venting.' Once all the steam has been released, remove the lid from the pot.
3. Shred the chicken with two forks. You can eat it as-is, or use it as a filling for tacos or in burrito bowls!



## INSTANT POT CHICKEN TIKKA MASALA

PREP TIME: 15 MINUTES | COOK TIME: 25 MINUTES | YIELD: SERVES 5

### INGREDIENTS

- 2 pounds boneless, skinless chicken thighs or breasts, cut into 1-inch cubes
- 2 tablespoons tomato paste
- 14 ounces tomato sauce
- 1 cup full-fat coconut milk
- 1 tablespoon garam masala
- 2 teaspoons turmeric powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground ginger
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon fine sea salt
- ¼ teaspoon red pepper flakes
- 3 tablespoons fresh lime juice (about 1½ limes)
- White rice or cauliflower rice, for serving
- Fresh chopped cilantro, for garnish
- Fresh sliced jalapeno, for garnish

### INSTRUCTIONS

1. Pour the tomato paste, tomato sauce, coconut milk, and spices into your Instant Pot and whisk to combine, then add the chicken.
2. Set the Instant Pot to "meat/stew" and adjust the time to cook for 25 minutes. Once the timer goes off, release the pressure on the Instant Pot, then stir in the lime juice. Serve over white rice and garnish with cilantro and jalapeno and serve!





CHICKEN TIKKA MASALA



## CREAMY CHICKEN ENCHILADA SOUP

PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES | YIELD: SERVES 5

### INGREDIENTS

#### FOR THE SOUP

- 5 cups chicken broth
- 8 ounces tomato sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon coarse sea salt, to taste
- 2 pounds boneless, skinless chicken thighs (may use breasts if desired)
- 1, 16-ounce can black beans, rinsed and drained (omit for Paleo and Low Carb)
- 1 cup frozen corn (omit for Paleo and Low Carb)
- ½ cup sour cream, or an equal amount of cream from the top of a can of full-fat coconut milk for dairy-free
- 2 tablespoons lime juice

#### TO GARNISH

- 3 corn tortillas, or two grain-free tortillas
- 3 tablespoons avocado oil or ghee
- Diced red onion, for garnish
- Additional sour cream, for garnish
- 1 jalapeno, thinly sliced

### INSTRUCTIONS

1. Add the broth, tomato sauce, and spices to the Instant Pot and stir to combine, then add the chicken thighs, corn, and black beans. Place the lid on the pot and seal, then hit the 'soup' button and set to cook for 25 minutes.
2. While the soup cooks, cut the tortillas into thin strips and heat the avocado oil in a small pan over medium-high heat. Once oil is hot, add the tortilla strips. Cook 3–5 minutes, stirring frequently, until crisp.
3. Once the timer goes off, immediately release the pressure by turning the knob on top of the Instant Pot from 'sealed' to 'venting.' Once the pressure has fully released, remove the lid from the pot and remove the chicken and transfer to a bowl or your cutting board. Shred the chicken with two forks, then place it back in the Instant Pot.
4. Add the sour cream and lime juice to the soup and stir to combine. Taste for seasoning and add additional salt as needed.
5. Serve with tortilla strips, avocado, sour cream, and cilantro and enjoy!



## CREAMY CHICKEN ENCHILADA SOUP



## TACOS AL PASTOR

PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR 30 MINUTES | YIELD: SERVES 6

### INGREDIENTS

#### FOR THE PORK

- 1, 4–5 pound pork shoulder
- ½ white onion
- ½ pineapple, cut into chunks (about 2 cups or 1 pound)
- 1 tablespoon oregano
- 1 tablespoon chili powder
- 4 cloves garlic
- 1 cup freshly squeezed orange juice
- 2 teaspoons sea salt
- 4 [guajillo peppers](#) in adobo (may also substitute chipotle peppers in adobo)

#### FOR THE TACOS AL PASTOR

- 1 cup diced pineapple
- 2 tablespoons ghee, butter, or avocado oil
- 12 tortillas of your choice
- ¼ cup finely diced red onion
- ½ jalapeno, finely diced
- 2 tablespoons chopped cilantro
- 1 tablespoon lime juice (about ½ lime)

### INSTRUCTIONS

1. Cut the pork shoulder into 4 pieces, then place in a large bowl.
2. Blend the onion, pineapple, oregano, garlic, orange juice, chili powder, sea salt, and guajillo peppers until smooth.
3. Pour the marinade over the pork shoulder and toss to coat. Cover and refrigerate for at least 4 hours up to overnight.
4. After marinating, add the pork to the Instant Pot with one cup of the marinade. Place the lid on the pot, cover, and make sure the valve is set to sealed. Press the "manual" button and set to cook for 90 minutes.
5. After 90 minutes is up, let the pressure release naturally (about 20 minutes) and remove the lid from the pot.
6. Preheat the oven to broil.
7. Shred the pork with two forks, then toss with additional cooking liquid, butter, and pineapple, then spread out on a rimmed baking sheet. Place the pan in the oven and broil for 5–7 minutes, keeping a close eye on the pork until it is crisp.
8. In a small bowl, combine the lime juice, diced onion, jalapeno, and cilantro.
9. Warm the tortillas, fill with the pork and pineapple, and top with the onion relish and serve!





TACOS EL PASTOR



## FRENCH ONION POT ROAST

PREP TIME: 15 MINUTES | COOK TIME: 1 HOUR 30 MINUTES | YIELD: SERVES 8

### INGREDIENTS

- 1, 5-pound beef chuck roast
- 1 tablespoon salt
- ½ teaspoon pepper
- 4 medium yellow onions, thinly sliced
- 4 cloves garlic, skins removed
- 1 cup beef broth
- 2 tablespoons ghee, or other fat of choice

### INSTRUCTIONS

1. Cut the chuck roast into 4–5 equal pieces and season liberally with salt and pepper. Set the Instant Pot to sauté mode and add the ghee. Once ghee is melted, add the roast to the pot and sear 5–6 minutes per side, until browned, working in batches.
2. Set the browned roast aside and add the broth to pot, scraping up the browned bits from the roast. Add the onions and garlic to the pot and set the beef on top.
3. Place the lid on the Instant Pot, ensuring it is locked and the valve is sealed. Press the "manual" button and set to cook for 90 minutes.
4. Once the timer goes off, allow the pressure to release naturally, for at least 15 minutes before releasing the pressure valve and removing the lid. Once the pressure has released, remove the beef from the pot and set it back to sauté mode again. Cook for 10–15 minutes, until broth has thickened and onions are fully cooked down.
5. Shred the beef, serve over mashed potatoes, and top with the caramelized onions and gravy.



## FRENCH ONION POT ROAST

## LOADED POTATO SOUP

PREP TIME: 20 MINUTES | COOK TIME: 45 MINUTES | YIELD: SERVES 6

### INGREDIENTS

- ½ pound of bacon, diced
- 3 pounds baby gold potatoes, roughly chopped
- 32 ounces chicken broth
- ½ teaspoon sea salt
- 8 ounces sour cream
- juice of one lemon
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon dried thyme
- ¼ teaspoon dried sage
- ¼ teaspoon black pepper

### FOR THE TOPPINGS

- 4 ounces sour cream
- ½ cup cheese
- 2 tablespoons chopped chives

### INSTRUCTIONS

1. Set Instant Pot to 'sauté' mode and add bacon pieces. Cook for about 5 minutes until bacon is crispy and fat is fully rendered. Turn off the pot and remove bacon and excess bacon grease, leaving 1–2 tablespoons.
2. Add the potatoes, chicken broth, and salt to the Instant Pot. Place the lid on the pot and ensure the pressure valve is closed. Press the 'manual' button and set to cook for 15 minutes. The pot will have to come up to pressure and then the countdown will begin.
3. Once the timer goes off, manually release the pressure valve carefully. Once the pot has stopped releasing steam, open the lid.
4. Remove about half of the potatoes from the pot and place in a medium sized bowl.
5. Puree the remaining potatoes and broth with an Immersion Blender. Then, stir in the sour cream, lemon juice, and remaining seasonings.
6. Stir in the cooked bacon pieces and potatoes, then taste for seasoning and add more if needed.
7. Serve alongside additional sour cream, cheese, and chives for topping.





## LOADED POTATO SOUP



## RUSTIC SHORT RIBS

PREP TIME: 20 MINUTES | COOK TIME: 1 HOUR | YIELD: SERVES 4–6

### INGREDIENTS

- 2 tablespoons ghee
- 3 pounds short ribs
- 1 teaspoon coarse sea salt
- ½ teaspoon black pepper
- 3 large cloves garlic, minced
- 1 cup red wine
- ⅓ cup balsamic vinegar
- 2 tablespooons or 1 lemon, juiced
- 2 sprigs rosemary
- 2 sprigs sage

### INSTRUCTIONS

1. Set Instant Pot to 'sauté' mode and add ghee.
2. Season short ribs with salt and pepper. Once ghee is melted, add short ribs to the Instant pot to brown, 4–5 minutes per side. You will need to work in 2–3 batches to make sure you don't overcrowd the pan.
3. Once the short ribs are browned, remove them from the pan and add the garlic, and sauté until fragrant.
4. Next, add the red wine, scraping up the browned bits on the bottom of the pan. Then, add the balsamic vinegar and lemon juice. Add the short ribs back to the pot along with the rosemary and sage.
5. Place the lid on the Instant Pot and set it to "manual" and adjust to 45 minutes. Let the pressure release for about 15–20 minutes, then open the pot. Serve!





## RUSTIC SHORT RIBS





## CHIPOTLE BRISKET

PREP TIME: 20 MINUTES | COOK TIME: 1 HOUR 30 MINUTES | YIELD: SERVES 6

### INGREDIENTS

- 3 ½ pounds beef brisket
- 1 tablespoons bacon fat
- 2 tablespoons chipotle powder
- 1 cup water
- 1 teaspoons fine sea salt
- ¼ cup chopped cilantro, for garnish

### INSTRUCTIONS

1. Cut brisket into 4 equal pieces.
2. Add bacon fat to Instant Pot and turn to "sauté."
3. Season brisket with chipotle powder by making sure it's applied liberally and rubbed into all sides. Once the fat is melted, add the beef to Instant Pot in two batches, searing brisket for 2–3 minutes per side until browned. Note: searing the beef all at once will cause overcrowding and will prevent the beef from browning nicely.
4. Once all beef is browned, add all pieces back to the pot along with water.
5. Close the instant pot, making sure the valve is set to "sealing" rather than "venting." Hit the "meat/stew" button and adjust to cook for 70 minutes.
6. Once the brisket is finished cooking, let the Instant pot release pressure naturally (about 15 minutes) until the lid easily opens.
7. Slice the beef against the grain and serve. Garnish with sea salt and cilantro, if desired. Enjoy!

