

Instant Pot

HOW TO CONVERT CONVENTIONAL RECIPES

TIPS TO REMEMBER

- Be sure there is at least 1 cup of liquid for a 6-quart Instant Pot and 1.5 cups for an 8-quart Instant Pot.
- Avoid dairy or delicate cuts of meat or vegetables.
- Use natural pressure release to keep meat tender.

FROM SLOW COOKER

Slow Cooker Time	Instant Pot Time
10 hours on low/ 5 hours on high	30 minutes on high pressure
8 hours on low/ 4 hours on high	24 minutes on high pressure
6 hours on low/ 3 hours on high	18 minutes on high pressure
4 hours on low/ 2 hours on high	12 minutes on high pressure

FROM OVEN/STOVE TOP

Stove/Oven Cook Time	Instant Pot Time
2 hours	40 minutes on high pressure
1 ½ hours	30 minutes on high pressure
1 hour	20 minutes on high pressure
30 minutes	10 minutes on high pressure

RECIPES WITH PASTA

Cut the suggested cooking time in half and let the pressure release for exactly 5 minutes.