INSTANT POT HIGH ALTITUDE CONVERSION CHART

Elevation	Increase Time By	20-Minute Recipe	60-Minute Recipe
3,000 ft	5%	21 min	63 min
4,000 ft	10%	22 min	66 min
5,000 ft	15%	23 min	69 min
6,000 ft	20%	24 min	72 min
7,000 ft	25%	25 min	75 min
8,000 ft	30%	26 min	78 min
9,000 ft	35%	27 min	81 min

How to Use This Chart

- Find your elevation. If you're between rows, use the closer one.
- Use the time in the chart. If your recipe's time isn't listed, multiply it by your percentage and add the extra minutes. Round to the nearest whole minute.
- Adjust the cook time. Don't change the pressure setting.

Example: At 5,000 feet, a 40-minute recipe gets 15% more time.
40 × 0.15 = 6 extra minutes, for 46 minutes total.

Keep in mind:

- Dried beans, rice, and meat most often need the extra time. Some foods, like dried beans and meat, also do better with a longer natural release.
- These are guidelines, not hard-and-fast rules. Check for doneness and adjust next time.

For more detailed information check out A Mind Full Mom's Instant Pot Altitude Guide at amindfullmom.com.

A Mind Full MOM