



Poached Eggs Instant Pot

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Recipe Card

Out of all egg preparations, poached eggs are one of the best ways to have eggs when trying to shed pounds. No extra fat! (4 Servings)



PREP TIME

5 minutes

COOK TIME

2-5 minutes

TOTAL TIME

7-10 minutes

1 Serving = 74 Calories (6.26g Protein, 0.38g Carb, 11.9g, 4.95g Fat)

INGREDIENTS

- 1 cup water
- 4 large eggs

Setting: Steam (release manual)

INSTRUCTIONS

1. Place the trivet in the bottom of the inner pot of the Instant Pot and pour in the water.
2. You will need small silicone egg poacher cups that will fit in your Instant Pot to hold the eggs. Spray each silicone cup with nonstick cooking spray.
3. Crack each egg and pour it into the prepared cup.
4. Very carefully place the silicone cups into the inner Pot so they do not spill.
5. Secure the lid by locking it into place and turn the vent to the sealing position.
6. Push the Steam button and adjust the time-2 minutes for a very runny egg all the way to 5 minutes for a slightly runny egg.



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INSTRUCTIONS (continued)

7. When the timer beeps, release the pressure manually and remove the lid, being very careful not to let the condensation in the lid drip into your eggs.

8. Very carefully remove the silicone cups from the inner pot.

9. Carefully remove the poached eggs from each of the silicone containers and place in your serving dish.



Recipe and photo credit :

Fix-it and Forget-it Instant Pot Cookbook ~ Hope Comerford



Best Steel-Cut Oats Instant Pot

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The fiber, vitamins, minerals, and antioxidants in steel cut oats can provide important health benefits.
(4 Servings)



PREP TIME

5 minutes

COOK TIME

3 minutes

TOTAL TIME

8 minutes

1 Serving = 177 calories

(7g protein, 30g carbs, 3 g fat, 4 g fiber) - with 1% milk / not including the optional ingredients

INGREDIENTS

- 1 cup steel-cut oats
- 2 cups water
- 1 cup almond milk (or 1% milk)
- pinch salt
- ½ tsp. vanilla extract
- 1 cinnamon stick
- 1 tsp. ground cinnamon

Optional options:

- ¼ cup dried cherries
- 1 tsp. ground cinnamon
- ¼ cup toasted almonds
- sweetener of choice

INSTRUCTIONS

1. Add all ingredients listed to the inner pot of the Instant Pot except the toasted almonds and sweetener.
2. Secure the lid and make sure the vent is turned to sealing. Cook 3 minutes on high, using manual function.



Best Steel-Cut Oats Instant Pot

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INSTRUCTIONS (continued):

3. Let the pressure release naturally.
4. Remove cinnamon stick.
5. Add almonds, and sweetener if desired, and serve.

Notes

- Refrigerate leftovers in refrigerator.
- Nondairy milk is best because dairy milk can scorch. Additional milk can be added when eating if desired.



Recipe and photo credit :

*Fix-it and Forget-it Instant Pot Cookbook ~ Hope Comerford
(recipe modified slightly)*



Chicken Vegetable Soup

Instant Pot

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This recipe is loaded with protein and veggies such as carrots, celery, and onion. This recipe is also full of vitamin C & K, other antioxidants and minerals.
(6 Servings)



PREP TIME COOK TIME TOTAL TIME

12-25 minutes 4 minutes **16-29** minutes

1 Serving = 93 calories = 10g protein, 12g carbs, 1.7g fat, 3g fiber

INGREDIENTS

- 1-2 raw chicken breasts, cubed
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1/2 sweet potato or 1 white potatoe small cubes
- 1 large carrot, peeled and cubed
- 4 stalks celery, chopped, leaves included
- 1/2 cup frozen corn
- 1/4 cup frozen peas
- 1 cup frozen green beans (bite size)
- 1/4-1/2 cup chopped savoy cabbage
- 1 1/2-oz. can petite diced tomatoes
- 3 cups chicken bone broth or chicken broth
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 tsp. garlic powder
- 1/4 cup chopped fresh parsley
- 1/4-1/2 tsp. red pepper flakes

INSTRUCTIONS

1. Add all of the ingredients, in the order listed to the inner pot of the Instant Pot.
2. Lock the lid in place, set the vent to sealing and press Manual. Cook at high pressure for 4 minutes.
3. Release the pressure manually as soon as cooking time is finished.
4. Serve in bowls and garnish with fresh parsley.



*Recipe and photo credit :
Fix-it and Forget-it Instant Pot Cookbook ~ Hope Comerford
(recipe modified slightly)*



Salmon with Garlic Potatoes and Greens

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Instant Pot

You'll feel like a chef when you serve this salmon dinner, complete with garlicky smashed potatoes and warm greens. A little lemon zest and paprika go a long way in flavoring this quick and easy meal. (4 servings**)



PREP TIME

5-7 minutes

COOK TIME

7 minutes

TOTAL TIME

14 minutes

1 Serving = 411 calories = 33.25g protein, 8.25g carbs, 26.5g fat, 1g fiber (*less fat = less butter or butter substitute). **Bariatric portion could be 1/2 of this serving size.

INGREDIENTS

- 1 1/4 pounds small red-skinned potatoes, halved or quartered
- 4 tablespoons unsalted butter
- Kosher salt and freshly ground pepper
- Four 5- to 6-ounce skin-on center-cut salmon fillets (3/4 to 1 inch thick)
- 1/4 teaspoon paprika
- 1/2 teaspoon grated lemon zest, plus lemon wedges for serving
- 4 cloves garlic, minced
- 4 cups packed mixed baby spinach and arugula (about 3 1/2 ounces)



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INSTRUCTIONS

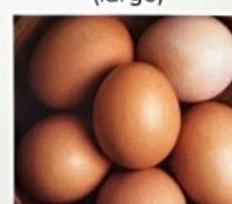
1. Put the potatoes in the bottom of an Instant Pot. Add 1 cup water, 2 tablespoons of the butter, 1/2 teaspoon salt and a few grinds of pepper. Place the pot's steam rack over the potatoes.
2. Rub the top and sides of the salmon fillets with the paprika and lemon zest and season generously with salt and pepper. Place skin-side down on the rack. Put on the lid, making sure the steam valve is in the sealing position, and set the cooker to high pressure for 3 minutes. When finished, carefully turn the steam valve to the venting position to release the pressure.
3. Remove the salmon and rack and set the cooker to saute at normal heat. When the potatoes start sizzling, add the garlic and cook, stirring, until softened, 1 to 2 minutes; stir in the remaining 2 tablespoons butter and season generously with salt and pepper. Smash the potatoes with a fork or wooden spoon until chunky.
4. Turn off the cooker. Add the mixed greens to the potatoes and stir until wilted, 1 to 2 minutes. Season with salt and pepper. Divide the salmon and potato mixture among plates. Serve with lemon wedges.

Recipe and photo credit :

Food Network Kitchen

<https://www.foodnetwork.com/recipes/food-network-kitchen/instant-pot-salmon-with-garlic-potatoes-and-greens-3894814>



		Cooking Time Tables			12 PSI HIGH PRESSURE LEVEL						
VEGETABLES	ASPARAGUS		BEANS (yellow & green)		BROCCOLI (florets)		BRUSSEL SPROUTS		BUTTERNUT SQUASH		
		1-2 mins		1-2 mins		1-2 mins		2-3 mins		4-6 mins	
	CABBAGE (whole or wedges)		CARROTS (whole or chunks)		CAULIFLOWER (florets)		CORN (on the cob)		MIXED VEGETABLES		
		2-3 mins		6-8 mins		2-3 mins		3-5 mins		3-4 mins	
	POTATOES (large, whole)		POTATOES (small, whole)		POTATOES (cubed)		SWEET POTATOES (whole)		SWEET POTATOES (cubed)		
		12-15 mins		8-10 mins		3-4 mins		12-15 mins		2-4 mins	
	MEAT & EGGS	BEEF (stew)		BEEF (large pieces)		BEEF (ribs)		CHICKEN (breasts)		CHICKEN (whole)	
			20 mins (per 450 g / 1 lb)		20-25 mins (per 450 g / 1 lb)		20-25 mins (per 450 g / 1 lb)		6-8 mins (per 450 g / 1 lb)		8 mins (per 450 g / 1 lb)
		CHICKEN (bone stock)		LAMB (leg)		PORK (butt roast)		PORK (baby back ribs)		EGGS (large)	
			40-50 mins		15 mins (per 450 g / 1 lb)		15 mins (per 450 g / 1 lb)		15-20 mins (per 450 g / 1 lb)		Hard: 5 mins

Recipe and photo credit :

Directly from Instant Pot Lux Series Reference Guide -
Cooking Time Tables *12 PSI High Pressure Level



Instant Pot Cooking Time Tables

<https://instantpot.com/instantpot-cooking-time/>

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RICE & GRAINS (grain : water ratio)	BARLEY (pearl)	CONGEE	MILLET	OATMEAL	OATS (steel cut)	PORRIDGE
	20-22 mins 1: 2.5	15-20 mins 1: 4 - 1: 5	10-12 mins 1: 1.75	2-3 mins 1: 2	3-5 mins 2: 3	5-7 mins 1: 6 - 1: 7
	QUINOA	RICE (Basmati)	RICE (brown)	RICE (Jasmine)	RICE (white)	RICE (wild)
	1 min 1: 1.25	4 mins 1: 1	20-22 mins 1: 1	4 mins 1: 1	4 mins 1: 1	20-25 mins 1: 2
BEANS & LENTILS (dry & soaked)	BLACK BEANS	BLACK EYED PEAS	CHICKPEAS	KIDNEY BEAN (red)	KIDNEY BEANS (white)	LENTILS (green)
	D: 20-25 mins S: 6-8 mins	D: 14-18 mins S: 4-5 mins	D: 35-40 mins S: 10-15 mins	D: 20-25 mins S: 7-8 mins	D: 25-30 mins S: 6-9 mins	D: 8-10 mins S: N/A
	LENTILS (yellow)	LIMA BEANS	NAVY BEANS	PIGEON PEAS (Gandules)	PINTO BEANS	SOY BEANS
	D: 1-2 mins S: N/A	D: 12-14 mins S: 6-10 mins	D: 20-25 mins S: 7-8 mins	D: 25-30 mins S: 6-9 mins	D: 25-30 mins S: 6-9 mins	D: 35-45 mins S: 18-20 mins
SEAFOOD	FISH (whole)	FISH (fillet)	LOBSTER	MUSSELS	SHRIMP (or prawn)	SEAFOOD STOCK
	4-5 mins	2-3 mins	2-3 mins	1-2 mins	1-3 mins	7-8 mins

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