

# Instant Pot Cheat Sheet

## Meat

|                                   | Time/Weight          |
|-----------------------------------|----------------------|
| Beef, stew meat                   | 20 min. / 1 lb.      |
| Beef, meat ball                   | 5 min. / 1 lb.       |
| Beef, dressed                     | 20 – 25 min. / 1 lb. |
| Beef, sm. (roast, steak, brisket) | 20 – 25 min. / 1 lb. |
| Beef, lg. (roast, steak, brisket) | 15-20 min. / 1 lb.   |
| Beef, ribs                        | 20 – 25 min.         |
| Beef, shanks                      | 25 – 30 min.         |
| Beef, oxtail                      | 40 – 50 min.         |
| Chicken, breasts (boneless)       | 6 – 8 min.           |
| Chicken, whole                    | 8 min. / 1 lb.       |
| Chicken, cut with bones           | 10 – 15 min.         |
| Chicken, bone stock               | 40 – 50 min.         |
| Duck, portions with bones         | 12 – 15 min.         |
| Duck, whole                       | 10 – 15 min. / 1 lb. |
| Ham, slices                       | 9 – 12 min.          |
| Ham, pork shoulder                | 8 min. / 1 lb.       |
| Lamb, cubes                       | 10 – 15 min.         |
| Lamb, stew meat                   | 12 – 15 min.         |
| Lamb, leg                         | 15 min. / 1 lb.      |
| Pheasant or Quail                 | 8 min. / 1 lb.       |
| Pork, loin roast                  | 20 min. / 1 lb.      |
| Pork, butt roast                  | 15 min. / 1 lb.      |
| Pork, ribs                        | 15 – 20 min.         |
| Turkey, breast (boneless)         | 7 – 9 min.           |
| Turkey, breast (whole)            | 20 – 25 min.         |
| Turkey, drumsticks (leg)          | 15 – 20 min.         |
| Veal, chops                       | 5 – 8 min.           |
| Veal, roast                       | 12 min. / 1 lb.      |

## Vegetable

|                             | Fresh        | Frozen       |
|-----------------------------|--------------|--------------|
| Artichoke, whole & trimmed  | 9 – 11 min.  | 11 – 13 min. |
| Artichoke, hearts           | 4 – 5 min.   | 5 – 6 min.   |
| Asparagus, whole or cut     | 1 – 2 min.   | 2 – 3 min.   |
| Beans, green, or other long | 1 – 2 min.   | 2 – 3 min.   |
| Beetroot, small / whole     | 11 – 25 min. | 13 – 30 min. |
| Broccoli, florets           | 1 – 2 min.   | 2 – 3 min.   |
| Broccoli, stalks            | 3 – 4 min.   | 4 – 5 min.   |
| Brussels sprouts, whole     | 2 – 3 min.   | 3 – 4 min.   |
| Cabbage                     | 2 – 3 min.   | 3 – 4 min.   |
| Carrots, sliced or shredded | 2 – 3 min.   | 3 – 4 min.   |
| Carrots, whole or chunked   | 6 – 8 min.   | 7 – 9 min.   |
| Cauliflower florets         | 2 – 3 min.   | 3 – 4 min.   |
| Celery, chunks              | 2 – 3 min.   | 3 – 4 min.   |
| Collard Greens              | 4 – 5 min.   | 5 – 6 min.   |
| Corn (kernels)              | 1 – 2 min.   | 2 – 3 min.   |
| Corn (on the cob)           | 3 – 5 min.   | 4 – 6 min.   |
| Eggplant (slices or chunks) | 3 – 4 min.   | 3 – 4 min.   |
| Endive                      | 1 – 2 min.   | 2 – 3 min.   |
| Escarole (chopped)          | 2 – 3 min.   | 3 – 4 min.   |
| Green beans (whole)         | 2 – 3 min.   | 3 – 4 min.   |
| Greens (chopped)            | 4 – 5 min.   | 5 – 6 min.   |
| Leeks                       | 2 – 3 min.   | 3 – 4 min.   |
| Mixed vegetables            | 3 – 4 min.   | 4 – 6 min.   |
| Okra                        | 2 – 3 min.   | 3 – 4 min.   |
| Onions (sliced)             | 2 – 3 min.   | 3 – 4 min.   |
| Parsnips (chunks)           | 3 – 4 min.   | 4 – 5 min.   |
| Peas (in the pod)           | 1 – 2 min.   | 2 – 3 min.   |
| Peas (green)                | 1 – 2 min.   | 2 – 3 min.   |
| Potatoes (cubed)            | 3 – 4 min.   | 4 – 5 min.   |
| Potatoes (small, whole)     | 8 – 10 min.  | 12 – 14 min. |
| Potatoes (large, whole)     | 12 – 15 min. | 15 – 19 min. |
| Pumpkin                     | 4 – 10 min.  | 6 – 14 min.  |
| Rutabaga (slices)           | 3 – 6 min.   | 4 – 8 min.   |
| Rutabaga (chunks)           | 4 – 6 min.   | 6 – 8 min.   |
| Spinach                     | 1 – 2 min.   | 2 – 3 min.   |
| Acorn squash (slices)       | 3 – 4 min.   | 4 – 6 min.   |
| Butternut squash (slices)   | 4 – 6 min.   | 6 – 8 min.   |
| Sweet Potato (cubes)        | 2 – 4 min.   | 4 – 6 min.   |
| Sweet Potato                | 10 – 15 min. | 12 – 19 min. |
| Sweet Pepper                | 1 – 3 min.   | 2 – 4 min.   |
| Tomatoes (quarters)         | 2 – 3 min.   | 4 – 5 min.   |

## Seafood & Fish

|                       | Fresh      | Frozen     |
|-----------------------|------------|------------|
| Crab, whole           | 2 – 3 min. | 4 – 5 min. |
| Fish, whole           | 4 – 5 min. | 5 – 7 min. |
| Fish, fillet          | 2 – 3 min. | 3 – 4 min. |
| Fish, steak           | 3 – 4 min. | 4 – 6 min. |
| Lobster               | 2 – 3 min. | 3 – 4 min. |
| Mussels               | 1 – 2 min. | 2 – 3 min. |
| Seafood soup or stock | 7 – 8 min. | 8 – 9 min. |
| Shrimp or Prawn       | 1 – 3 min. | 2 – 4 min. |

# Instant Pot Cheat Sheet

## Legumes, Lentils, & Beans

|                        | Dry          | Soaked       |
|------------------------|--------------|--------------|
| Adzuki / Azuki / Aduki | 16 – 20 min. | 4 – 6 min.   |
| Anasazi                | 20 – 25 min. | 5 – 7 min.   |
| Black beans            | 20 – 25 min. | 6 – 8 min.   |
| Black-eyed peas        | 14 – 18 min. | 4 – 5 min.   |
| Chickpeas              | 35 – 40 min. | 10 – 15 min. |
| Cannellini beans       | 30 – 35 min. | 6 – 9 min.   |
| Great Northern beans   | 25 – 30 min. | 7 – 8 min.   |
| Kidney beans, red      | 15 – 20 min. | 7 – 8 min.   |
| Lentils, green         | 8 – 10 min.  | n/a          |
| Lentils, brown         | 8 – 10 min.  | n/a          |
| Lentils, red, split    | 1 – 2 min.   | n/a          |
| Lentils, yellow, split | 1 – 2 min.   | n/a          |
| Lima beans             | 12 – 14 min. | 6 – 10 min.  |
| Navy beans             | 20 – 25 min. | 7 – 8 min.   |
| Pinto beans            | 25 – 30 min. | 6 – 9 min.   |
| Peas                   | 16 – 20 min. | 10 – 12 min. |
| Scarlet runner         | 20 – 25 min. | 6 – 8 min.   |
| Soy beans              | 35 – 45 min. | 18 – 20 min. |

## Fruit

|                           | Fresh      | Dried      |
|---------------------------|------------|------------|
| Apples (slices or pieces) | 1 – 2 min. | 2 – 3 min. |
| Apples (whole)            | 3 – 4 min. | 4 – 6 min. |
| Apricots                  | 2 – 3 min. | 3 – 4 min. |
| Peaches                   | 2 – 3 min. | 4 – 5 min. |
| Pears (whole)             | 3 – 4 min. | 4 – 6 min. |
| Pears (slices or halves)  | 2 – 3 min. | 4 – 5 min. |
| Plums                     | 2 – 3 min. | 4 – 5 min. |
| Raisins                   | n/a        | 4 – 5 min. |

## Other

| Item |  | Dried |
|------|--|-------|
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## Rice & Grain

|                          | Water Ratio   | Cooking Time |
|--------------------------|---------------|--------------|
| Barley, pearl            | 1 : 2.5       | 20 – 22 min. |
| Barley, pot              | 1 : 3 – 1 : 4 | 25 – 30 min. |
| Congee, thick            | 1 : 4 – 1 : 5 | 15 – 20 min. |
| Congee, thin             | 1 : 6 – 1 : 7 | 15 – 20 min. |
| Couscous                 | 1 : 2         | 2 – 3 min.   |
| Corn, dried / halved     | 1 : 3         | 5 – 6 min.   |
| Kamut, whole             | 1 : 2         | 10 – 12 min. |
| Millet                   | 1 : 1.75      | 10 – 12 min. |
| Oats, quick cooking      | 1 : 2         | 2 – 3 min.   |
| Oats, steel-cut          | 1 : 3         | 3 – 5 min.   |
| Porridge, thin           | 1 : 6 – 1 : 7 | 5 – 7 min.   |
| Quinoa, quick cooking    | 1 : 1.25      | 1 min.       |
| Rice, Basmati            | 1 : 1         | 4 min.       |
| Rice, Brown              | 1 : 1         | 20 – 22 min. |
| Rice, Jasmine            | 1 : 1         | 4 min.       |
| Rice, white              | 1 : 1         | 4 min.       |
| Rice, wild               | 1 : 2         | 20 – 25 min. |
| Sorghum                  | 1 : 3         | 20 – 25 min. |
| Spelt berries (unsoaked) | 1 : 1.5       | 25 – 30 min. |
| Wheat berries (unsoaked) | 1 : 3         | 25 – 30 min. |

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