



**UNDER PRESSURE?  
FEAR NOT!  
INSTANT POT 101**



# BOWL me OVER



*Is the whole Instant Pot/Pressure Cooker craze totally alien to you?  
You're not alone! ~ Debra Clark*



OK so you bought an **Instant Pot**.... Now what?

I received my pressure cooker, an Instant Pot as a gift last year. It's a sharp looking piece of equipment and I proudly set it out on my counter top to display it because it is shiny and pretty.... and there it sat for two months.

I was afraid to try it. Pressure cooking = scary, right?

That's where you're wrong. Cooking with your Instant Pot is easy when you know the basics!

On Thanksgiving while cooking our holiday meal I heard a loud POP and then three beeps from my oven. I walked over to the oven and realized somehow the broiler had turned on all by itself....

And the oven door locked itself....

And the cancel button on the front of the oven would not turn the oven off!

Dan was off to get his Mom. I was home by myself. Frankly I panicked. Especially as I watched the casserole inside the oven go from golden brown to black and begin to smoke.

Should I call the fire department?

I did the only thing I could think of – I ran to the breaker box and shut off the power to the kitchen. Thankfully it worked!

Dead oven.

The motherboard was fried....literally. We were lucky the house didn't burn down! Long story short, it took five long weeks to get the oven repaired.

**I decided it was time to figure out this whole Instant Pot pressure cooker thing!**



# Under Pressure? Fear Not! Instant Pot 101

## Understanding your Instant Pot

### Real Cooking Time

In addition to the time in the recipe, understand that it will take between 5-15 minutes for your Instant Pot to come to pressure. PLUS 5-10 for the pressure to release at the end. For example if you are cooking the Ham and Potato Soup recipe from this resource guide, plan on approximately 10 min to come to pressure + 11 min cook time + 5 min pressure release = 26 minutes. Long story short? Start your meal early and utilize the “keep warm” button on the Instant Pot after cooking is complete.

### Instant Pot Acronyms and Function Keys

- **IP** = Instant Pot
- **PC** = Pressure Cooker
- **QR or QPR** = Quick Release or Quick Pressure Release
- **NR or NPR** = Natural Release or Natural Pressure Release
- **HP** = High Pressure
- **LP** = Low Pressure
- **Sauté Function** - Cook just like you would in your skillet!
- **Timer Function** - is perfect for delayed cooking. Add/ subtract times by pressing the + or - button
- **Keep Warm/Cancel Function** - This is the default setting when cooking completes the manual cycle. Use it to keep your food warm AND to cancel or change cycles
- **The Timer Function** - is perfect for delayed cooking. Add or subtract times by pressing the + or - buttons



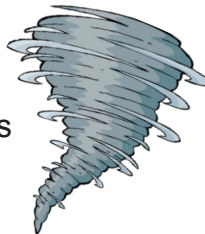
### Things to do before you start cooking:

- ✓ read the manual
- ✓ do a water test

# Under Pressure? Fear Not!



**Pressure Cooking Tip** – Do not place your Instant Pot or pressure cooker under a cupboard because when it vents, it releases a powerful blast of hot steam that lasts for several minutes. Over time, this blast of hot steam could damage a wooden cupboard.



tip

## My Instant Pot smells!

1. Clean the lid, anti-block seal and sealing ring. The lid, anti-block seal and sealing ring are dishwasher safe and need to be cleaned after EVERY use.



2. Clean outside of the Instant Pot with a damp cloth or sponge. The same for the inside and around the rim. **DO NOT SUBMERGE** the body of the Instant Pot

tip

## My Instant Pot won't lock!

- Check the seal, it's probably not seated properly, preventing the cooker from sealing **or**
- The anti-block sealing ring is stuck in the upright position. If so, simply press it down.

tip

## Why can't I open the lid?

Chances are good the cooking steam isn't completely vented. Allow the steam to vent completely.

## Did you know?

The handles do double-duty and hold the lid. Perfect for keeping it off the counter while you are using the saute' feature.





# POTATO SOUP WITH HAM



## Potato Soup with Ham

This soup is hearty and savory. Made creamy with Yukon Gold potatoes and thickened with starchy russet potatoes, it's an easy soup to make!

### *Suggested Meal Pairings*

- *Bright crisp green salad*
- *Grilled cheese sandwich*

*Serve with a crisp Chardonnay or a light Chianti*

### INGREDIENTS

3 pounds russet potatoes  
1 yellow onion  
4 cups chicken stock  
1 cup diced ham  
2 cups cheddar cheese, shredded

1 pound Yukon gold potatoes  
2 stalks celery  
2 cloves garlic  
1/2 tsp salt • 1/2 tsp pepper  
1/2 cup half and half • 1 tbsp olive oil

Prep Time 10 min. Cook Time 11 min  
8 Servings • 383 calories/serving

Tabasco sauce to pass (optional)

### DIRECTIONS

Clean and peel the russet potatoes, diced into a one inch dice. Clean the Yukon gold potatoes. Dice into one inch sized dice. Clean and dice the onion and celery, mince the garlic.

Turn the Instant Pot on sauté. Allow to heat one minute. Add the olive oil, diced onion, celery and potatoes. Sauté for two minutes.

Add the garlic, salt and pepper, stir well - sauté for another 30 seconds. Add the ham and chicken stock. Stir well.

Add the lid to the Instant Pot and seal. Turn the vent to the seal position. Change setting to steam and set the timer to 11 minutes.

When the timer goes off. Do a quick release by opening the vent valve. Allow all of the steam to release.

When the steam is completely released, remove the lid. Add the cheese and half and half. Using a potato masher, mash the potatoes until they are the consistency you desire.

Check the seasoning. You may need to add an additional 1/2 teaspoon of salt it depends on how salty the ham is. I love this topped with a splash of Tabasco sauce!

# INSTANT POT BARBECUE PORK RIBS



## INSTANT POT BARBECUE PORK RIBS

How do you make Barbecue Pork Ribs that will melt in your mouth? It's easy, use your Instant Pot and follow these quick and easy guidelines. Tasty, tangy tender ribs that are moist and delicious are now possible in minutes instead of hours!

### ***Suggested Meal Pairings***

- *Homemade Potato Salad*
- *Homemade Baked Beans*

*Serve with tangy lemonade or your favorite beer!*

Prep Time 10 min. Cook Time 35 hours  
6 Servings • 437 calories/serving

### INGREDIENTS

- |   |                                |
|---|--------------------------------|
| 1 slab pork ribs  | *6 tbsp Chef's Blend Spice Mix |
| 1 cup apple juice or cranberry peach juice<br>*or use your favorite dry spice rub | 1 1/2 cups barbecue sauce      |

### DIRECTIONS

Remove the silver skin on the back of the ribs it might take you a bit, but grasp under the skin and slowly peel it away. Taking the time to remove the skin will make the ribs much more tender

Season both sides of the meat with a flavorful dry rub. Flip the ribs over and season both sides rubbing the dry rub into the meat.

Roll up the slab of ribs - jellyroll fashion. Wrap well in plastic and refrigerate for at least 30 minutes - longer is better you can even do it overnight.

Add one cup of juice to the bottom of the Instant Pot. Place the rolled up ribs on the into the IP and top it with a half cup of your favorite BBQ Sauce. Secure the lid of the Instant Pot, close the valve and set in on manual for 25 minutes.

When the timer goes off quick release the ribs. Preheat the broiler or grill.

Remove the ribs from the Instant Pot. Slather them with your favorite barbecue sauce and place them on a hot grill or under the broiler. BBQ for five minutes on each side or until the sauce is seared and delicious!

# CHEF'S BLEND SPICE RUB RECIPE



## CHEF'S BLEND SPICE RUB RECIPE

This recipe takes only minutes to make and stores easily in your pantry. It's simple to make and you can easily store it in your spice cabinet. It's delicious on pork, seafood, chicken or beef. So versatile and so flavorful!

### ***Suggested Meal Pairings***

*Use this on Pork • Chicken • Beef  
Vegetables • Fish • Egg*

Prep Time 10 min. Cook Time 6 minutes

### **INGREDIENTS**

1 tbsp cumin	1 tbsp red chili powder
1 tbsp sesame seeds	1 tbsp turmeric
1 tbsp oregano	1 tbsp sumac
1 tbsp salt	

### **DIRECTIONS**

Add the sesame seeds to a dry skillet over medium/low heat. Shake frequently and toast the seeds until golden brown. When you smell them toasting - good chance they are done! Do not let them burn (turn black) remove from the skillet as soon as they are toasted as if you leave them in the skillet they will continue to cook.

Combine the ingredients and mix together well.

Store in an airtight container. For use on chicken, seafood, pork or beef. Enjoy!



# CHILI MAC AND CHEESE



## CHILI MAC AND CHEESE

Chili Mac and Cheese will make you slow down and enjoy every bite! You're going to love this one – kids big & little will stand in line for seconds and all will clean their plates! Chili Mac and Cheese is a family favorite with lots of great flavor!

### ***Suggested Meal Pairings***

- *A bright green salad*
- *garlic bread*

*Serve with apple cider or a big glass of milk*

Prep Time 5 min. Cook Time 5 minutes  
Makes 8 generous servings.

### **INGREDIENTS**

1/2 red onion chopped	1 red bell pepper chopped	1 14.5 oz can fire roasted tomatoes
1 pound ground beef	1 can kidney beans	2 cups small elbow pasta
1 teaspoon salt	1/2 teaspoon pepper	1/2 teaspoon sweet paprika
1 teaspoon chili powder	1 1/2 teaspoon cumin	1/4 teaspoon garlic powder
2 cups beef broth	3 cups shredded cheese	1 tbsp olive oil

### **DIRECTIONS**

Set Instant Pot to saute'. Add the ground beef and break up as it cooks. Once ground beef is browned, add the diced vegetables and the spices. Saute' for 2 minutes. Add all remaining ingredients EXCEPT the cheese

Cover and seal lid. Change setting to manual and adjust time to 5 minutes.

Once Instant Pot beeps to show it's done, quick release. Carefully remove cover and stir.

Turn off Instant Pot. Top with cheese, put cover back on but don't seal. It will take a minute or two for the cheese to melt. Stir well to incorporate the cheese. Optional - top with additional shredded cheese or crumbled queso fresco cheese (my fav!), chopped tomatoes, olives or onions if desired!

# Bowl Me Over Instant Pot 101 Printable Grocery List

## Protein

- 1 lb. ground beef
- 1 slab pork ribs
- ham (1 cup cubed)

## Produce

- russet potatoes (3 pounds)
- yukon gold potatoes (1 pound)
- yellow onions (1)
- red onions (1)
- red bell pepper (1)
- carrot (1)
- celery (2 stalks)
- garlic (1 head)

## Dairy, Eggs & Cheese

- cheddar shredded (3 cups)
- half and half (1/2 cup)

## Pantry & Canned Items

- 32 oz. chicken broth (1 box)
- beef broth (2 cups)
- kidney beans (1 can)
- fire roasted tomatoes (1 can)
- apple or cranberry peach juice (1 cup)
- barbecue sauce (1 cup)
- Tabasco Sauce
- elbow pasta (3 cups)

## Spices & Seasonings

- salt
- pepper
- cumin\*
- sesame seeds\*
- turmeric\*
- sumac\*
- chili powder\*
- oregano\*
- garlic powder
- paprika

\* or your favorite dry rub (6 tbsp)

## NOTES