References:
Hip Cooking by Lisa Pazzaglia of hippressurecooking.com
Meals in Minutes Using a Pressure Cooker by Cathy Merrill, USU Extension
Pressure Cooking the Easy Way by Maureen B. Keane and Daniella Chace
Pressure Cooking by Pauline Williams Ingols, USU Extension/Salt Lake County
Quick Meals for Hectic Households by D. Pauline Williams, USU Extension

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Salted Caramel Cheesecake

Crust
1 ½ cups finely crushed Ritz crackers, about 1 ½ sleeves
4 Tbsp butter, melted
2 Tbsp sugar

Cheesecake
16 ounces cream cheese, room temperature
½ cup light brown sugar
¾ cup sour cream
1 Tbsp flour
¾ tsp kosher salt
1 ½ tsp vanilla
e 2 eggs

Topping
½ cup caramel sauce
1 tsp flaked sea salt

Spray a 7-inch springform pan lightly with cooking spray. Cut a piece of parchment paper to fit the bottom of the pan and spray again. Set aside. In a large bowl combine the Ritz crumbs, butter and sugar thoroughly. Press the mixture firmly into the bottom and up the sides of the prepared pan. Set aside.

In the bowl of your stand mixer, beat the cream cheese and sugar until combined and smooth. Add in the sour cream and mix for 30 more seconds until smooth. Add in the flour, salt and vanilla, scraping the sides of the bowl as necessary. Finally, add in the eggs and mix until just smooth. Don’t overmix.

Pour the cream cheese mixture into the prepared crust. Pour 2 cups of water into the bottom of pressure cooker. Place the trivet into the bottom. Cut a piece of aluminum foil the same size as a paper towel. Place the foil under the paper towel and put the springform pan on top of the paper towel. Wrap the bottom of the pan in the foil, with the paper towel as a barrier.

Next take another piece of foil about 18 inches long folded into thirds lengthwise. Place this under the springform pan and use the two sides as a “sling” to place the cheesecake into the pot. Close and lock the lid in place.

Pressure cook on high setting for 50 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Using a paper towel, blot off any liquid.

Remove the cheesecake. Place on a wire rack to cool the cheesecake for an hour. Cover the cheesecake in the pan with foil and place in the refrigerator to chill for at least 4 hours or overnight.

Top the cheesecake with the caramel sauce and sprinkle with sea salt. Serve immediately or store in an airtight container in refrigerator for up to 5 days.

Meals in Minutes

Using a Pressure Cooker

The electric pressure cooker is ideal for people who need to prepare low cost, nutritious meals in a relatively short amount of time. Individuals are rediscovering the use and advantages of pressure cooking in preparing delicious meals. Often, it can be faster and tastier than using a microwave oven and everything can be prepared in one dish.

MSU Extension

MSU Extension is pleased to serve the citizens of Montana in a variety of ways. Through food and nutrition classes, we strive to help people save money and eat more nutritiously by preparing food safely, easily and quickly at home. Our classes cover cooking techniques, safe use of equipment and food safety information to help reduce food borne illnesses. Classes incorporate nutritional concepts including those found at ChooseMyPlate.gov. We encourage people to reduce sodium and sugar to prevent and manage chronic diseases. Label reading and grocery-shopping tips and techniques are used throughout our classes. Menu planning and food preparation can help people eat more wholesome foods at a reduced cost, benefiting both health and wealth. MSU Extension is one of the ingredients to lifelong learning in your community.

MSU Extension and YOU – A recipe for success.

Principles of Pressure Cooking

The pressure cooker is a sealed pot in which pressure builds and is maintained between 5 and 15 pounds per square inch (psi). This pressure results in food being cooked at about 250° F, which is hotter than the normal boiling point (212° at sea level). Check the elevation where the pressure cooker will be used and make necessary changes. This elevated pressure converts liquid to steam which cooks the food faster. Most foods are cooked three to ten times faster than conventional cooking. Very little moisture is lost so less liquid is required, which results in more intense flavors. This also results in retention of more vitamins and nutrients in food during the cooking process.

Guidelines and Tips:

- Not everything on the Internet and/or Pinterest will turn out or follow proper food safety guidelines.
- Frozen meats may produce undesired results: the outside of the meat may be overcooked and the inside meat may be uncooked.
- Timed delay for the pressure cooker option should not exceed 2 hours. Microorganisms grow rapidly between 41°F-141°F, thus increasing the possibility of food borne illnesses.
- Double check that the cooker is in sealing mode, otherwise, pressure cannot be achieved.
Follow specific manufacturer’s directions and cautions for using the pressure cooker.
Do not fill the cooker more than two-thirds full and no more than half-way full for soups and stews.
To save time, find recipes that require little preparation time but long conventional cooking times.
Combine foods that have common cooking times or slice foods so cooking time will equal other foods being cooked.
Separate foods from each other by a cooking rack or custard cups. If foods touch each other or stand in the same liquid the flavors will blend. Keeping foods apart will allow the food to keep its own distinct flavor.
Hot foods/liquids will come to pressure more quickly than cold foods/liquids.
Do not store the pressure cooker with the lid on tightly. This reduces the wear and tear on the gasket (sealing ring).
To adapt your own recipe, find a similar recipe and use it as a guide. In general, cooking time will be at least one-third to one-half of the traditional cooking time. Reduce your cooking liquid by at least half.
Use at least 1 cup liquid for stovetop pressure cookers and 1.5 cups liquid for electric pressure cookers. If cooking for longer amounts of time, increase liquid.
Brown most meats and poultry first for added flavor, better results and aesthetic appeal.
Brown onions, leeks, garlic, etc., for a more intense flavor.
Change out different gaskets (sealing rings) to avoid transferring pungent flavors, such as sweets, savory, spicy, etc.
Always test the temperature of meats, fish, poultry and egg dishes after cooking to ensure the minimum internal temperature is reached throughout the dish. Test several locations within the dish since pressure cookers cook unevenly.

**USDA Recommended Safe Minimum Internal Temperatures**

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Minimum Internal Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Pork, Veal &amp; Lamb</td>
<td>145°F, allow to rest for at least 3 minutes</td>
</tr>
<tr>
<td>Steaks, chops, roasts</td>
<td></td>
</tr>
<tr>
<td>Fish &amp; Shellfish</td>
<td>145°F</td>
</tr>
<tr>
<td>Ham, fresh or smoked (uncooked)</td>
<td>145°F, allow to rest for at least 3 minutes</td>
</tr>
<tr>
<td>Ground meats</td>
<td>160°F</td>
</tr>
<tr>
<td>Eggs &amp; egg dishes</td>
<td>160°F</td>
</tr>
<tr>
<td>All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)</td>
<td>165°F</td>
</tr>
</tbody>
</table>

**Chocolate and Coconut Rice Pudding**

2 Tbsp butter or margarine      
2 cups water                    
14 oz. coconut milk            
½ cup sugar                    
Chocolate syrup

Using the Sauté feature, heat butter until melted. Pour the rice in the cooker, and sauté 1 minute. Add the water and vanilla extract. Close and lock the lid in place. Pressure cook on high setting for 6 minutes cooking time. Perform a quick release. Carefully open lid. Stir in coconut milk, shredded coconut, and sugar. Place in serving bowls, drizzle each with chocolate syrup. Serve warm.

**Lemon Pudding**

⅓ cup sugar                     
2 Tbsp flour                    
3 Tbsp fresh or frozen lemon juice 
2 egg yolks, beaten             
½ cup nonfat milk               
2 egg whites, beaten            
Grate rind of 1 lemon or 2 tsp dried lemon zest

Combine sugar, flour, salt and butter. Add lemon juice, grated zest, egg yolks, and milk. Mix well. Fold in beaten egg whites. Coat 6-ounce custard cups with nonstick spray. Fill cups about 2/3 full (4-4.5 oz) with mixture and cover securely with aluminum foil or wax paper. Add 1 cup water to pressure cooker and place trivet on top. Place cups in pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 8 minutes cooking time. Perform a quick release. Carefully open lid. Serve immediately.

*Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace.*

**Vanilla Custard**

2 cups low-fat milk             
2 eggs, slightly beaten         
½ cup sugar                    
¼ tsp salt                     
½ tsp vanilla                  
Nutmeg                         
1 cup water                    
1 cup water                    

Combine milk, eggs, sugar, salt and vanilla. Pour into individual custard cups. Should only fill custard cups ⅔ full. Sprinkle nutmeg on custards. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups in steamer basket in cooker. Close and lock the lid in place. Pressure cook on high setting for 8 minutes cooking time. Perform a quick release. Carefully open lid. Chill custard prior to serving.
Peanut Butter Cup Cheesecake

1 cup crushed Oreo cookie crumbs
2 Tbsp butter melted

**Filling:**
- 12 oz. cream cheese, room temperature
- ½ cup sugar
- ½ cup smooth peanut butter
- ¾ cup heavy cream
- 1 ½ tsp vanilla extract
- 1 Tbsp all-purpose flour
- 2 eggs, room temperature
- 1 egg yolk, room temperature
- ¾ cup semisweet chocolate chips

**Topping:**
- ¼ package semi-sweet choc. chips
- ¼ cup heavy cream
- ¾ cup coarsely chopped peanut butter cups

Prepare a 7-inch springform pan by coating it with a non-stick spray. In a small bowl, combine the Oreo cookie crumbs and butter. Spread evenly in the bottom and up the side of the pan. Place in the freezer for 10 minutes. In a mixing bowl, mix cream cheese and sugar at medium speed until smooth, blend in peanut butter, heavy cream, vanilla, and flour. Mix in eggs one at a time just until blended; don’t over mix. Stir in chocolate chips. Pour batter into the springform pan on the top of the crust. Cover top of springform pan with aluminum foil.

Pour 1 cup of water into the pressure cooking pot, and place the trivet in the bottom with handles and lower the cheesecake into the pressure cooking pot. Close and lock the lid in place. Pressure cook on high setting for 50 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Remove cheesecake. Using a paper towel, blot off any liquid. Check the cheesecake to see if the middle is set. If not, cook the cheesecake an additional 5 minutes.

Remove the springform pan to a wire rack to cool. Remove aluminum foil. When cheesecake is cooled, cover it with plastic wrap and refrigerate for at least 4 hours or overnight.

When cheesecake is chilled, prepare ganache topping. Place half of the chocolate in a mixing bowl. Heat heavy cream on medium high heat until it comes to a boil. Remove from heat and immediately pour cream over chocolate and stir until chocolate is completely melted. Add remaining chocolate and stir until chocolate is completely melted. Cool until ganache is thickened but still thin enough to drip down the sides of the cheesecake. Spoon chocolate ganache on top of the cheesecake, spreading to edges and letting ganache drip down the sides. Pile coarsely chopped peanut butter cup chocolates on top. Refrigerate until ready to serve.

General Guidelines for Cooking Meats

<table>
<thead>
<tr>
<th>Red Meats</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuck roast, 3 lbs</td>
<td>35 minutes</td>
</tr>
<tr>
<td>Round steak, ¼ inch thick</td>
<td>4 minutes</td>
</tr>
<tr>
<td>Beef stew meat, 1 inch cubes</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Short ribs</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Venison, 3 to 4 inches thick</td>
<td>30 to 40 minutes</td>
</tr>
<tr>
<td>Ham, picnic shoulder, uncooked, 3 to 6 pounds</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Ham shank, uncooked, 3 to 5 pounds</td>
<td>35 to 45 minutes</td>
</tr>
<tr>
<td>Lamb chops, ¼ inch thick</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Leg of lamb, 3 pounds</td>
<td>35 to 45 minutes</td>
</tr>
<tr>
<td>Lamb stew meat, 1 inch cubes</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Pork chops, ½ inch thick</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Pork butt roast, 3 pounds</td>
<td>55 minutes</td>
</tr>
<tr>
<td>Pork loin roast, 3 pounds</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Pork steak, ¼ inch thick</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Veal roast, 3 pounds</td>
<td>45 minutes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poultry</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole chicken, 4 to 5 pounds</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>Parts with bone, 3 pounds</td>
<td>9 to 11 minutes</td>
</tr>
<tr>
<td>Boneless parts, cut into pieces</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Boneless half breast</td>
<td>3 to 5 minutes</td>
</tr>
<tr>
<td>Legs</td>
<td>8 minutes</td>
</tr>
<tr>
<td>Thighs</td>
<td>5 to 7 minutes</td>
</tr>
<tr>
<td>Frozen boneless thighs or breasts</td>
<td>5 to 7 minutes</td>
</tr>
<tr>
<td>Ground, 1 pound</td>
<td>2 to 3 minutes</td>
</tr>
<tr>
<td>Whole Cornish hen</td>
<td>8 to 10 minutes</td>
</tr>
<tr>
<td>Pheasant, cut into pieces</td>
<td>7 to 10 minutes</td>
</tr>
<tr>
<td>Turkey, half breast with bone</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>Turkey parts, cut into pieces</td>
<td>2 to 3 minutes</td>
</tr>
<tr>
<td>Turkey, boneless half breast</td>
<td>15 to 20 minutes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seafood</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clams</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Crab legs</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Whole fish</td>
<td>2 to 3 minutes/pound</td>
</tr>
<tr>
<td>Lobster tail, 6 to 8 ounces</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Scallops, small</td>
<td>1 minute</td>
</tr>
<tr>
<td>Shrimp, medium</td>
<td>2 minutes</td>
</tr>
</tbody>
</table>
General Guideline for Cooking Vegetables

Frozen - add 3 to 5 minutes when cooking in a separate container
- Asparagus: 2 minutes
- Beans, green or wax: 1 to 3 minutes
- Broccoli: 2 to 3 minutes
- Brussels sprouts: 2 to 1 1/2 minutes
- Cauliflower: 1 to 2 minutes
- Corn on the cob: 3-4 minutes
- Corn, kernels: 1 minute
- Lima beans: 2 to 4 minutes
- Mixed vegetables: 2 minutes
- Peas: 1 minute

Fresh - add 3 to 5 minutes when cooking in a separate container and add 1 to 4 minutes when steaming on the trivet. Cook vegetables shorter times to achieve firmer texture and longer times for softer texture.

Artichoke, globe
- Whole: 9 to 11 minutes
- Spears or 1-inch pieces: 0 to 2-1/2 minutes

Asparagus
- Spears or 1-inch pieces: 0 to 2-1/2 minutes
- Whole or cut: 1 to 3 minutes

Beans, green or wax
- Whole or cut: 1 minute
- Small, whole: 11 to 13 minutes
- Large, whole: 15 to 18 minutes

Broccoli
- Spears: 2 to 4 minutes
- Whole: 3 to 5 minutes
- Slices: 2 minutes

Carrots
- Whole: 3 to 5 minutes
- Slices: 2 minutes

Cauliflower
- Whole: 6 to 8 minutes
- Florets: 2 to 3 minutes

Greens
- Whole leaves: 1 minute
- Florets: 2 to 3 minutes

Onions
- Whole: 6 to 9 minutes
- Sliced: 3 minutes

Potatoes
- Whole, medium: 12 to 15 minutes
- 1/2 inch slices: 2 to 3 minutes
- Halves: 8 to 10 minutes

Potatoes, sweet
- Whole, medium: 10 to 11 minutes
- Halves: 8 to 10 minutes

Pumpkin
- Wedges: 8 to 10 minutes

Turnips
- 1/2 inch slices: 3 to 5 minutes
- Halves: 6 to 7 minutes

Squash, acorn
- 1 inch cubes: 8 to 10 minutes
- Halves: 8 to 10 minutes

Squash, hubbard
- 1 inch slices: 2 to 3 minutes
- Whole: 1 to 3 minutes

Squash, summer
- Whole: 2 to 3 minutes

Sweet peppers
- Whole: 2 to 3 minutes

Tomatoes
- Whole: 2 to 3 minutes

Perfected Pulled Pork

1 (4-5 pound) pork shoulder or butt
2 Tbsp light brown sugar
1 Tbsp chili powder
2 tsp paprika
1 tsp salt
1 tsp dry mustard
1 ½ cups chicken stock or broth
1 tsp liquid smoke
1 (16 oz.) bottle prepared barbecue sauce

Cut pork into 2-inch thick slices (to speed up the cooking process). Combine brown sugar, chili powder, paprika, salt, pepper, and mustard to create a dry rub. Rub onto the surface of all cuts of pork. Using the Sauté feature, sizzle the oil. Place the rubbed pork in the cooker and brown on sides. Add chicken broth, vinegar, and liquid smoke to the cooker. Close and lock the lid in place. Pressure cook on high setting for 40 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Using tongs, remove pork from the cooker and drain all liquid. Using the Sauté feature, simmer barbecue sauce. Pull or shred pork on cutting board then place pork into the simmering sauce prior to serving.
Beef Stroganoff

2 lbs. beef stew meat-1-inch pieces
2 Tbsp flour
2 Tbsp shortening
2 4-oz. cans, mushrooms, drained (reserve liquid)
2 tsp salt

½ tsp pepper
¼ tsp ground marjoram
4 tsp dry mustard
6 Tbsp catsup
1 cup sour cream

Roll beef in flour. Brown in hot shortening in cooker. Add enough water to reserved mushroom liquid to measure 1½ cups. Add mushrooms, mushroom-water mixture and remaining ingredients except sour cream to cooker. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Mix in sour cream. Serve over favorite pasta.

Two Can Cola Pork Roast

1 (2 to 3 pound) pork loin, shoulder or butt
2 (12 oz) cans regular cola (you know, the one in the red can)
1 packet powdered onion soup mix
2 Tbsp cornstarch
2 Tbsp water

Place roast and all ingredients, except cornstarch, into pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 40 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Check roast for tenderness, and an internal temperature of 145°. If not fork-tender, re-secure the lid, pressure cook on high setting for 10 additional minutes with a 10 minute natural release. Remove roast and allow to rest on serving platter. To thicken gravy, use the Sauté feature to simmer cooking juices. Mix cornstarch with 2 tablespoons water and slowly add to simmering juices, stirring constantly until thick. Carve roast and serve with plenty of gravy.

Guidelines for Cooking Fruits

Generally speaking, the softer the fruit, the shorter the cooking time and a timer is an absolute must! Balance the fruit on a trivet in order to steam-poach.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>4 to 6 minutes</td>
</tr>
<tr>
<td>Apricots</td>
<td>4 to 6 minutes</td>
</tr>
<tr>
<td>Berries</td>
<td>3 to 5 minutes</td>
</tr>
<tr>
<td>Cherries</td>
<td>5 to 6 minutes</td>
</tr>
<tr>
<td>Cranberries</td>
<td>4 to 6 minutes</td>
</tr>
<tr>
<td>Peach halves</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Pears</td>
<td>6 to 8 minutes</td>
</tr>
<tr>
<td>Plum halves</td>
<td>4 to 6 minutes</td>
</tr>
</tbody>
</table>

Guidelines for Cooking Beans and Legumes

Completely cover the beans in liquid (suggestions: chicken broth, beef broth, vegetable broth, wine, beer, juice). Use the high setting on the pressure cooker and allow the pressure to release naturally. A quick release can be used for lentils and split peas.

<table>
<thead>
<tr>
<th>Bean or legume</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black beans</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>8 minutes</td>
</tr>
<tr>
<td>Cannelloni beans</td>
<td>35 minutes</td>
</tr>
<tr>
<td>Chick-peas (garbanzo beans)</td>
<td>35 minutes</td>
</tr>
<tr>
<td>Great Northern</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Kidney</td>
<td>22 minutes</td>
</tr>
<tr>
<td>Lentils</td>
<td>8 minutes*</td>
</tr>
<tr>
<td>Lima</td>
<td>12 minutes</td>
</tr>
<tr>
<td>Navy</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Peanuts, raw</td>
<td>75 minutes</td>
</tr>
<tr>
<td>Pinto</td>
<td>22 minutes</td>
</tr>
<tr>
<td>Scarlet runner</td>
<td>16 minutes</td>
</tr>
<tr>
<td>Split peas</td>
<td>6 minutes*</td>
</tr>
</tbody>
</table>

*A quick release can be used for lentils and split peas.
Guidelines for Steaming Grains

Add 1 ½ cups water to cooker and place trivet inside. Place a heat-proof bowl with 1 cup grain on the trivet, adding 4 to 4 ½ cups water to the bowl. After cooking, drain any remaining liquid.

<table>
<thead>
<tr>
<th>Grain</th>
<th>Cooking Time</th>
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<tbody>
<tr>
<td>Barley, pearled</td>
<td>17 to 20 minutes</td>
</tr>
<tr>
<td>Millet</td>
<td>5 to 8 minutes</td>
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<tr>
<td>Oats, groats</td>
<td>5 to 8 minutes</td>
</tr>
<tr>
<td>Quinoa</td>
<td>4 to 7 minutes</td>
</tr>
<tr>
<td>Rice, white</td>
<td>5 to 7 minutes</td>
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<tr>
<td>Rice, brown</td>
<td>25 to 35 minutes</td>
</tr>
<tr>
<td>Rice, wild</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>Wheat, bulgur</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Wheat, berries</td>
<td>35 to 45 minutes</td>
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Timing Adjustments for High Altitude Pressure Cooking

Increase pressure cooking processing time by 5% for every 1000 feet above 2000 feet elevation. Multiply recommended cooking time by the number on the table. If the result is a decimal value, round up to the next minute.

<table>
<thead>
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<th>above...</th>
<th>increase by...</th>
<th>or multiply by...</th>
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</tr>
<tr>
<td>10,000 feet</td>
<td>40%</td>
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</tr>
</tbody>
</table>

Porcupine Meatballs-continued

Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. When complete, allow pressure to release naturally for 5 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.

Check for doneness by splitting open a meatball and making sure that the rice on the inside is thoroughly cooked. If not, lock the lid back in place and let the meatballs steam in the residual heat for a minute or two. Lift the meatballs from the pot with a slotted spoon and set on a warm platter. If the sauce is too thin, use the Sauté feature to boil vigorously over high heat until reduced to desired consistency. Pour over the meatballs. If desired, garnish with parmesan cheese prior to serving.

Texas Venison

2 pounds venison steaks, cubed 2 beef bouillon cubes
1 ½ tsp. seasoning salt, divided ½ tsp dried Mexican oregano
1 cup all-purpose flour 1 bay leaf
4 Tbsp vegetable oil 2 dried red chili peppers
½ tsp ground cumin 2 cups water
½ cup onion, halved and sliced

Lightly season the venison steaks with ½ teaspoon of seasoning salt. Cut the steaks into bite sized pieces. Mix the flour with 1 teaspoon of seasoning salt; reserve 1 tablespoon of the flour mixture and set aside. Toss the cubed meat in the seasoned flour.

Using the Sauté feature, heat oil. Add meat cubes in batches and cook until browned on all sides. Remove the meat and set aside. Stir the reserved tablespoon of the flour mixture and set aside. Toss the cubed meat in the seasoned flour.

Using the Sauté feature, heat oil. Add meat cubes in batches and cook until browned on all sides. Remove the meat and set aside. Stir the reserved tablespoon of seasoned flour and ground cumin into the pan drippings. Cook and stir until the flour is lightly browned, about 5 minutes. Add the sliced onion and cook until the onion has softened, stirring frequently, about 5 minutes. Return the meat to the pan, along with the beef bouillon cubes, Mexican oregano, bay leaf, and chili peppers (remove the stems, but leave them whole). Pour in the water. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Remove the chili peppers and bay leaf; squeeze the pulp from the peppers, returning the pulp to the pan and discarding the skins and the bay leaf. Serve immediately.

Used with permission from Lisa Pazzaglia
Meatballs and Marinara

Meatballs:
- ½ cup panko bread crumbs
- ¼ cup whole milk
- 1 oz. Parmesan cheese, grated (1/2 cup)
- 3 Tbsp minced fresh parsley
- 1 large egg (beaten)
- 1 lb meat mix (ground beef & pork combo)

Sauce:
- 2 Tbsp olive oil
- 1 onion, minced
- 2 tsp dried oregano
- 6 tsp garlic cloves, minced
- ½ tsp red pepper flakes

Sugar
- 2 (28 oz.) cans crushed tomatoes
- ¼ cup fresh basil (as a garnish)

Using the Sauté feature, simmer olive oil. Add onion and ¼ teaspoon salt, cook until softened, about 5 minutes. Stir in oregano, red pepper flakes and 4 tsp garlic and cook until fragrant, about 30 seconds. Stir in crushed tomatoes, scraping up any browned bits from sauté to prevent burning during later cooking.

Simmer gently, stirring occasionally, until tomatoes no longer taste raw, about 10 minutes. Season with sugar, salt and pepper to taste.

Meanwhile: Mash panko and milk into paste in medium bowl with a fork. Gently mix in meatball mix, Parmesan, parsley, egg, remaining garlic, ¾ teaspoon salt and ½ teaspoon pepper with hands until thoroughly combined. Shape mixture into 12 even-sized meatballs. Gently nestle meatballs into sauce. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid. Before serving, stir in basil and season with additional sugar, salt and pepper to taste.

Adapting a Recipe for the Pressure Cooker

- Adjusting a recipe can take trial and error. Start by reducing the oven cook time to 1/3 of the time needed in the oven.
- Convert foods that can be boiled, steamed or braised. Crispy foods cannot be achieved in a pressure cooker.
- Use at least 1 cup liquid for stovetop pressure cookers and 1.5 cups liquid for electric pressure cookers. Experiment with different liquids other than water, such as chicken broth, beef broth, vegetable broth, fruit juice, beer or wine.
- Start with pressure cooking times for the ingredient that requires the longer amount of time to cook. Then, add food with less cooking time and pressurize the cooker again.
- Add thickeners after the food is processed, and the pressure has been released. Adding them before may result in liquid being absorbed and not producing enough steam to pressurize cooker.
- Adjust the food size. Root vegetables, such a potatoes and carrots, should be cut in slightly smaller pieces. Fruit and stock vegetables, such as celery, should be slightly larger than usual.
- Do not fill the cooker more than two-thirds full and not more than half-way full for soups and stews.
- Add additional vegetables if you prefer, but keep pieces approximately the same size.
- Naturally release the pressure with soups and more liquid-based food products. All other dishes can be quick-released.
- Do not cover the valve when releasing pressure.

Porcupine Meatballs

To cook the rice properly, the meatballs must sit in a single layer directly in the tomato sauce; make them in two separate batches if necessary. Avoid using a tomato sauce that has bits of mushroom or sausage in it, as they have a tendency to stick to the bottom of the cooker and get scorched.

1 ½ lbs. ground beef or a combination of ¾ lb. ground pork
⅓ cup uncooked long-grain white rice
⅓ cup finely chopped onion
1 large clove garlic, minced

¼ cup finely chopped fresh parsley
⅓ tsp salt, or to taste
3 cups tomato sauce
1 cup water

Garnish: grated Parmesan cheese

In a large bowl, combine all ingredients except the tomato sauce, water and Parmesan cheese. Roll into about 17-18 meatballs, each about 2 inches in diameter. Pour the tomato sauce into the cooker and thin by stirring in the water. Set the meatballs side by side in the sauce; don’t stack them on top of each other. Make meatballs in two separate batches if necessary.

Keep Food Out of the "Danger Zone"

- Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.
- Keep hot food hot - at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
- Keep cold food cold - at or below 40 °F. Place food in containers on ice.
Warning:
It is not safe to pressure can in a Pressure Cooker, even if the manufacturer says it is.

The National Center for Home Food Preservation states the following:
“We do not know if proper thermal process development work has been done in order to support the canning advice that is distributed with these multi-cooker appliances. The way the USDA, National Center for Home Food Preservation and University of Georgia process development work has been done would not yield results expected to be transferable to these electric cookers.

“Our process directions for low-acid foods, for example, were developed for stovetop pressure canners which hold four or more quart-size jars standing upright. Even if there are referrals to the National Center for HFP in the instructions for canning in the manufacturer’s directions, we do not currently support the use of the USDA canning processes in electric, multi-cooker appliances. If you are canning low-acid foods and the proper amount of heat is not delivered to all parts of the food in the jars during the process, then the risk is botulism food poisoning in under-processed foods.”


For more information about canning in pressure cookers, please read “Burning Issue: Canning in Pressure Cookers” from the National Center for Home Food Preservation: http://nchfp.uga.edu/publications/nchfp/factsheets/pressurecookers.html

...
**Turkey Lentil Taco Filling**

1 Tbsp vegetable oil  
1 lb ground turkey  
2 onions, diced  
4 garlic cloves, minced  
2 Tbsp chili powder  
1 Tbsp ground cumin  
1 tsp dried Mexican oregano  
1 tsp paprika  
1 ½ tsp salt  
½ tsp onion powder  
½ tsp red pepper flakes  
1 cinnamon stick  
3 cups vegetable or chicken broth  
1 lb dried lentils (green or brown)

Using the Saute feature, heat oil in pot. Sauté turkey, onion, and garlic until onion is tender, about 5 minutes. Stir in remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. If necessary, select sauté and cook taco filling, stirring frequently, until all the liquid has evaporated. Serve immediately.

*Recipe from Pressure Cooking Today*

**Pot Roast with Onions and Root Vegetables**

3 pounds roast (chuck, loin, round, sirloin), trimmed of visible fat  
2-4 Tbsp barbecue rub  
1 cup burgundy wine or water  
1 cup water  
2 medium white potatoes, peeled and sliced  
2 medium sweet potatoes, peeled and sliced  
2 medium turnips, peeled and sliced  
2 Tbsp olive oil

Trim roast of all visible fat and cover with barbecue rub. Using the Sauté feature, add olive oil to brown the roast and sauté half of the onions. Add liquids. Close and lock the lid in place. Pressure cook on high setting for 50 minutes cooking time. Perform a quick release. Carefully open lid. Add the remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. Perform a quick release. Serve immediately.

*Suggested References*

**Websites**

Amy+Jacky Pressure Cook Recipes [www.pressurecookrecipes.com](http://www.pressurecookrecipes.com)  
Hip Pressure Cooking [www.hippressurecooking.com](http://www.hippressurecooking.com)  
One Good Thing By Jillee [www.onegoodthingbyjillee.com](http://www.onegoodthingbyjillee.com)  
Pressure Cooking Today [www.pressurecookingtoday.com](http://www.pressurecookingtoday.com)  
New Generation Pressure Cooking Experts [www.fastcooking.ca](http://www.fastcooking.ca)  
Make the Most of Your Pressure Cooker [www.craftsy.com](http://www.craftsy.com)

**Books**

Hip Pressure Cooking: Fast, Fresh and Flavorful by Laura D.A. Pazzaglia  
Great Food Fast by Bob Warden  
Pressure Cooker Perfection: 100 Foolproof Recipes that Will Change the Way You Cook by America’s Test Kitchen  
Slow Food Fast by Bob Warden  
The Electric Pressure Cooker Cookbook: 200 Fast and Foolproof Recipes for Every Brand of Electric Pressure Cooker by Barbara Schieving  
The Essential Instant Pot Cookbook: Fresh and Foolproof Recipes for Your Electric Pressure Cooker by Coco Morante  
The Instant Pot Electric Pressure Cooker Cookbook by Laurel Randolph  
The Great Big Pressure Cooker Book by Bruce Weinstein and Mark Scarbrough

*Disclaimer: MSU Extension does not endorse, nor imply endorsement, of any particular brands or products. Those contained herein are mentioned as reference only.*
Chicken Chile Verde

3 pounds bone-in skin-on chicken thighs
1.25-1.5 pounds tomatillos, quartered, husks discarded (about 4 tomatillos)
1 pound poblano peppers, roughly chopped, seeds and stems discarded
(about 3 peppers)
6 ounces Anaheim or Cubanelle peppers, roughly chopped, seeds and stems discarded
(about 2 peppers)
2 Serrano or jalapeño chilies, roughly chopped, stems discarded
10 ounces white onion, roughly chopped (about 1 medium)
6 medium cloves garlic, peeled
1 Tbsp whole cumin seed, toasted and ground
(or about 2 tsp ground)
½ cup chicken stock
Kosher salt
½ cup loosely packed fresh cilantro leaves and fine stems, plus more for garnish
1 Tbsp Asian fish sauce
Fresh corn tortillas and lime wedges, for serving

Combine chicken, tomatillos, poblano peppers, Anaheim peppers, Serrano peppers, onion, garlic, cumin, chicken stock, and a big pinch of salt in a pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid. Using tongs, transfer chicken pieces to a bowl and set aside. Add cilantro and fish sauce to remaining contents of pressure cooker. Blend with a hand blender or in a standing blender and season to taste with salt. Return chicken to sauce, discarding skin and bones and shredding if desired. Transfer to a serving platter, garnish with chopped cilantro, and serve immediately with tortillas and lime wedges.

*This recipe makes a lot of sauce. Add desired amount of sauce to the chicken. Use remaining sauce as a condiment for other meals, such as enchiladas or scrambled eggs, or as a salsa with chips.

Adapted from Chicken Chile Verde recipe found at seriouseats.com.
Buffalo Chicken Wraps

2 cups buffalo wing sauce  1 cup finely chopped celery, divided
2 Tbsp melted butter     8 Tbsp blue cheese dressing
2 pounds chicken breasts, halved
8 (8-inch) flour tortillas

Using the Saute feature, melt butter in the cooker. Add the wing sauce and mix with melted butter. Add chicken breasts and toss to coat. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid. Leave chicken in the pressure cooker and use two forks to pull the chicken apart. Mix with juices in the pressure cooker. To assemble the wraps, use a slotted spoon to place 1/8 of chicken mixture on each tortilla. Top each tortilla with 1/8 cup celery, and 1 tablespoon dressing. Fold the wraps and serve.

Quick “Barbecued” Chicken

For a couldn’t-be-simpler dinner that no one can resist, try this recipe with your favorite barbecue sauce. Browning the chicken contributes to the barbecued taste, but the dish is still very tasty if you don’t want to take the time.

2-3 Tbsp oil
3-4 lbs. chicken parts, preferably thighs and drumsticks, skinned
2 cups prepared barbecue sauce
1 ½ cups coarsely chopped onions
1 large green pepper, seeded and diced (optional)

Using the Sauté feature, heat 1 tablespoon oil in the cooker. Brown the chicken well on both sides in small batches, adding extra oil as needed. Set browned chicken on a platter. Pour off leftover oil, if desired. Place the sauce, onions and green pepper (if using) in the cooker. Stir well, taking care to scrape up any browned bits sticking to the bottom. Add the reserved browned chicken plus any juices that have collected on the platter, stirring to well-coat the chicken with the sauce. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid. Place the chicken on individual plates or a serving platter and spoon the sauce on top.

Suggested Recipes

- Read and follow the manufacturer’s suggestions and guidelines for the pressure cooker.
- Each electric pressure cooker has different buttons, settings and modes. For the recipes in this book:
  - Use the high setting for pressure cooking unless specified.
  - Use the setting of heating the pan when Sauté or Brown is specified.
- Follow the directions for releasing the pressure:
  - Normal or Quick Release: also known as Quick-release or Fast-release. Pressure is released from the cooker all at once using the valve.
  - Slow Normal: Pressure is released from the valve slowly. Or, in short bursts 10 seconds apart to keep food from spraying out the valve.
  - 10-minute Natural Release: After cooking time, allow the cooker to release pressure naturally for 10 minutes, then manually release the remaining pressure using the valve.
  - Natural Release: After cooking, allow pressure is dissipate naturally.

Hard Boiled Eggs

1-6 eggs

<table>
<thead>
<tr>
<th>Eggs</th>
<th>Electric Cooker</th>
<th>Stovetop Cooker</th>
<th>Pressure Selection</th>
<th>Opening Method</th>
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</thead>
<tbody>
<tr>
<td>Egg, hardboiled</td>
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<td>6 minutes</td>
<td>Low</td>
<td>Normal</td>
</tr>
<tr>
<td>Egg, medium-boiled</td>
<td>4 minutes</td>
<td>5 minutes</td>
<td>Low</td>
<td>Normal</td>
</tr>
<tr>
<td>Egg, soft-boiled</td>
<td>3 minutes</td>
<td>3 minutes</td>
<td>Low</td>
<td>Normal</td>
</tr>
</tbody>
</table>

Fill the pressure cooker with one cup of cold water. Add the steamer basket, or trivet and steamer basket, egg stand (if using) and egg(s). Close and lock the lid of the pressure cooker. Electric pressure cookers: Cook for 5 minutes at low pressure (if your pressure cooker does not have this setting, try do a test egg at the pressure cooker setting it has.) Stovetop pressure cookers: Turn the heat up to high and when the cooker indicates it has reached low pressure, lower to the heat to maintain it and begin counting 6 minutes low pressure cooking time.

When time is up, open the pressure cooker with the Normal release - release pressure through the valve. Open the pressure cooker and place the egg(s) in a container filled with cold water. Keep the water cool by bringing the container to the sink and running more cold water into the container for 1 more minute, to serve warm, or 3 minutes to cool down completely. Tap the two ends and the middle of the egg and peel delicately.

Adapted from Hip Pressure Cooking, www.hipppressurecooking.com
**Tomato Spinach Frittata**

- 12 large eggs
- ⅓ cup milk
- ¾ tsp salt
- ½ tsp fresh ground black pepper
- 1 cup diced seeded tomato
- 3 large green onions, sliced
- ¾ cup shredded Parmesan cheese
- 3 cups fresh baby spinach, roughly chopped
- 4 tomato slices for topping the quiche

Put a trivet in the bottom of the pressure cooker pot and add 1 1/2 cups water. In a large bowl whisk together the eggs, milk, salt and pepper. Add spinach, tomato, and green onions to a 1 1/2 quart baking dish and mix well. Pour egg mixture over the veggies and stir to combine. Gently place sliced tomatoes on top and sprinkle with Parmesan cheese. Use a sling to place the dish on the trivet in the pressure cooking pot. Close and lock lid in place. Pressure cook on high setting for 20 minutes cooking time. Use a 10-minute Natural Release, then release any remaining pressure. Carefully open the lid, lift out the dish and if desired, broil in oven until lightly browned.

*Adapted from Pressure Cooking Today, www.pressurecookingtoday.com*

**Easy Oatmeal**

- 2 gala apples, peeled or unpeeled, roughly sliced
- 1 cup regular steel cut oats
- 1 Tbsp unsalted butter
- 2 ½ cups cold water
- 1 tsp vanilla extract
- A pinch of salt
- Sweetener: Honey, Maple syrup, or Brown sugar
- Garnish: 1 gala apple, sliced

**Toast Steel Cut Oats:** Heat pressure cooker over medium heat (Instant Pot: press Sauté button). Melt 1 Tbsp unsalted butter in the pressure cooker and toast 1 cup steel cut oats until fragrant (about 2 minutes).

**Pressure Cook Steel Cut Oats:** Add 2 roughly sliced gala apples, 1 tsp (5ml) vanilla extract, 1 cinnamon stick, ½ tsp nutmeg, ½ tsp allspice, ½ tsp grated fresh ginger, and a pinch of salt in the pressure cooker. Give it a quick mix and pour in 2 ½ cups cold water. Make sure all the steel cut oats are submerged in the mixture and nothing is sticking to the bottom. Close lid and pressure cook at High Pressure for 10 minutes. When complete, allow a Natural Release. Open the lid carefully.

**Thicken Oatmeal:** The oatmeal will look watery when you first open the lid. Give it a few quick stirs with a silicone spatula to break down the apple slices and thicken the oatmeal.

**Serve:** Sweeten the apple oatmeal accordingly with your choice of sweetener (honey/maple syrup/brown sugar). Serve with thinly sliced apple. Drizzle more honey or maple syrup on the oatmeal if desired.

*Adapted from Amy+Jacky Pressure Cook Recipes, www.pressurecookrecipes.com*

**Ranch Cheese Chicken**

- ½ cup bacon crumbles (not imitation bacon bits)
- 6 chicken breasts, about 2 pounds
- 2 Tbsp or 1 packet of ranch dressing mix
- 8 oz cream cheese
- ½ cup water
- 1 cup grated cheese (Colby jack, cheddar, etc.)

Place chicken and cream cheese in pressure cooker. Sprinkle the packet of ranch seasoning over the top. Add half cup water. Place your pressure cooker on manual high pressure for 15 minutes. Do a quick release. Shred chicken using forks or an electric hand mixer. Add grated cheese and stir. Stir in bacon and enjoy. Can be served over mashed potatoes or chilled on crispy salad greens with chopped green onions or jalapenos. If cooking mashed potatoes, layer in bowl on trivet above chicken. Add broth or water to bowl with potatoes. Try with taco seasoning instead of ranch dressing.

**Chicken Piccata**

- 6 small boneless, skinless chicken breast halves (about 2 pounds)
- ½ cup flour, mixed with pinch of salt
- 2 Tbsp olive oil
- 2 Tbsp butter
- 1 Tbsp minced garlic
- ½ cup lemon juice
- 1 tsp. chicken base mixed with 1 cup water
- 1 cup dry white wine
- ¼ tsp white pepper
- ½ tsp Italian seasoning
- 1 Tbsp cornstarch
- 2 Tbsp capers, canned
- 1 lemon, sliced thin, for garnish

Dip chicken breasts in lightly salted flour, until well coated. Using Sauté feature, heat oil and butter. Place chicken breasts into cooker, browning them on both sides. Add onions and garlic, and cook until onions begin to sweat. Add remaining ingredients, except cornstarch, capers and lemon garnish. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid, then remove chicken breasts, and set aside. Thicken cooking liquid by combining cornstarch with 2 tablespoons water in a small dish. Using the Sauté feature, add cornstarch mixture and stir until thick. Place chicken into sauce and fully coat before serving. Serve topped with capers and fresh lemon slices.
**Chicken Paprikash**

- 2 Tbsp butter
- 1 medium onion, peeled & diced
- 1 sm. green pepper, seeded & diced
- 4 cloves garlic, minced
- 1 large tomato, diced
- ½ cup tomato sauce
- 2 Tbsp Hungarian paprika
- 1 cup chicken broth
- 1 Tbsp flour
- ¼ cup sour cream
- ½ tsp sea salt
- ¼ tsp ground black pepper

Using the Sauté feature, melt butter. Add onion and green pepper and sauté for 3-5 minutes until onions are translucent. Stir in garlic. Add the chicken breast skin-side down and brown for 3-4 minutes. Sprinkle the diced tomato over the chicken. In a medium bowl, whisk together tomato sauce, paprika, and chicken broth. Pour over chicken. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Transfer chicken to a serving platter. Whisk flour and sour cream into the juices in the pressure cooker. Using the Sauté feature, simmer unlidded for 5 minutes until sauce thickens. Season with salt and pepper. Pour sauce over chicken and serve warm.

**Chicken Marsala**

- 1 Tbsp olive oil
- 2 Tbsp butter
- 6 small boneless, skinless chicken breast halves, about 2 pounds
- ½ cup flour, mixed with ½ tsp salt and ½ tsp pepper
- 1 cup Marsala wine (or similar dry red wine), divided
- 1 tsp chicken base mixed into 1 cup water
- 2 Tbsp cornstarch

Using the Sauté feature, heat olive oil and butter. Dip chicken breasts in seasoned flour, until well coated. Add to cooker and brown well on both sides. Pour in ½ cup Marsala wine, chicken base mixture and mushrooms. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Perform a quick release. Carefully open lid. Remove the chicken and mushrooms from the pressure cooker. In a separate bowl, whisk together cornstarch and remaining 1/2 cup Marsala wine. Add the cornstarch mixture to the remaining liquid in the pressure cooker. Using the Sauté feature with the lid off, stir constantly until sauce has thickened. Add salt and pepper to taste. Serve over favorite pasta.

**Mediterranean Chickpea Salad**

- 2 quarts water, divided
- ⅓ cup chopped celery
- 6 ounces dried chickpeas
- ⅓ cup red onion, sliced
- 2 Tbsp extra-virgin olive oil
- ½ cup crumbled feta cheese (optional)
- 1 Tbsp minced fresh mint
- 2 Tbsp minced fresh parsley

Soak chickpeas in 1 qt water at room temperature for 8 to 24 hours. Drain and rinse. Add the chickpeas to pressure cooker. Add 1 tsp extra-virgin olive oil, and stir to coat the chickpeas. Add the remaining 1 quart of water. Lock the lid in place.

**Chicken Stock**

- 2 lbs bone-in chicken parts (backs, wings, and necks)
- 1 medium onion, peeled and cut in half
- 1 celery stalk cut in several pieces
- 1 large carrot, peeled and cut into pieces
- 2 large sprigs of parsley
- 6 peppercorns
- 1 bay leaf
- 6 cups water

Combine all the ingredients in the cooker; close and lock the lid. Cook for 30 minutes at high pressure. When done, quick release the pressure and open the cooker. Strain the remaining liquid, pressure with the back of a wooden spoon to extract as much of the liquid as possible. Discard what remains in the sieve. Cool the broth, then refrigerate overnight.

*Recipe from Fagor LUX e-recipe book.*
Potato Soup with Onions and Cheddar

Pressure cooking makes the act of peeling potatoes obsolete, particularly with the thin-skinned varieties such as russets and new potatoes. Their delicate skins become very tender and infuse the broth with a lovely, full-bodied flavor.

- 2 Tbsp sweet butter or oil
- 1 clove garlic, finely minced
- 4 stalks celery, thinly sliced
- 3 scallions, thinly sliced
- 10 oz. pearl onions, peeled
- 2 lbs. potatoes, scrubbed, halved, and cut into 1/4-inch slices
- 6 cups beef, chicken or vegetable stock or bouillon
- ½ cup finely minced parsley, divided
- ½ cup milk (optional)
- 1 cup grated sharp Cheddar cheese
- Salt and freshly ground white pepper to taste

Using the Sauté feature, melt butter before adding the garlic, celery and scallions. Cook for 1-2 minutes. Stir in the onions and potatoes, tossing to coat with the butter. Add the stock and ¼ cup parsley.

Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. When complete, allow a Natural Release. Remove the lid. Carefully open the lid. Add the remaining parsley and milk (if using). Using the Sauté feature, gradually stir in the grated, simmering until the cheese is melted and the soup is hot, about 2-3 minutes. Add salt and pepper to taste before serving.

Old Fashioned Cream of Chicken Soup

- 2 Tbsp butter
- 2 ribs celery, chopped
- 1 medium onion, finely chopped
- 3 cups chicken broth
- 1 to 1½ pounds boneless, skinless chicken, cut into ½-inch pieces
- 1 tsp. salt
- ½ tsp. dried thyme
- ¼ tsp. black pepper
- 1 cup shelled fresh peas
- 1 cup heavy cream

Using the Sauté feature, melt butter before adding celery, carrot, and onion. Cook for 1-2 minutes or until soft. Stir in chicken pieces, broth and seasonings. Close and lock lid in place. Pressure cook on high for 5 minutes cooking time. When complete, use a 10-minutes Natural Release, then release any remaining pressure. Carefully open lid and add the peas. Stir in the cream. Serve immediately.

Adapted from The Pressure Cooker Gourmet by Victoria Wise.

Coconut Curry Chicken

- 4 half chicken breasts, boneless and skinless, cut into 1-inch chucks
- 1 red onion, thickly sliced
- 2 Tbsp minced garlic (about 6 cloves)
- 1 Tbsp fresh ginger root, finely chopped
- 1 Tbsp soy sauce
- 1 green bell pepper, thickly sliced
- 2 Tbsp water
- 1 Tbsp heavy cream

Using the Sauté feature, simmer chicken with onion, bell pepper and garlic. Add water, ginger root and soy sauce. Close and lock the lid in place. Pressure cook on high setting for 6 minutes cooking time. Perform a quick release. Carefully open lid. Remove chicken and vegetable over rice or riced cauliflower.

While the chicken is cooking, combine the following ingredients for the sauce and heat over medium heat, stirring until thickened.

Sauce:
- ½ cup unsweetened coconut milk
- 2 Tbsp curry powder
- 1 tsp hot chili sesame oil (optional)
- 1 Tbsp cornstarch mixed with 2 Tbsp cold water
- 1 Tbsp soy sauce

Adapted from Pressure Cooking The Easy Way by Maureen Keane and Daniella Chace.

Speedy Dijon Chicken

- 2 lbs. boneless, skinless chicken breasts
- 2 Tbsp olive oil
- 1 small onion, minced
- 3 Tbsp Dijon mustard
- 1 Tbsp mustard
- 1 Tbsp honey
- ½ cup chicken stock
- ½ cup sour cream
- ¼ cup apple juice or dry white wine
- 1 Tbsp all-purpose flour, if desired

Using the Sauté feature, brown chicken in batches in olive oil. Then, sauté minced onions. In a small bowl, mix the mustards and honey. Whisk in the stock and apple juice. Pour over the chicken. Close and lock the lid in place. Pressure cook on high setting for 8 minutes cooking time. Perform a quick release. Carefully open lid. Place chicken on serving platter. Pour the sour cream mixture in pressure cooker and simmer for 2-3 minutes or until thickened. Use flour to thicken, if desired. Pour sauce over chicken and garnish with fresh herbs.

Adapted from 125 Best Pressure Cooker Recipes by Cinda Chavich.
Messy Lasagna

1 pound lean ground beef
1 onion, chopped
1 (16 oz.) package bow tie pasta
1 (15 oz.) can tomato sauce
1 (15 oz.) can stewed tomatoes
1 (10 oz.) package frozen spinach, thawed
1 cup shredded mozzarella cheese

Using the Sauté feature, brown ground beef, about 3 to 5 minutes. Stir in onion and cook until translucent, 1 to 2 minutes. Stir in pasta, tomato sauce, stewed tomatoes, spinach, garlic, oregano and Italian seasoning. Mix well. Add water to cover and stir again. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid, and stir ricotta cheese into pasta mixture. Could use cottage cheese or cream cheese as substitute. Using the Sauté feature, simmer until pasta is tender, 2 to 5 minutes. Sprinkle with mozzarella cheese over pasta mixture.

Spaghetti Sauce

2 lbs. ground beef or sausage
4 garlic cloves, minced
2 (6 oz.) cans tomato paste
2 (15 oz.) cans tomato sauce
2 tsp dried parsley flakes
1 tsp salt
⅛ tsp crushed red pepper flakes
⅛ tsp fresh coarse ground black pepper
1 small onion, chopped
2 (14 oz.) cans diced tomatoes
1 cup water
3 tsp basil
1 ½ tsp brown sugar
¼ cup red wine
Parmesan cheese for garnish

Using the Sauté feature, brown sausage or hamburger. Add onions and continue to cook, stirring occasionally until onions are softened. Drain any fat. Place remaining ingredients except for noodles in pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. Perform a quick release. Carefully open lid. Return the soup to a simmer. Season to taste, adding pepper and more salt, if necessary. Add the cup of reserved broccoli florets, and simmer for 2-3 minutes or until just tender. Stir in 1/2 cup of cheese, and ladle the soup into 4 bowl. Top each with 1 Tbsp of the remaining cheese, and serve.

Recipe adapted from The Healthy Pressure Cooker Cookbook by Janet A. Zimmerman

Broccoli-Parmigiano-Reggiano Soup

2 lbs. broccoli, ends trimmed and tough bits peeled
3 Tbsp olive oil
2 large garlic cloves, peeled and sliced
⅜ tsp kosher salt, plus additional for seasoning
4 cups chicken stock or low-sodium broth (or vegetable stock/broth)
½ cup chopped fresh parsley
1 Tbsp freshly squeezed lemon juice
Freshly ground black pepper
⅛ cup grated Parmigiano-Reggiano or similar cheese, divided

Cut the broccoli stems into 1” pieces and break the heads into florets. Reserve 1 cup of the smallest florets (finger-tip-sized). In a stovetop pressure cooker set over medium heat, or use the Sauté feature of the electric cooker, to heat the olive oil. Add the garlic. Cook for 2-3 minutes, until it begins to brown. To the cooker, add just enough of the large broccoli florets to cover the bottom in a single layer. Toss to coat with the olive oil and garlic, and sprinkle with 1/2 tsp salt. Cook the broccoli, undisturbed, for 2-3 minutes, or until browned in spots. Stir and cook for 2-3 minutes more while more surfaces brown. Add the remainder of the large pieces of broccoli (not the cup of reserved small florets) and the stock or broth to the pressure cooker. Lock the lid in place and bring to high pressure.

Electric: Cook at high pressure for 5 minutes.
Stovetop: Bring to high pressure and maintain pressure for 5 minutes, adjusting the burner as necessary.

Use the quick method to release pressure. Unlock and remove the lid. Add the parsley and lemon juice. Using an immersion or regular blender, blend the soup. If using a regular blender, be careful of the steam; work in small batches. Place the stop-top pressure cooker over medium heat, or use the Sauté feature of the electric cooker. Return the soup to a simmer. Season to taste, adding pepper and more salt, if necessary. Add the cup of reserved broccoli florets, and simmer for 2-3 minutes or until just tender. Stir in 1/2 cup of cheese, and ladle the soup into 4 bowl. Top each with 1 Tbsp of the remaining cheese, and serve.

Recipe adapted from The Healthy Pressure Cooker Cookbook by Janet A. Zimmerman
Cream of Tomato Soup

1 Tbsp vegetable oil
1 Tbsp butter
1 large onion, finely chopped
3 pounds tomatoes, peeled, seeded and coarsely chopped with juices
½ cup vegetable broth or water

2 tsp. chopped fresh thyme or basil
1 tsp. salt
½ tsp. freshly ground black pepper
¼ cup heavy cream
Herbed croutons for garnish

Using the Sauté feature, oil and melt butter. Add onion and cook about 5 minutes. Stir in tomatoes with juices, seasonings and broth. Lock on the lid and bring to pressure over high heat. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. Use a 10-minute Natural Release, then release any remaining pressure.

Transfer soup to a food processor and puree or use an immersion blender. If the soup will be served immediately, stir in the cream and gently reheat using the Sauté feature. If the soup will be served later, store in fridge until ready to serve and then blend in the cream, heat and serve.

Variations: Substitute sour cream for the heavy cream or omit the cream altogether. Use oregano, tarragon, or marjoram instead of thyme or basil.

Minestrone Soup with Tortellini

2 Tbsp olive oil
1 white onion, chopped small
2 stalks celery, sliced ¼-inch thick
2 carrots, sliced ¼-inch thick
1 Tbsp minced garlic
4 cups vegetable broth
1 (8 oz.) package cheese tortellini

1 24 oz jar spaghetti sauce
1 (14 oz.) can diced tomatoes
1 ½ Tbsp Italian seasoning
1 tsp sugar
½ tsp ground black pepper
Shredded parmesan cheese, garnish

Using the Sauté feature, heat oil. Place onions, celery, carrots, and garlic in pressure cooker and cook until onions begin to sweat. Add remaining ingredients and stir. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid, check tortellini for tenderness. Using the Sauté feature, heat the soup until desired tenderness is achieved in pasta. Serve topped with parmesan cheese.

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Cheese Tortellini Alfredo with Ham

Tortellini Ingredients
1 (13 oz) bag dried cheese tortellini
1 ½ cups cubed or diced ham
3 Tbsp butter or margarine
1 (8 oz.) package cheese tortellini

Dairy Ingredients
¾ cup grated Parmesan cheese
½ cup whole milk
4 oz. cream cheese
Salt to taste

Add tortellini ingredients to pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 4 minutes cooking time. Perform a quick release. Carefully open the lid. Slowly stir in dairy ingredients until melted and creamy. Salt to taste and serve immediately.

Most Excellent Macaroni and Cheese

Macaroni
2 ½ cups elbow macaroni
2 Tbsp butter or margarine
1 cup water
1 tsp chicken base mixed into 2 cups water
1 Tbsp grated Parmesan cheese

Cheese
2 cups shredded cheese
2 oz. cream cheese
1 tsp yellow mustard

Add all macaroni ingredients to pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 6 minutes cooking time. Perform a quick release. Carefully open lid, and slowly stir in all cheese ingredients until melted and creamy. Serve immediately.
**Parmesan Risotto**

4 Tbsp butter  
1 small onion, peeled and finely diced  
2 tsp garlic, minced  
1 ½ cups Arborio rice  
4 cups chicken broth, divided

3 Tbsp grated Parmesan cheese  
½ tsp salt  
½ tsp pepper  
½ cup chopped fresh parsley

Using the Sauté feature, melt the butter. Add the onion and stir-fry for 3-5 minutes until onions are translucent. Add garlic and rice and cook for an additional minute. Add 1 cup broth and stir for 2-3 minutes until it is absorbed by the rice. Add remaining 3 cups broth, Parmesan cheese, salt, and pepper. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Ladle into bowls and garnish each with 1/8 cup fresh parsley. Serve immediately.

**Boston “Baked Beans”**

Since dried beans absorb varying degrees of water and thicken considerably upon standing, you may need to thin this mixture with a bit of water or drain off some of the liquid at the end of cooking. Make this adjustment before adding the vinegar and remaining seasonings. Try adding some fried sausages or grilled frankfurters to the beans for a hearty entrée.

1 ½ cups dried navy beans  
2 bay leaves  
1 ½ quarts (6 cups) water  
2 Tbsp oil, divided  
1 large onion, coarsely chopped  
2 large cloves garlic, minced

¼ cup molasses  
¼ cup Dijon-style mustard  
¼ cup tomato paste  
4 cloves garlic  
One 3-inch stick cinnamon, broken in two  
1 Tbsp cider vinegar  
½ tsp salt, or to taste

Place the beans, bay leaves, water and 1 tablespoon oil in the cooker. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure. Add remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 15 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure. Serve immediately.

**Wild Rice Under Pressure**

2 1/3 cup water  
1 1/4 cup wild rice

Optional seasonings: celery, onion, mushrooms, salt, pepper

Place ingredients in pressure cooker. Add optional seasonings prior to cooking. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.

**Italian Farmhouse Vegetable Soup**

1 Tbsp olive oil  
¼ tsp salt  
2 celery sticks, sliced  
6 large button mushrooms, sliced  
4 cloves garlic, diced  
1 cup canned diced tomatoes or tomato paste  
4 cups vegetable or chicken stock  
½ cup chopped parsley

1 yellow onion, diced  
½ tsp long red chili, sliced  
2 medium carrots, peeled, halved and sliced  
1 small zucchini, diced  
1 bay leaf

Handful of dried porcini mushrooms  
3-4 oz. kale leaves, leaves removed from the hard stems and sliced roughly  
Lemon zest, parsley, parmesan cheese (optional garnishes)

Using the Sauté feature, add olive oil, onion, salt, celery and carrots, cook for 1-2 minutes. Add the chilies, sliced mushrooms, garlic, and dried porcini mushrooms. Mix well and cook for 2 minutes. Add the kale, zucchini, tomatoes, stock and bay leaf. Mix well. Close and lock the lid in place. Pressure cook on high setting for 10 minutes cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Serve soup in bowls with grated lemon zest, parmesan cheese and chopped parsley on top.

**Split Pea Soup**

Caution: Split Pea Soup is one of the items that takes extra care in a pressure cooker. This recipe is not for the first-time pressure cooker user. Many pressure cooker manuals include a warning against pressure cooking split peas as they can clog the safety valves. Other manuals indicate that if the split pea soup ingredients fill half or less of the pot when starting that they are safe. Do not overfill a pressure cooker with split pea soup ingredients. Only use natural release. Clean pot carefully afterward and check that all valves and gaskets are clean and working properly before next use.

8 cups chicken broth  
1 lb. dried split peas  
1 ham hock or 1 cup diced ham  
½ cup diced onion

½ cup chopped carrots  
1 Tbsp minced garlic  
1 tsp thyme

Add seasonings to taste before or after cooking. Suggestions include: black pepper, Cayenne pepper, Curry

Put peas in pressure cooker dry and check for space in pressure cooker. Add chicken broth, vegetables, meat and seasoning. Make sure all ingredients do not fill the pot more than one-half full. Close and lock the lid in place. Pressure cook on high setting for 15-30 minutes. Time difference is dependent on use of a ham hock versus pre-cooked diced ham. When complete, allow a natural release. Carefully open lid. If using a ham hock, carefully use a fork to pull meat from bone to leave in soup. Taste and add desired spices. Soup will thicken as it cools after removing from heat.
**Ground Beef Chili**

1 Tbsp olive or vegetable oil  
1 medium green bell pepper chopped  
1 medium yellow onion, chopped  
2 ribs celery, chopped  
2 Tbsp chili powder  
½ tsp oregano  
1 (14 oz.) can diced tomatoes  
1 (15.5 oz.) can kidney beans, drained and rinsed  
2 green onions, sliced thinly, to serve

Cook the vegetables: Using the Sauté feature, simmer oil. Add the bell pepper, onion, celery, and garlic. Cook until the onions are softened and translucent, about 5 minutes.

Cook the ground beef: Add the ground beef, breaking it up in small pieces. Cook until no longer pink, about 5 minutes.

Stir in the spices and tomato paste. Add the chili powder, salt, oregano, and tomato paste. Stir until the tomato paste is evenly mixed into the other ingredients and no clumps remain.

Add the tomatoes and beans: Strain the tomatoes, then add enough water or broth to make 1 cup total liquid. Add the liquid, the strained tomatoes, and the beans to the pressure cooker.

Cook the chili: Close and lock the lid in place. Pressure cook on high setting for 20 minutes cooking time. Perform a quick release. Carefully open lid. Add the remaining ingredients.

To serve: Top bowls of chili with shredded cheese and green onions, if desired. Serve alone, over rice, or with cornbread.

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**Savory Quinoa and Tomatoes**

1 leek, chopped  
1 ½ cup chicken broth  
1 can (28 oz) stewed tomatoes, drained  
1 tsp minced garlic  
1 cup quinoa  
2 Tbsp olive oil

Using the Sauté feature, simmer leek and garlic in olive oil. Add remaining ingredients. Close and lock the lid in place. Pressure cook on high setting for 1 minute cooking time. When complete, allow pressure to release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid. Serve immediately.

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**Vegetable Casserole**

1 to 2 cups water  
½ cup large frozen peas  
½ cup fresh broccoli or cauliflower florets  
½ cup onions, sliced  
2 ¼ cup sliced red or green bell pepper  
¼ tsp mixed herbs  
2 Tbsp chopped fresh parsley

Pour water into pressure cooker and place trivet inside. Butter an oven-safe dish. Combine all ingredients, except parsley, put in dish and place on trivet. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid. Remove dish and sprinkle with parsley prior to serving.

Adapted from *Pressure Cooking the Easy Way* by Maureen Keane and Daniella Chace.

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**Loaded Scalloped Potatoes**

6 redskin potatoes, sliced into 1/6-inch sliced  
½ cup shredded sharp cheddar cheese  
½ cup cooked bacon pieces  
2 ounces cream cheese (1/4 regular-size brick)  
1 tsp chicken base mixed into 1 cup water  
Salt and pepper to taste

Add sliced potatoes, chicken base mixed with water, and bacon pieces to pressure cooker. Close and lock the lid in place. Pressure cook on high setting for 5 minutes cooking time. Perform a quick release. Carefully open lid. Slowly stir in cheddar and cream cheese until melted and creamy. Salt and pepper to taste, and serve immediately.