

The Organizer Man

"IT'S NOT GOING TO ORGANIZE ITSELF!"



Rock the Instant Pot!

**Spiced Cider
Spanish Rice
Mexican Chicken
Mashed Potatoes
Beef Stroganoff**



INGREDIENTS

- 1 orange slice
- 2 sticks cinnamon
- 5 whole cloves
- 1 whole nutmeg
- 1/4 cup brown sugar or maple syrup or stevia or even coconut sugar
- 1 gallon apple cider

DIRECTIONS

IP for 3 minutes.
Quick Release Serve.

Garnish with:
Cinnamon stick
Cranberry's
Orange slice



INGREDIENTS

- 1/4 cup small onion diced
- 1 jalapeño seeded and minced
- 2 cloves garlic minced
- 2 cups veg or chicken broth
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1 teaspoon chili powder
- 2/3 cup tomato sauce
- 2 cups long-grain rice, rinsed until clear.

DIRECTIONS

1. Start IP on Sauté Mode.
2. Add oil.
3. Once oil is hot add onion, Jalapeño, and garlic. Stir until fragrant.
4. Add broth while stirring being sure to scrape everything off the bottom of the pot.
5. Add spices, cover, IP high pressure for 5 minutes. Quick release, fluff with fork and serve.



INGREDIENTS

DIRECTIONS

- **Chicken** -Any amount. Fresh, thawed, or frozen.
- **Salsa** - Any amount. Just remember that you're not making soup.

1. Put chicken in the instant pot with one cup of water, salt and pepper.
2. Set IP Pressure Cook to High
 - thawed - 10 minutes
 - frozen - 17 Minutes
3. Natural Release (N)
4. Remove broth and save for later.
5. Shred chicken with your hand mixer inside your pot. Add salsa and serve.

Sauce Variations : Pesto, Alfredo, Tomato , Gravy



DIRECTIONS

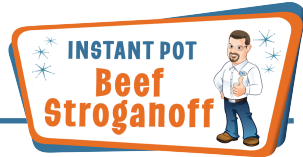
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| <ol style="list-style-type: none">1. Peel potatoes, any amount, quarter and toss in the IP.2. Add 1 cup water3. Cover, IP high pressure for 12 minutes4. Quick Release.5. Hold strainer over potatoes and carefully pour the water out. | <ol style="list-style-type: none">6. Add butter, milk, and salt to taste.7. Measure with your heart, always add milk last and only until you reach your desired consistency.8. Mash potatoes with masher or whip with hand mixer. |
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INGREDIENTS

- | | |
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| <ul style="list-style-type: none">• 1 1/2-2 pounds beef stew meat• 3 tablespoons olive oil• 2 tablespoons salted butter• 1 large yellow onion, diced• 8-16 oz mushrooms, sliced• 1 tablespoon crushed garlic• 1/4 cup dry white wine | <ul style="list-style-type: none">• 1 tablespoon dijon mustard• 1 1/2 cups beef broth• 1 teaspoon dried thyme• 2 tablespoons cornstarch + 2 tablespoons water• 1 cup (8 oz) sour cream• 5 oz Boursin cheese• 1 (1-ounce) packet dry onion dip/soup mix• 1 teaspoon seasoned salt |
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DIRECTIONS



1. Set IP to Sauté Mode. Add olive oil and butter to the instant pot until melted.
2. Season beef with kosher salt and black pepper and brown on all sides. Remove the beef from the instant pot with a slotted spoon.
3. Add onion and cook for 10 minutes.
4. Add mushrooms and cook for three more minutes. Add garlic cook until fragrant.
5. Add wine and stir being sure to scrape everything off the bottom of the instant pot. Add Dijon mustard and stir.
6. Stir in beef broth and thyme and add back the beef.
7. Secure the lid, hit "cancel" button, cook on high pressure for 20 minutes. Allow 10 minutes natural release followed by a quick release.
8. When the lid comes off press "cancel" button and then press "sauté". Bring the pot to a bubble and add the cornstarch slurry and stir immediately.
9. Add onion soup, stir, and turn the pot to warm.
10. Once the bubbles have subsided, add the sour cream and the Boursin cheese. Stir until they are both melted and combined.
11. Serve over egg noodles, rice, or mashed potatoes.



Dan's TOP 10 Tips & Tricks

1. Slice cherry tomatoes and grapes in batches. Place them between two matching Tupperware lids. Press down gently. Run a serrated knife in between the lids. Ta-da.
2. Freeze your leftovers in silicone muffin pans. Make batches of your favorite mains and sides for individual frozen portions all ready to go in ziplock freezer bags.
3. Use three sized deli containers with matching lids only. Scrap all the rest. They stack. There's one lid. From fridge to microwave, to dishwasher. You can thank me later.
4. Freeze leftover fresh herbs in ice cube trays with water or oil. They are pre-portioned and ready.
5. Used coffee filters in place of paper towels whenever possible. You will save a bundle. Great for smaller spills and splashes from the sink, and covering food in the microwave. They're great in the car too.



6. Save all your vegetable scraps in the freezer. When you have a batch boil or pressure cook in water for incredible vegetable stock. Freeze in ice cube trays for later.
7. When cooking a meal, always make double. One to serve, one to freeze. Mark and date everything that goes in the freezer.
8. Bulk cook poach eggs in muffin pans. Make sure you spray your pans. Great for batch breakfast sandwiches, to eat now or later.
9. Prep your vegetables in batches and freeze. Dice celery, carrots, and onions, bag and freeze. It's such a great timesaver when you need any of these in a recipe. It's so much easier to do it one time.
10. Put a damp towel under your cutting board to keep it from sliding.

COOK TIMES & LIQUID RATIOS

LEGEND



NATURAL RELEASE



QUICK RELEASE



Use Steamer Basket or Trivet

First Brown / Sear Meat
Using Saute / Brown Setting

BEANS & LEGUMES

Type	Size	Liquid	Time	Frozen	Temp	
Black Beans	Any	Covered	20 min	N/A	High	N
Black-Eyes Peas	Any	Covered	8 min	N/A	High	N
Cannellini	Any	Covered	35 min	N/A	High	N
Garbanzo	Any	Covered	35 min	N/A	High	N
Great Northern	Any	Covered	25 min	N/A	High	N
Kidney	Any	Covered	22 min	N/A	High	N
Lentils	Any	Covered	8 min	N/A	High	Q
Lima	Any	Covered	12 min	N/A	High	N
Navy	Any	Covered	20 min	N/A	High	N
Pinto	Any	Covered	22 min	N/A	High	N
Raw Peanuts	Any	Covered	75 min	N/A	High	N
Scarlet Runner	Any	Covered	16 min	N/A	High	N
Split Peas	Any	Covered	6 min	N/A	High	Q



VEGETABLES



Type	Size	Liquid	Time	Frozen	Temp	
Acorn Squash	Halved	1 cup	5 min	N/A	High	Q
Artichokes	Whole	1 cup	9 min	N/A	High	Q
Asparagus	Thick	½ cup	2 min	N/A	High	Q
Beets	Sliced	¾ cup	2 min	N/A	High	Q
Broccoli	Per cup	½ cup	0 min Crunchy	N/A	High	Q
Broccoli	Per cup	½ cup	1 min Tender	N/A	High	Q
Brussels Sprouts	Any	½ cup	2 min	N/A	High	Q
Butternut Squash	Cubed	1 cup	3-4 min	N/A	High	Q
Cabbage	Quartered	Covered	3 min	N/A	High	Q
Corn on the Cob	Any	1 cup	3 min	N/A	High	Q
Carrots	Any	½ cup	4 min	N/A	High	Q
Eggplant	Chopped	½ cup	4 min	N/A	High	Q
Green Beans	Any	½ cup	2 min	N/A	High	Q
Potato WHITE/SWEET	Cubed	1 cup	3-4 min	N/A	High	Q
Potato WHITE/SWEET	Whole	1 cup	9-14 min	N/A	High	Q
Squash YELLOW	Thick Cut	½ cup	2 min	N/A	High	Q
Zucchini	Thick Cut	½ cup	2 min	N/A	High	Q



PASTA & GRAINS

Type	Size	Liquid	Time	Frozen	Temp	
Brown Rice <small>SHORT- MEDIUM</small>	Per Cup	1 x	10-15min	N/A	High	N
Brown Rice <small>LONG</small>	Per Cup	1 x	15-20min	N/A	High	N
Couscous	Per Cup	1 ½ x	2 min	N/A	High	Q
Orzo	Per Cup	3 ½ x	4 min	N/A	High	Q
Quick Oats	Per Cup	2 x	3 min	N/A	High	Q
Shaped Macaroni	Per Cup	2 ½ x	6 min	N/A	High	Q
Steel-Cut Oats	Per Cup	3 x	5 min	N/A	High	Q
Tortellini	Per Cup	3 x	5 min	N/A	High	Q
White Rice <small>LONG</small>	Per Cup	1 x	4 min	N/A	High	N
White Rice <small>MEDIUM</small>	Per Cup	1 x	5 min	N/A	High	N
White Rice <small>SHORT</small>	Per Cup	1 x	6 min	N/A	High	N



SEAFOOD & FISH

Type	Size	Liquid	Time	Frozen	Temp	
Bay Scallops	Any	½ cup	1 min	+2 min	High	Q
Cod	Any	½ cup	5 min	+4 min	High	Q
Clams	Any	1 cup	5 min	N/A	High	Q
Crab Legs	Small	1 cup	3 min	N/A	High	Q
Lobster Tail	1/2 pound	1 cup	5 min	+4 min	High	Q
Mussels	Any	1 cup	3 min	N/A	High	Q
Salmon	Any	½ cup	6 min	+5 min	High	Q
Sea Scallops	Any	½ cup	2 min	+1 min	High	Q
Shrimps	Medium	½ cup	2 min	+2 min	High	Q
Shrimps	Jumbo	½ cup	3 min	+4 min	High	Q
Tilapia	Any	½ cup	5 min	+4 min	High	Q



PORK



Type	Size	Liquid	Time	Frozen	Temp	
Baby Back Ribs	1 rack	1 cup	20 min	N/A	High	N
Chops	½ inch	½ cup	+7 min	+7 min	High	N
Chops	1 inch	½ cup	+10 min	+10 min	High	N
Ham Hocks	Any	Covered	50 min	N/A	High	N
Ham Steaks	2-4 steaks	½ cup	6 min	+5 min	High	N
Loin Roast	2-4 lbs	2 cups	45 min	N/A	High	N
Roast	3-5 lbs	2 cups	80 min	N/A	High	N
Sausages	Any	Covered	10 min	+7 min	High	Q
Spareribs	2-4 lbs	1 cup	20 min	N/A	High	N
Whole Ham	3-5 lbs	3 cups	40 min	+25 min	High	N



CHICKEN



Type	Size	Liquid	Time	Frozen	Temp	
Breast BONELESS	Any	½ cup	6-8 min	+7 min	High	Q
Breast WITH BONE	Any	½ cup	12 min	+8 min	High	Q
Cornish Hen	2 hens	1 cup	14 min	+10 min	High	Q
Ground Chicken	Any	2/3	5 min	N/A	High	Q
Leg Quarters	2 lbs	cup	14 min	+10 min	High	Q
Thighs	2 lbs	1 cup	8 min	+8 min	High	Q
Whole Chicken	3-4 lbs	2/3	30 min	+15 min	High	Q
Wings	2-3 lbs	cup	8 min	N/A	High	Q



BEEF



Type	Size	Liquid	Time	Frozen	Temp	
Brisket	4-5 lbs	Covered	85 min	N/A	High	N
Brisket	2-3 lbs	Covered	70 min	N/A	High	N
Chuck Roast	3-4 lbs	2 cups	70 min	N/A	High	N
Corned Beef	4-5 lbs	Covered	85 min	N/A	High	N
Corned Beef	2-3 lbs	Covered	70 min	N/A	High	N
Flank Steak	2-3 lbs	1 cup	25 min	+8 min	High	N
Meatballs	1-2 lbs	2/3 cup	5 min	N/A	High	Q
Rib Roast	3-4 lbs	2 cups	60 min	N/A	High	N
Round Roast	3-4 lbs	2 cups	70 min	N/A	High	N
Shanks	Any	½ cups	45 min	N/A	High	N
Short Ribs	Any	½ cups	30 min	+10 min	High	N
Shoulder Roast	3-4 lbs	2 cups	70 min	N/A	High	N
Steak, THIN	1" thick	2/3 cup	20 min	+5 min	High	N
Stew Meat	1 cubes	1 cup	20 min	+8 min	High	N



OTHER MEATS



Type	Size	Liquid	Time	Frozen	Temp	
Lamb Chops	½ inch	½ cup	6 min	+5 min	High	Q
Lamb Chops	1 inch	½ cup	12 min	+7 min	High	Q
Lamb Leg	3-4 lbs	2 cups	45 min	+20 min	High	N
Lamb Shanks	Any	1 ½ cups	30 min	+10 min	High	N
Turkey Breast	3-5 lbs	2 cups	40 min	+15 min	High	N
Turkey Legs	2-4 legs	1 ½ cups	20 min	+10 min	High	N
Veal Roast	3-4 lbs	2 cups	60 min	+20 min	High	N
Veal Shanks	Any	1 ½ cups	25 min	N/A min	High	N
Veal Steaks	½ inch	½ cup	6 min	+7 min	High	Q
Venison Roast	3-4 lbs	2 cups	50 min	+20 min	High	N
Venison Stew	1" cubes	1 ½ cups	30 min	+10 min	High	N

NOTES

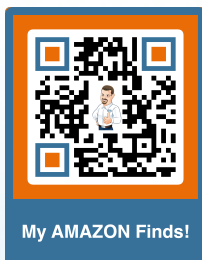
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Dan Cunningham brings 40 years of food service industry experience.

As an Amazon Influencer, TikTok Content Creator, and an expert in the field of storage & organization, Dan is passionate about sharing his food industry secrets, tips and tricks.

VISIT: theorganizerman.com



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