

INSTANT POT

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Food Item	Amounts	Time
Chicken Breasts	Defrosted	8-10 minutes
Chicken Breasts	Frozen	18 minutes
Beef Steak/Roast	Large Chunks	35-40 minutes
Beef Steak/Roast	Small Chunks	25-30 minutes
Hard Boiled Eggs	Any amount	8 minutes
Quinoa	1:2(water)	8 minutes
Rice, brown	1:1.5	10-15 minutes
Rice, white or basmati	1:1.5	8 minutes
Potatoes, whole		12-15 minutes

*INSTANT POT BONE BROTH – This recipe is the BEST!

Instant Pot “Better Than Botox” Bone Broth is full of natural collagen! Make chicken, pork or beef stock using kitchen scraps and your electric pressure cooker.

You’ll almost always find a mysterious bag of bones in my freezer. There’s also probably some onion peels, carrot nubs, parsley ends and celery leaves in there – it’s my bag of bone broth making goodies. All that stuff that you’d typically throw away in the garbage is perfect for making bone broth, or stock as it’s otherwise known.

So, whenever I’m chopping up some veggies for dinner, I’ll pull out that ziploc freezer bag and just load those peels, ends and leaves in there. And, when I’m making something like this Easy Roasted Chicken or these Short Ribs, those bones will find their way in there too. When the bag is full, I just empty it into my Instant Pot, add a good glug of apple cider vinegar (it helps pull the nutrients out of the bones) and add water to 1-inch below the fill line. Then, I just set it to cook on high pressure for 120 minutes.

Once the 2 hours is up, I let the pressure release naturally (it takes about 15 minutes) and voila! Strain the broth and discard the bones and veggies and you’re left with the most beautiful, golden broth!

Typically, I’ll cook up a batch of Instant Pot bone broth once a week. It’s so much cheaper to make your own bone broth, rather than buying those cartons in the store – plus it tastes SO much better. So, good in fact that I normally just drink the bone broth, straight up, sipping it out of a coffee cup – especially needed in the Oregon wintertime when it rains for months on end! I also love to doctor it up with a bit of white miso paste and a squeeze of ginger from those little tubes that you find in the refrigerated sections at stores like Trader Joe’s. (You could also grate in some fresh ginger, but the tube is so much easier)

Uses for Bone Broth

- Use it instead of water when you’re cooking rice or pasta – It adds flavor and nutrients.

- Cook your vegetables in it.
- Use it as a base for your favorite soup recipes.
- Add it to your mashed potatoes to keep them moist.

How Do You Freeze Bone Broth?

I like to freeze my Instant Pot bone broth in these silicone ice cube molds for easy use in recipes. Once the cubes are frozen, I package them up into a large ziploc bag. Each cube is about 1/3 cup of broth. If I need to thaw some bone broth quickly, it's easy to just pop a few of these cubes into a small saucepan or into a microwave to thaw them quickly. It's much faster than thawing an entire mason jar of bone broth.

Bone broth has been touted as being "better than Botox" because it's full of goodies like collagen and gelatin. They'll help plump your skin, coat your digestive tract and cushion your joints. That's why it's highly desired for your Instant Pot bone broth to gel after it's cooled. The way to be sure it gets that high concentration of collagen and gelatin is to be sure that your ratio of water to bones is just right, and to be sure that you're using organic bones that have a good amount of collagen to them. Conventionally raised chickens don't have as much collagen in their joints and bones as an organically raised chicken. Marrow rich beef on the other hand, will produce plenty of gelatinous goodness.

However, don't worry if your bone broth doesn't gel, it's still got loads of minerals and nutrition in there. Enjoy!

2 1/2 pounds assorted organic meat bones
2 carrots chopped medium
2 celery stalks chopped medium
1 onion halved, skin left on
2 cloves garlic skin left on
Assortment of fresh herbs

1 Tablespoon apple cider vinegar
Generous pinch of whole black peppercorns
1 teaspoon kosher salt
8 cups of water enough water to come to 1-inch below MAX fill line

1. Place the bones in the Instant Pot, filling it about half full with bones. Add in the vegetables, herbs, apple cider vinegar, peppercorns and salt.
2. Fill the Instant Pot with water to 1-inch below the MAX fill line.
3. Make sure your sealing ring is in place on the lid. Lock the lid onto the Instant Pot and set the steam release knob to the "sealing" position.
4. Press the "manual" button and set your Instant Pot for high pressure for 120 minutes. (I find it easier to decrease the time because the timer resets at 120 after you decrease to zero.) It will take about 15-30 minutes for the Instant Pot to come to full pressure, then the display will show a countdown timer.
5. Once the two hours is up, allow the pressure to release naturally. It will take about 15-30 minutes, then the float valve will drop.
6. Strain the broth through cheesecloth or a strainer and cool. A good broth will usually have a layer of fat on the top, and will gelatinize when thoroughly cool. Remove the fat with a spoon and discard.

PULLED *** ROAST

Apple Juice, Water, Coke, Beer
Roast

Onions / Pineapple / Apples
Seasonings

1. Pressure Cook for 4 hours
 2. NP or Manual Release
 3. Use big slotted spoon to pull out of pot
 4. Shred with two forks
 5. Add BBQ Sauce, stir, continuing to shred
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*TACO SOUP

Browned beef
1 large onion, diced
3 - 4 cloves of garlic, minced
2 15 ounce cans of black beans, drained
and rinsed
2 15 ounce cans of diced tomatoes, not
drained

2 15 ounce cans of tomato sauce
2 12 ounce cans filled with water
1 cup of frozen corn (or 1 can)
1 cup of frozen chopped spinach (fresh
would probably work too)
1/4 cup of cilantro, diced (optional)
Taco seasoning, to taste.

1. Click the "Sauté" button on the instant pot
 2. Once it's warm, add the onion and garlic, sautéing until brown. Add a bit of water if it starts to stick.
 3. Once it's warm, click the "Cancel" button to stop the sauté feature.
 4. Add all the rest of the ingredients, stir well
 5. Close the lid. Turn the valve to "sealed". Click "Manual" and reduce the time to 3 minutes.
 6. Once the cycle is complete, let the pressure come down for at least 10 minutes before releasing (can let it completely naturally release)
 7. Stir well. Serve warm. Top with cilantro, sour cream, cheese, green onion
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HARD BOILED EGGS

1. Put eggs on rack
 2. Add 1-2 cups of water
 3. Turn on Manual for 8 minutes
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QUINOA

1. Put in 1 cup of quinoa
 2. Add 2 cups of water or broth
 3. Turn on Manual for 10 minutes
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LOADED CREAMY POTATO SOUP

2 tbsp butter
1 Large yellow onion, chopped
2 Garlic Cloves
1 tsp fresh Thyme leaves
6 large russet potatoes, peeled and cut into 1-1.5 inch chunks
4 cups chicken broth
Salt and freshly ground black pepper
1 cup sour cream
2 cups grated sharp cheddar cheese
4.0 slices thick-cut bacon, cooked and crumbled
4.0 green onions thinly sliced.

1. Put the oil in the pot, select saute, and adjust to Normal/Medium heat. When the oil is hot, add the onion and cook, stirring frequently, until tender, 5 minutes. Press Cancel.
2. Add the potatoes, broth and $\frac{3}{4}$ teaspoon salt. Lock on the lid, select the Pressure Cook function, and adjust to High pressure for 5 minutes. Make sure the steam valve is in the sealing position.
3. When the cooking time is up, quick-release the pressure. Remove the lid, add the sour cream and $\frac{3}{4}$ cup of the cheese, and stir gently with a rubber spatula until the cheese has melted and the largest chunks of potato are broken down into bite-size pieces. Season with salt and pepper.
4. Serve garnished with the bacon, remaining cheese, and the green onion.
5. For a bit of a zing, add a pinch of cayenne pepper to the soup along with the cheese and sour cream.

BROCCOLI CHEDDAR SOUP

1 Tbsp olive oil
1 medium yellow onion, chopped
1 lbs. broccoli crowns, florets left n 3-inch pieces, stems sliced
2 cups store bought chicken or veggie broth or homemade
Salt and freshly ground black pepper

0.5 cups sour cream
0.75 cups grated sharp cheddar cheese
1 large (12-ounce) russet potato, peeled and chopped
0.5-0.75 teaspoon freshly ground nutmeg

1. Put the oil in the pot, select Saute, and adjust to Normal/Medium heat. When the oil is hot, add the onion and cook, stirring frequently, until beginning to brown, 4 minutes. Press Cancel.
 2. Add the broccoli, potatoes, broth and ½ teaspoon salt and a few grinds of pepper and stir to combine. Lock on the lid, select the Pressure Cook function, and adjust to High pressure for 10 minutes. Make sure the steam valve is in the sealing position.
 3. When the cooking time is up, let the pressure come down naturally for 10 minutes and then quick-release the remaining pressure. Remove the lid, add the sour cream and ¾ cup of the cheese, and whisk to combine and break up the vegetables. Season the soup with the nutmeg and additional with salt and pepper.
 4. Tasty Tip – to make the soup vibrantly green and get even more veggies, add 2 handfuls of baby spinach in step 3. Blend with an immersion blender directly in the pot. Alternatively, blend the spinach with a few cups of the soup in a blender with the lid slightly ajar until smooth and return it to the pot.
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BABYBACK RIBS

Dry Rub

2 tbsp salt
1 tbsp each of: paprika, pepper, garlic powder, onion powder, dry mustard, brown sugar

Ribs

Apple Juice / Water
BBQ Sauce

1. Do a dry rub seasoning, then put a cup or so of water (or apple juice) mixed with 2 tbsp bbq sauce into liner pot. Place the trivet.
2. I cut the rack in half (membrane on back removed), and stand them up against each other on the trivet.
3. Close the lid, seal vent, pressure cook for 20 min, then 10 min NPR.
4. Put ribs on baking sheet and slather on some bbq sauce and a drizzle of maple syrup and pop under broiler to crisp up both sides. (3-4 minutes each side)

APPLESAUCE

4 large Granny Smith apples, peeled, cored and roughly chopped (or Golden Delicious apples)

4 large Honeycrisp apples, peeled, cored and roughly chopped

1 cup water

1 Tablespoon fresh lemon juice (from about 1/2 a lemon)

1/2 teaspoon ground cinnamon

1. Peel and core apples. I use a johnny apple peeler to do all three steps at once (peel, spice and core).
2. Add water, lemon juice and cinnamon to instant pot and stir to combine. Add apples and toss to mix.
3. Secure lid and cook on manual (high pressure) for 8 minutes. Do a controlled quick release or allow the pressure to naturally release.
4. Mash the apple mixture a few times with a potato masher, if desired. (If you like a smoother texture you could pulse it in the blender.)
5. Transfer contents to a bowl and allow to cool completely. Stir in more cinnamon, if desired, to taste.

Enjoy warm or cold. Store in the fridge for up to 7-10 days.

Notes: Makes about 5-6 cups applesauce