

# Quick and Easy Instant Pot Cheat Sheet

\* Use natural or quick release for CHICKEN

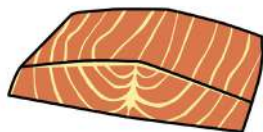
\* Always use natural release for RED MEAT

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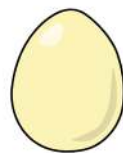
*Red Meat*

Beef Roast: 34-45 min.  
Boneless Ribs: 20-25 min.  
Bone in the Ribs: 40-45 min.  
Ground Beef: 8 min.



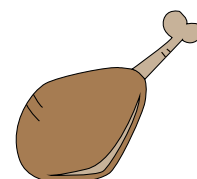
*Fish*

Fish Fillet: 2-3 min.



*Hard Boiled Eggs*

Place on metal rack with 1 cup up water for 4 min.



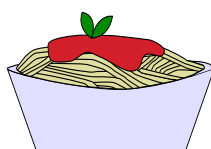
*Chicken*

Boneless/Skinless: 8 min.  
Whole Chicken: 6 min. per pound  
Chicken Pieces with Bones: 9-10 min.  
Frozen Breasts: 10 min.



*White Rice*

1 cup of rice/ 1 cup of water for 6 min.



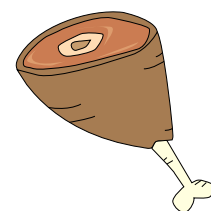
*Pasta*

Cover with water for 4 min.



*White Potato*

Place on metal rack with 1 cup of water for 15 min.



*Pork*

Pork Chops: Brown on saute for 5 min.  
Boneless Pork Roast: 15 min per pound  
Bone in Pork Butt: 2 hrs.  
Pork Tenderloin: 7-9 min.  
Ribs: 25 min.  
Ham: 8 min. per pound



*Brown Rice*

1 cup of rice/ 1 1/4 cup of water for 20-25 min.



*Veggies*

Place on metal rack with 1 cup of water for 2-3 min.



*Black/Pinto Beans*

Cover with water for 25-26 min.