instant pot Cooking Times

VEGETABLES

Artichoke	Asparagus	Beans	Broccoli	Brussel Sprouts	Carrots
8 - 11 mins	1 - 2 mins	26 mins	1 - 2 mins	2 - 3 mins	2 - 3 mins

Cauliflower	Corn	Green Beans	Mixed Vegetables	Potatoes	Spinach
2 - 3 mins	1 - 2 mins	2 - 3 mins	3 - 4 mins	12 - 15 mins	1 - 2 mins

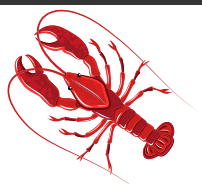
MEAT

Beef, stew meat	Beef, pot roast	Brisket	Ribs	Chicken Breast	Chicken, whole
15 - 20 mins	35 - 40 mins	25 - 30 mins	25 - 30 mins	8 - 10 mins	20 - 25 mins

Chicken, cut up	Chicken, thighs	Turkey breast, boneless	Turkey breast, whole	Pork loin, roast	Pork, butt roast
10 - 15 mins	15 - 20 mins	15 - 20 mins	25 - 30 mins	55 - 60 mins	50 - 60 mins

instant pot Cooking Times

SEAFOOD

Crab	Fish, whole	Fish fillet	Lobster	Shrimp	Mussels
					
3 - 4 mins	5 - 6 mins	2 - 3 mins	3 - 4 mins	1 - 2 mins	2 - 3 mins

MISC

Eggs, hard boiled	Quick Oats	Steel Cut-Oats	Brown Rice	White Rice	Wild Rice
2 - 4 mins	1 min	10 mins	25 mins	10 - 12 mins	20 mins

Pasta	Meatballs
4 mins	6 mins

Use this sheet to make your next meal an instant success!