



Under Pressure - Meals in Minutes

2021 Members handout Written by Linda Leonard, KAFCE Education Program Committee

INSTANT POT: RECIPE CONVERSION. Source: www.theinspirationedit.com

Slow Cooker Time

10 hours on low/5 hours on high
8 hours on low/4 hours on high
6 hours on low/3 hours on high
4 hours on low/2 hours on high

Stove/Oven Cook Time

2 hours
1.5 hours
1 hour
30 minutes

Lowest Pasta Cook Time

12 minutes
9 minutes
6 minutes
3 minutes

Instant Pot Time

30 minutes on high pressure
24 minutes on high pressure
18 minutes on high pressure
12 minutes on high pressure

Instant Pot Time

40 minutes on high pressure
30 minutes on high pressure
20 minutes on high pressure
10 minutes on high pressure

Instant Pot Time

4 min. on high pressure let NPR for 5 minutes then QR
3 min. on high pressure let NPR for 4 minutes then QR
2 min. on high pressure let NPR for 3 minutes then QR
1 min. on high pressure let NPR for 2 minutes then QR

MEAT COOKING TIMES. Source: My Crazy Good Life

General Instructions: Use Natural Release; Manual Setting "High"; Adjust Range Based on Size; For Steaming Use 0 to 1 Minute; Add 1-3 minutes if the meat is frozen

Fish, wild caught	2-5 minutes	Shellfish, crab/lobster	2-3 minutes
Chicken, whole	8 min/pound	Shrimp	1-3 minutes
Chicken, bone stock	40-50 minutes	Chicken, thighs	10-15 minutes
Beef, lean	20 min/pound	Chicken, breasts	6-8 minutes
Beef, roast	15 min/pound	Turkey, breasts	7-10 minutes
Meatballs, fresh	5 min/pound	Chicken, ground	Sauté function
Pork, extra lean	15-20 min/pound	Turkey, ground	Sauté function
Pork, tenderloin	20 min/pound		

VEGETABLE COOKING TIMES. Source: My Crazy Good Life

General Instructions: Use Quick Release; Manual Setting "High"; Adjust Range Based on Size; For Steaming Use 0 to 1 Minute; Hearty Vegetables (**) will benefit from a 5 minute NPR

Pepper, sweet	1-3 minutes	Mixed	1-2 minutes
Asparagus	1-2 minutes	Broccoli	0-1 minutes
Cauliflower, chopped	2-3 minutes	Corn on cob**	2-3 minutes
Brussel sprouts	2-3 minutes	Cabbage, shredded	2-3 minutes
Carrots	6-8 minutes	Green beans	2-3 minutes
Squash, acorn, halved**	8-10 minutes	Squash, spaghetti, halved**	7 minutes
Artichokes, med-large**	10 minutes	Potatoes, sweet**	12-15 minutes

A **Natural Pressure Release** (NR or NPR)=Cooking time is over, Leave the valve closed and allow the pressure to decrease without doing anything, can take 5 to 30 minutes. *The pressure cooker will not open until the float valve has dropped.* A **Quick Pressure Release** (QR or QPR) is when you open the valve and allow the steam to release quickly. If you are using an Instant Pot, you turn the valve from sealing to venting to release the pressure.