INSTANT POT COOKING TIMES

MEAT

WHOLE CHICKEN (APPRX 3LBS) :: 25 MIN / NR
CHICKEN BREASTS :: 8 MIN / NR
CUBED CHICKEN (1" PIECES) :: 5 MIN / NR
CHICKEN DRUMSTICKS :: 10 MIN / NR
GROUND BEEF :: 10 MIN / NR
CHUCK ROAST (APPRX 3-4LBS) :: 90 MIN / NR
STEW MEAT :: 35 MIN / NR
HOT DOGS :: 2 MIN LOW / QR
HARD BOILED EGGS :: 5 MIN / QR
RIBS :: 25 MIN / NR
FISH FILLETS :: 4-5 MIN / NR
SHRIMP :: 1-2 MIN / NR
VENISON ROAST :: ADD EXTRA 15 MIN / NR
HALF HAM :: 25 MIN / NR
PORK LOIN ROAST :: 60 MIN / NR

VEGETABLES

WHOLE POTATOES (S/M/L) :: 15/18/20 MIN / NR
CUBED POTATOES (FOR MASHING) :: 8 MIN / QR
DICED POTATOES (1/2" PIECES) :: 1 MIN / QR
CUT CARROTS (1" PIECES) :: 3 MIN / QR
CORN ON THE COB :: 2 MIN /QR
CAULIFLOWER :: 2-3 MIN / QR
BROCCOLI :: 2-3 MIN / QR
COLLARDS :: 10 MIN / QR
GREEN BEANS :: 2 MIN / QR
BRUSSEL SPROUTS :: 2-3 MIN / QR
WHOLE PUMPKIN :: 15 MIN / NR

BEANS

Times are for soaked / unsoaked. Always naturally release beans due to their foam and since the release time contributes to the overall cook time.

BLACK BEANS :: 22 / 45 MIN
PINTO BEANS :: 22 / 45 MIN
WHITE CANELLINI :: 22 / 45 MIN
KIDNEY BEANS :: 25 / 50 MIN
CHICKPEAS :: 25 / 50 MIN

RICE & GRAINS

BROWN RICE :: 22 MIN / NR
WHITE RICE :: 10 MIN / NR
WILD RICE :: 25 MIN / NR
RISOTTO :: 5 MIN / NR
QUINOA :: 1 MIN / 10 MIN NR
MILLET :: 10 MIN / 10 MIN NR
STEEL CUT OATS :: 3 MIN / NR
OLD FASHIONED OATS :: 1 MIN / NR
STONE- GROUND GRITS :: 5 MIN / QR
COUSCOUS :: 5 MIN / QR (LET STAND 5 MIN)

PASTA

The general rule of thumb is half the time recommended time on the package, then subtract one minute more.

MACARONI :: 3 MIN / QR
RAMEN :: 1 MIN / QR
PENNE :: 6 MIN / QR
ORZO :: 3 MIN / QR
EGG NOODLES :: 3 MIN / QR

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