

Cheat Sheet

INSTANT POT COOKING TIMES

BEEF

STEW 15-20 MIN
POT ROAST 35-40 MIN
RIBS 25-30 MIN
SHANKS 25-30 MIN

CHICKEN

BREAST 8-10 MIN
WHOLE 25-30 MIN
LEGS, 10-15 MIN
THIGHH 10-15 MIN

PORK

LOIN 55-60 MIN
RIBS 45-50 MIN
BUTT 20-25 MIN

SEAFOOD

CRAB/LOBSTER 3-4 MIN
SHRIMP 1-2 MIN

BEANS

BLACK/LIMA 20-25 MIN
CHICKPEAS 35-40 MIN
RED KIDNEY 25-30 MIN
WHITE KIDNEY 35-40 MIN
NAVY/PINTO 25-30 MIN

RICE

WHITE 6 MIN
BROWN 12 MIN

VEGETABLES

ASPARAGUS 1-2 MIN
BROCCOLI 5-6 MIN
CARROTS 5-6 MIN
CAULIFLOWER 2-3 MIN
CORN 1-2 MIN
GREEN BEANS 2-3 MIN
PEAS 1 MIN
POTATOES 7 MIN
ZUCCHINI 2 MIN