

# INSTANT POT COOKING TIMES CHEAT SHEET

## VEGETABLES

	FRESH	FROZEN
Green Beans	1	1-2
Broccoli	1	1
Carrots (chunks)	3-5	6-8
Cauliflower florets	1	2-4
Corn (on the cob)	2	4-6
Mixed Veggies	1	3-4
Sweet Potato (whole/lg)	5-8	8-15

## ROOT VEGGIES

Potatoes (cubed)	1	4-5
Whole Potato (baby)	2-3	8
Whole Potato (large)	8	12
Butternut Squash (chunks)	2	3-4
Pumpkin (sm chunks)	5	7
Parsnips (sm chunks)	3	5

## FISH-SEAFOOD

Crab	2-3	4-5
Fish (whole)	4-5	5-7
Fish Fillet	2-3	3-4
Fish steak	3-4	4-6
Lobster	2-3	3-4
Shrimp/Prawn	1-3	2-4
Mussels	1-2	2-3

## RICE/GRAINS

Brown Rice	20-22	1:1 ratio
White Rice	4	1:1 ratio
Wild Rice	20-25	1:2 ratio
Quick Oats	2-3	1:2 ratio
Steel Cut Oats	3-5	1:3 ratio
Couscous	2-3	1:2 ratio
Barley	20-22	1:2.5

## BEANS

Black Beans	22 dry / 6 soaked
Chickpeas	38 dry / 10 soaked
Cannellini Beans	33 dry / 8 soaked
Lentils (green/brown)	9
Pinto Beans	27 dry / 8 soaked
Red Kidney Beans	18 dry / 7 soaked

## MEAT

Beef (stew meat)	20 per lb
Beef (roast)	20 per lb
Beef (ribs)	20 per lb
Chicken Breast	7 per lb
Whole Chicken	8 per lb
Pork Loin Roast	20 per lb
Turkey breast (boneless)	8 per lb

\*add 1 min per lb when cooking from frozen