

## Instant Pot Meal Prep Cheat Sheet *from Kitchen Skip*

**Vegetables:** For all vegetables, start by adding 1 cup of water to the Instant Pot. Set a steamer basket in the Instant Pot to keep the veggies slightly above the water.

**Large red or yellow potatoes, cut into 2 inch chunks:** 8 to 10 minutes, natural release

**Baby potatoes, cut into quarters:** 3 minutes, quick release

**Sweet potatoes, 1-inch cubes or ½-inch thick rounds:** 5 minutes, quick release

**Sweet potatoes, whole potato:** (prick with a fork) 15 minutes, medium-sized or 25 minutes for large sized, 35+ minutes for very large, natural release

**Baby carrots:** 3 minutes, quick release

**Corn on the cob:** 3 minutes, quick release

**Cabbage:** Cut into quarters then into 1-inch wide slices, 2 minutes

**Beets, large whole:** 20 to 25 minutes, natural release

**Broccoli florets, Asparagus and Green beans:** If you can, set the timer for “0” minutes. The Instant Pot will reach pressure and then beep because it’s set to cook for zero minutes. If the lowest time you can set is “1 minute” then do that and change the pressure to “low” instead of “high”. Either way, when the cooking time is done, instantly release the pressure.

## **Rice and Grains**

**White basmati rice:** 5 minutes, natural release (1:1 water ratio)

**White jasmine rice:** 3 minutes, natural release (or press “rice” button) (1:1 water ratio)

**Brown rice:** 20 to 22 minutes, natural release (1 cup brown rice, 1 ¼ cups water)

**Buckwheat:** 2 minutes, natural release (1 cup buckwheat, 1 ½ cups water)

**White quinoa:** 1 minute, natural release (1 cup quinoa, 1 cup water)

**Red quinoa:** 13 to 15 minutes, natural release (1 cup quinoa, 1 1/2 cups water)

**Farro:** 8 minutes, quick release (1 cup farro, 3 cups water\*)

**Barley:** 15 to 20 minutes, quick release (1 cup barley, 3 cups water\*)

\*drain off remaining water in a colander after cooking

## **Beans**

The cooking time for beans can vary depending on the brand of beans you’re using and how fresh the dried beans are. The times below will put you in the right range. Remember, shorter cooking time = firmer texture. If the beans are too firm, simply stir the beans well and seal the lid again then cook the beans for another 3 to 5 minutes. You can keep cooking the beans in small increments until they have the texture you want.

All of these cooking times are for dried beans that have not been pre-soaked.

For all beans use a ratio of 1 cup beans + 3 cups water and a natural release.

**Black beans:** 30 to 35 minutes, natural release

**Pinto beans:** 40 to 45 minutes, natural release

**White beans:** Navy, 25 minutes. Great Northern & Cannellini, 30 to 40 minutes

**Garbanzo beans:** 45 to 60 minutes, natural release.

**Black lentils:** 6 to 8 minutes, natural release (1 cup black lentils, 1 ¾ cups water)

**Red lentils:** 5 to 9 minutes, 5 minutes release (1 cup lentils, 2 cups water) - the texture of red lentils will always be soft and the lentils will lose their shape.