

Instant Pot Cooking Times Chart

Created and tested by Thriving Home (thrivinghome.org)

All recipes are cooked at high pressure.

If needed, saute frozen meal for 5 min to release liquid.

CHICKEN

| | From Fresh: | From Frozen: | Release |
|---|-------------|------------------------------|---------|
| 1-2 pounds medium-sized Boneless, Skinless Chicken Breasts (seasoned or in sauce/marinade): | 7 min | 15-20 min | quick |
| 1-2 pounds Boneless Chicken Thighs (seasoned or in sauce/marinade) | 7 min | 15-20 min | quick |
| 2 ½ - 3 pounds Bone-In Chicken Thighs and Drumsticks: | 12 min | 17-22 min | quick |
| Whole Chicken (4-5 pounds) | 24-30 min | 40-50 min (10 min per pound) | natural |

BEEF

| | | | |
|--|-----------------------------|----------------------------------|---------|
| 1 (approx. 3 pound) Boneless Beef Roast (seasoned or in sauce/marinade) | Cut into 2x2 pieces, 30 min | Cut into 2x2 inch pieces, 30 min | natural |
| 1 (approx. 3 pound) Beef Brisket, flat cut (seasoned or in sauce/marinade) | 50 min | not recommended | natural |
| Ground Beef, fully cooked | 5 min | 10-15 min | quick |

PORK

| | | | |
|---|------------------------------------|-------------------------------------|---------|
| 1 (3-4 pound) Pork Shoulder (also known as Boston Butt) | Cut into four equal pieces, 45 min | Cut into four equal pieces, 45 min | natural |
| 2 ½ - 3 lb Pork Loin, Boneless | 27 min | Cut into three equal pieces, 27 min | natural |

SOUPS

| | | | |
|--|----------|--|-------|
| Soup, with 1-2 lbs raw, boneless, skinless chicken breasts or thighs | 6 min | 15-22 (4-6 servings) 22-27 (8+ servings) | quick |
| Soup, Meatless | 7-10 min | 12-17 min | quick |
| Soup, Ground Beef, Sausage, Turkey or Bean-Based | 7-10 min | 12-17 min | quick |

OATS

| | | | |
|----------------|--------|-----|---------|
| Steel-Cut Oats | 12 min | n/a | natural |
|----------------|--------|-----|---------|

Find healthy Instant Pot recipes and freezing instructions at ThrivingHome.org.

From Freezer to Cooker by Polly Conner and Rachel Tiemeyer releases January 2020 and will be available through all major booksellers.