



INSTANT POT COOKING TIMES CHART

Created and tested by *Thriving Home* (thrivinghome.org)

All recipes are cooked at high pressure. If needed, sauté 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 (6 min per pound)	40-50 min (10 min per pound)	natural

Beef

	From Fresh:	From Frozen:	Release:
• 1 (approx. 3 pound) Boneless Beef Roast (seasoned or in sauce/marinade)	Cut into 2x2 inch 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

	From Fresh:	From Frozen:	Release:
• 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, 45 min	natural

Soups

	From Fresh:	From Frozen:	Release:
• Soup, with 1-2 lbs raw, boneless, skinless chicken breasts or thighs	6 min	15-22 min (4-6 servings) 22-27 min (8+ servings)	quick
• Soup, Meatless	7-10 min	12-17 min	quick
• Soup with Cooked Ground Beef/Sausage/Turkey	7-10 min	12-17 min	quick

Oats

	From Fresh:	From Frozen:	Release:
• 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.