

TOM DOUGLAS

THE STEP- BY- STEP INSTANT POT

EASY &
FLAVOR-FILLED
RECIPES

500

COOKBOOK

— HEALTHY EATING AND LIVING —

— HOW TO INSTANT POT —



THE STEP-BY-STEP INSTANT POT COOKBOOK

BY TOM DOUGLAS



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Chapter 1: Breakfast

Cinnamon Apple Quinoa

Prep Time: 10 minutes

Cooking Time: 8 minutes

Number of Servings: 2

Ingredients:

- 1 cup quinoa, rinsed
- 1 and a ½ cups water
- ¼ teaspoon salt
- 1 apple, seeded and chopped
- 2 tablespoon cinnamon
- ½ a teaspoon vanilla

Method:

1. Add the listed ingredients to your Instant Pot
2. Lock up the lid and cook on HIGH pressure for 8 minutes
3. Release the pressure naturally over 10 minutes
4. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 381
- Fat: 6g
- Carbohydrates: 40g
- Protein: 12g
- Sodium: 207mg
- Fiber: 1g
- Saturated Fat: 2g

Tasty Almond Hashbrown

Prep Time: 10 minutes

Cooking Time: 20 minutes

Number of Servings: 3

Ingredients:

- 1 and ½ pound hash browns
- 6 eggs
- 6 spring onions, chopped
- 9 ounces cream cheese
- 1 yellow onion, chopped
- 6 bacon slices, chopped
- 1 cup almond milk
- 2 tablespoons cheddar cheese, shredded
- A drizzle of olive oil
- Salt and black pepper, to taste

Method:

1. Set your Instant Pot Saute mood
2. Add oil and heat it up
3. Add onion and spring onions
4. Stir for 5 minutes
5. Add the bacon and hashbrowns
6. Set your Instant Pot on Air Crisp mood
7. Cook for 15 minutes and stir half-way
8. Add egg mixed with cream cheese, salt, milk, and pepper
9. Toss and cook everything on Air Crisp for 10 minutes
10. Serve with cheese on top and enjoy!

Nutritional Values (Per Serving)

- Calories: 231
- Fat: 12g
- Carbohydrates: 14g
- Protein: 12g

- Sodium: 424mg
- Fiber:1g
- Saturated Fat: 3g

Cauliflower And Cheese

Prep Time: 10 minutes

Cooking Time: 30 minutes

Number of Servings: 3

Ingredients:

- 1 tablespoon Keto-Friendly mustard
- ½ parmesan cheese, grated
- 1 head cauliflower
- 1 teaspoon avocado mayonnaise
- ¼ cup butter, cut into small pieces

Method:

1. Set your Instant Pot to sauté mode and add butter
2. Melt the butter
3. Add cauliflower and sauté for 3 minutes
4. Add remaining ingredients and close the lid
5. Set the Pressure mode
6. Cook for 30 minutes on High pressure
7. Release pressure natural over 10 minutes
8. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 155
- Fat: 12g
- Carbohydrates: 2g
- Protein: 10g
- Sodium: 208mg
- Fiber: 1g
- Saturated Fat: 3g

Exquisite 5 Grain Porridge

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 4

Ingredients:

- 3 and ½ cups of water
- 3 tablespoons flax seeds
- 2 tablespoons chia seeds
- ¼ cup amaranth
- ¼ cup quinoa, rinsed and drained
- ½ cup steel cut oats
- 1 tablespoon butter
- 1/8 teaspoon salt

Method:

1. Set your Instant Pot to Saute mode and add butter and other dry ingredients, stir well
2. Add water to the Instant Pot and stir well
3. Lock lid and cook on 5 minutes on HIGH pressure
4. Release pressure naturally over 10 minutes
5. Stir well and serve with your desired toppings
6. Enjoy!

Nutritional Values (Per Serving)

- Calories: 285
- Fat: 2g
- Carbohydrates: 58g
- Protein: 4g
- Sodium: 369mg
- Fiber: 3g
- Saturated Fat: 0g

Choco Berry Smoothie

Prep Time: 5-8 min.

Cooking Time: 0 min.

Number of Servings: 2

Ingredients:

2 bananas, peeled

1 avocado, pitted and sliced

2 cups almond or coconut milk

1/2 cup raspberries or strawberries

2 tablespoons cocoa powder, unsweetened

Ice cubes, optional

Directions:

1. In a blender, add the almond milk and other ingredients. Add ice cubes, if desired.
2. Blend well to make a smooth mix. Serve chilled in a tall glass.

Nutritional Values (Per Serving):

Calories – 263

Fat – 14g

Saturated Fat – 2g

Trans Fat – 0g

Carbohydrates – 36g

Fiber – 11g

Sodium – 168mg

Protein – 5g

Raisin Farro Breakfast

Prep Time: 5min.

Cooking Time: 5min.

Number of Servings: 3-4

Ingredients:

- 2 cups water
- ¼ cup brown sugar
- 1 cup farro
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- ¼ cup raisins
- ¼ teaspoon salt
- chopped nuts of your choice

Directions:

1. Rinse the farro in a colander.
2. Take Instant Pot and carefully arrange it over a clean, dry kitchen platform. Turn on the appliance.
3. Find and press “Sauté” cooking function.
4. In the cooking pot area; add the oil and farro in the pot. Cook until turn fragrant. Add remainder of ingredients and stir again.
5. Close the pot lid and seal the valve to avoid any leakage. Find and press “Manual” cooking setting and set cooking time to 5 minutes.
6. Allow the recipe ingredients to cook for the set time, and after that, the timer reads “zero”. Press “Cancel” and press “QPR” setting for quick pressure release.
7. Open the pot and arrange the cooked recipe in serving plates. Serve immediately topped with nuts and/or extra sugar.

Nutritional Values (Per Serving):

Calories - 203

Fat – 7g

Carbohydrates – 33g

Fiber – 2g

Protein – 4.5g

Classic Apple Oats

Prep Time: 5min.

Cooking Time: 5 min.

Number of Servings: 2

Ingredients:

- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- 2 apples, make half-inch chunks
- ½ cup oats, steel cut
- 1 ½ cups water
- Maple syrup, as needed
- Pinch of salt
- Pinch of clove
- Pinch of nutmeg

Directions:

1. Take Instant Pot and carefully arrange it over a clean, dry kitchen platform. Turn on the appliance.
2. In the cooking pot area, add the water, oats, cinnamon, ginger, clove, nutmeg, apple and salt. Stir the ingredients gently.
3. Close the pot lid and seal the valve to avoid any leakage. Find and press “Manual” cooking setting and set cooking time to 5 minutes.
4. Allow the recipe ingredients to cook for the set time, and after that, the timer reads “zero”.
5. Press “Cancel” and press “NPR” setting for natural pressure release. It takes 8-10 times for all inside pressure to release.
6. Open the pot and arrange the cooked recipe in serving plates.
7. Sweeten as needed with maple or agave syrup and serve immediately. Top with some chopped nuts, optional.

Nutritional Values (Per Serving):

Calories –248

Fat – 5.5g

Carbohydrates – 52g

Fiber – 13g

Protein – 7g

Berry Chia Oats

Prep Time: 5 min.

Cooking Time: 6 min.

Number of Servings: 2

Ingredients:

- 1/2 cups old fashioned oats
- 1/2 cups almond milk, unsweetened
- 1/2 cups blueberries
- 1 teaspoon chia seeds
- Sweetener or sugar as needed
- Splash of vanilla
- Pinch of salt
- A pinch ground cinnamon
- 1 ½ cups water

Directions:

1. In a medium bowl, thoroughly mix all the ingredients. Add the bowl mixture to a pint size jar and cover with an aluminum foil.
2. In the pot, slowly pour the water. Take the trivet and arrange inside it; place the jar over it.
3. Close the lid and lock. Ensure that you have sealed the valve to avoid leakage.
4. Press “Manual” mode and set timer for 6 minutes. It will take a few minutes for the pot to build inside pressure and start cooking.
5. After the timer reads zero, press “Cancel” and naturally release pressure. It takes about 8-10 minutes to release pressure naturally.

6. Carefully remove the lid and take out the jar. Mix in the oatmeal; serve warm!

Nutritional Values (Per Serving):

Calories – 114

Fat – 3g

Carbohydrates – 18g

Fiber – 4g

Protein – 4.5g

Hearty Nut Porridge

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 2

Ingredients:

- 4 teaspoons coconut oil, melted
- 1 cup pecans, halved
- 2 cups of water
- 1 cup cashew nuts, raw and unsalted

Method:

1. Add cashew nuts and pecans to your food processor and pulse until chunked
2. Add nuts mixture into the pot and stir in water, coconut oil
3. Set your Instant Pot to sauté mode and add the nut mixture
4. Cook for 15 minutes
5. Serve immediately and enjoy!

Nutritional Values (Per Serving)

- Calories: 260
- Fat: 22g
- Carbohydrates: 8g
- Protein: 5g
- Sodium: 590mg
- Fiber: 2g
- Saturated Fat: 4g

Morning Melba Steel Cuts

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 2

Ingredients:

- 1 and a ½ cups of steel-cut oats
- 5 cups of water
- ½ a cup of pure maple syrup
- Pinch salt
- 2 cups peaches, sliced
- 1 cup of fresh raspberries
- ¼ cup of chia seeds

Method:

1. Add oats, water, salt, syrup, peaches to the Pot
2. Lock up the lid and cook on HIGH pressure for 10 minutes
3. Release the pressure naturally
4. Sprinkle chia seeds on top and scatter raspberries
5. Put the lid back and allow the chia seeds to set for 10 minutes
6. Serve hot and enjoy!

Nutritional Values (Per Serving)

- Calories: 271
- Fat: 14g
- Carbohydrates: 23g
- Protein: 5g
- Sodium: 52mg
- Fiber: 2g
- Saturated Fat: 4g

Spicy Oatmeal

Prep Time: 10 minutes

Cooking Time: 8 minutes

Number of Servings: 2

Ingredients:

- ¼ cup cheddar, grated
- 2 cups of water
- ¼ teaspoon paprika
- 1 cup old-fashioned rolled oats
- 1 scallion, chopped
- Kosher salt and black pepper

Method:

1. Add all the ingredients to your Instant Pot except cheese.
2. Secure the lid of the Pot.
3. Press the Manual key.
4. Cook for 3 minutes at high pressure.
5. Once cooked, release the pressure naturally and open the lid.
6. Stir in shredded cheese.
7. Serve hot and enjoy!

Nutritional Values (Per Serving)

- Calories: 268
- Fat: 9g
- Carbohydrates: 43g
- Protein: 4g
- Sodium: 185mg
- Fiber: 7g
- Saturated Fat: 3g



Vanilla Oats

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 2

Ingredients:

- 1 cup almond milk
- 2 and ½ cups of water
- 1 cup old-fashioned oats
- 2 tablespoons coconut sugar
- 1 teaspoon espresso powder
- 2 teaspoons vanilla extract

Method:

1. Add milk, oats, sugar, espresso, vanilla extract to your Instant Pot and toss
2. Close lid and cook on HIGH pressure for 10 minutes
3. Release pressure naturally over 10 minutes
4. Stir and divide into serving bowls
5. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 177
- Fat: 2g
- Carbohydrates: 10g
- Protein: 4g
- Sodium: 126mg
- Fiber: 2g
- Saturated Fat: 0g

Genuine Buckwheat Porridge

Prep Time: 10 minutes

Cooking Time: 8 minutes

Number of Servings: 2

Ingredients:

- 1 cup buckwheat groats, rinsed
- ½ a cup raisins
- 3 cups of rice milk
- 1 banana, peeled and sliced
- ½ a teaspoon of vanilla extract

Method:

1. Add buckwheat to your Pot
2. Add raisins, milk, banana, vanilla, and stir
3. Close lid and cook on HIGH pressure for 6 minutes
4. Release the pressure naturally over 10 minutes
5. Divide porridge between 2 bowls and enjoy!

Nutritional Values (Per Serving)

- Calories: 200
- Fat: 1g
- Carbohydrates: 2g
- Protein: 5g
- Sodium: 530mg
- Fiber: 0g
- Saturated Fat: 0g

Delicious Egg Risotto

Prep Time: 10 minutes

Cooking Time: 12 minutes

Number of Servings: 3

Ingredients:

- 3 slices bacon, low sodium and chopped
- 1 cup white rice
- 1/3 cup yellow onion, chopped
- 1 and ½ cups low sodium chicken stock
- 2 eggs, fried
- 2 tablespoons low –fat parmesan, grated
- 1 tablespoon chives, chopped
- Pinch of black pepper

Method:

1. Set your Instant Pot to Saute mode and add bacon, stir cook for 2-3 minutes
2. Add onions and cook for 2 minutes more
3. Add rice, stock, parmesan, black pepper and stir
4. Close lid and cook on HIGH pressure for 7 minutes
5. Release pressure naturally over 10 minutes
6. Divide the mix between plates and top with eggs, sprinkle chives and serve
7. Enjoy!

Nutritional Values (Per Serving)

- Calories: 212
- Fat: 5g
- Carbohydrates: 19g
- Protein: 6g
- Sodium: 434mg
- Fiber: 1g

- Saturated Fat: 2g

Chapter 2: Chicken And Poultry

Pear And Mushroom Chicken Breast

Prep Time: 5 minutes

Cooking Time: 15 minutes

Number of Servings: 3

Ingredients:

- 2 pound chicken breast, boneless
- 1 cup button mushroom, sliced
- 15 ounces canned pears, sliced
- ½ tablespoon brown sugar
- ½ teaspoon black pepper
- 1 teaspoon salt
- 2 tablespoons balsamic vinegar

Method:

1. Add listed ingredients to Instant Pot
2. Mix well
3. Lock lid and cook on HIGH pressure for 15 minutes
4. Release pressure over 10 minutes
5. Open the lid and serve
6. Enjoy!

Nutritional Values (Per Serving)

- Calories: 503
- Fat: 17g
- Carbohydrates: 18g
- Protein: 25g
- Sodium: 330mg
- Fiber: 3g
- Saturated Fat: 4g

Chicken And Lettuce Taco

Prep Time: 5 minutes

Cooking Time: 10 minutes

Number of Servings: 3

Ingredients:

- 2 pounds boneless chicken breast
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1 cup roasted tomato salsa
- Lettuce wraps

Method:

1. Carefully arrange the chicken in a single layer in your Instant Pot
2. Season them with salt (both sides)
3. Pour Salsa on top of the chicken pieces and lock up the lid
4. Cook on HIGH pressure for 7 minutes (for breast) or 10 minutes (for thigh) over high pressure
5. Release the pressure naturally once done
6. Remove the lid and transfer the chicken to a bowl
7. Shred them up and serve the chicken by assembling them on your lettuce wraps
8. Enjoy!

Nutritional Values (Per Serving)

- Calories: 374
- Fat: 10g
- Carbohydrates: 27g
- Protein: 28g
- Sodium: 604mg
- Fiber: 1g

- Saturated Fat: 3g

Turmeric And Carrot Cutlets

Prep Time: 5 minutes

Cooking Time: 15 minutes

Number of Servings: 3

Ingredients:

- 1 teaspoon Greek seasoning
- 1 pound turkey cutlets
- 2 tablespoons olive oil
- 1 teaspoon turmeric powder
- ½ cup almond flour

Method:

1. Take a bowl and add Greek seasoning, turmeric powder, almond flour and mix well
2. Dredge turkey cutlets in the bowl and let it sit for 30 minutes
3. Set your Instant Pot to Sauté mode and add oil, let it heat up
4. Add cutlets and Sauté for 2 minutes
5. Lock lid and cook on Low-Medium Pressure for 20 minutes
6. Release pressure naturally over 10 minutes
7. Take the dish out, serve, and enjoy!

Nutritional Values (Per Serving)

- Calories: 340
- Fat: 20g
- Carbohydrates: 4g
- Protein: 36g
- Sodium: 357mg
- Fiber: 1g
- Saturated Fat: 4g

Mexican Style Pepper Turkey

Prep Time: 5-8 min.

Cooking Time: 20 min.

Number of Servings: 3

Ingredients:

- 1/2 cup chicken stock
- 1 clove garlic, chopped
- 1 pound turkey breast, ground
- ½ tablespoon butter
- 1/2 red onion, sliced
- 1 cup canned diced tomatoes
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped

Directions:

1. Take your 3-Quart Instant Pot; open the top lid. Plug it and turn it on.
2. Press “SAUTÉ” setting and the pot will start heating up.
3. In the cooking pot area, add the butter and meat. Stir and cook for 5 minutes to soften.
4. Mix in the tomatoes with their juices, garlic, onion, peppers, and stock.
5. Close the top lid and seal its valve.
6. Press “MANUAL” setting. Adjust cooking time to 8 minutes.
7. Allow the recipe to cook for the set cooking time.
8. After the set cooking time ends, press “CANCEL” and then press “QPR (Quick Pressure Release)”.

9. Instant Pot will quickly release the pressure.
10. Open the top lid, add the cooked recipe mix in serving plates.
11. Serve and enjoy!

Nutritional Values (Per Serving):

Calories – 342

Fat – 11.5g

Carbohydrates – 14g

Fiber – 3g

Protein – 44.5g

Cola Chicken Wings

Prep Time: 8-10 min.

Cooking Time: 20 min.

Number of Servings: 2

Ingredients:

- 2 tablespoons chopped onion
- 1-½ tablespoons low sodium soy sauce
- ½ tablespoon rice wine
- ½ tablespoon sesame oil
- ½ teaspoon ginger
- 1 cup your choice of cola
- 1 pound. chicken wings
- 2 teaspoons minced garlic

Directions:

1. Switch on the pot after placing it on a clean and dry platform. Press “Sauté” cooking function.
2. Open the pot lid; add the oil, garlic, and onions in the pot; cook for 2 minutes to cook well and soften.
3. Add the chicken wings and sauté until brown. Mix in the cola, soy sauce, and rice wine then stir well.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 20 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Press “Cancel” cooking function and press “Natural release (NPR)” setting. It will take 8-10 minutes for natural pressure release.
7. Open the pot and serve warm. Enjoy it with your loved one!

Nutritional Values (Per Serving):

Calories - 228

Fat – 8.5g

Carbohydrates – 32g

Fiber – 0.5g

Protein – 5.5g

Potato Chicken Roast

Prep Time: 8-10 min.

Cooking Time: 20 min.

Number of Servings: 5-6

Ingredients:

- 2 cloves garlic, minced
- 2 teaspoons fresh thyme
- 1 teaspoon black pepper
- 1 large roasting chicken
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon paprika
- 1 cup baby carrots
- 1 ½ cup water
- 1 teaspoon sea salt
- 2 stalks celery, chopped
- 2 medium potatoes, cubed

Directions:

1. Coat the chicken with the olive oil, garlic, thyme, black pepper, paprika, and salt. Add the celery and carrots inside the chicken cavity.
2. Take an Instant Pot; open the top lid.
3. Add the chicken and water in the cooking pot. Add the potatoes.
4. Close the top lid and make sure the valve is sealed.
5. Press “MANUAL” cooking function. Adjust cooking time to 20 minutes.
6. Allow pressure to build and cook the ingredients for the set time.
7. After the set cooking time ends, press “CANCEL” and then press “NPR”. Instant Pot will slowly and naturally release the pressure

for 8-10 minutes.

8. Open the top lid, add the cooked mixture in serving plates. Cook on sauté for a few minutes, if you want to thicken the sauce.
9. Serve warm.

Nutritional Values (Per Serving):

Calories – 276

Fat – 2.5g

Carbohydrates – 12g

Fiber – 1g

Sodium - 358mg

Protein – 23.5g

Coconut Curry Chicken

Prep Time: 8-10 min.

Cooking Time: 10 min.

Number of Servings: 5-6

Ingredients:

- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1/4 cup lemon juice
- 1 can full-fat coconut milk
- 1/2 teaspoon lemon zest
- 1/2 teaspoon salt
- 4-pounds chicken breast, skin removed

Directions:

1. In a mixing bowl, mix the lemon juice, coconut milk, curry powder, turmeric, lemon zest, and salt.
2. Take an Instant Pot; open the top lid.
3. Add the chicken and bowl mix in the cooking pot. Using a spatula, gently stir to combine well.
4. Close the top lid and make sure the valve is sealed.
5. Press “POULTRY” cooking function with default cooking time.
6. Allow pressure to build and cook the ingredients for the set time.
7. After the set cooking time ends, press “CANCEL” and then press “NPR”. Instant Pot will slowly and naturally release the pressure for 8-10 minutes.
8. Open the top lid, add the cooked mixture in serving plates.
9. Serve warm.

Nutritional Values (Per Serving):

Calories – 133

Fat – 11g

Carbohydrates – 8g

Fiber – 1.5g

Sodium - 295mg

Protein – 6.5g

Lemon Chicken Platter

Prep Time: 5 minutes

Cooking Time: 10 minutes

Number of Servings: 3

Ingredients:

- 4 bone-in, skin-on chicken thighs
- Salt and pepper to taste
- 2 tablespoons butter, divided
- 2 teaspoons garlic, minced
- ½ cup herbed chicken stock
- ½ cup heavy whip cream
- ½ a lemon, juiced

Method:

1. Season your chicken thighs generously with salt and pepper
2. Set your Pot to sauté mode and add oil, let it heat up
3. Add thigh, Sauté both sides for 6 minutes
4. Remove thigh to a platter and keep it on the side
5. Add garlic, cook for 2 minutes
6. Whisk in chicken stock, heavy cream, lemon juice and gently stir
7. Bring the mix to a simmer and reintroduce chicken
8. Lock lid and cook for 10 minutes on HIGH pressure
9. Release pressure over 10 minutes
10. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 300
- Fat: 26g
- Carbohydrates: 4g
- Protein: 12g
- Sodium: 72mg

- Fiber: 1g
- Saturated Fat: 4g



Parmesan Chicken Squash

Prep Time: 5 minutes

Cooking Time: 20 minutes

Number of Servings: 2

Ingredients:

- 1 spaghetti squash
- 1 cup Marinara sauce
- 1 pound cooked chicken, cubed
- 16-ounces mozzarella

Method:

1. Split up the squash in halves and remove the seeds
2. Add 1 cup of water to the Instant Pot and place a trivet on top
3. Add the squash halves on the trivet
4. Lock up the lid and cook for 20 minutes at HIGH pressure
5. Do a quick release
6. Remove the squashes and shred them using a fork into spaghetti portions
7. Pour sauce over the squash and give it a nice mix
8. Top them up with the cubed up chicken and top with mozzarella
9. Broil for 1-2 minutes and broil until the cheese has melted

Nutritional Values (Per Serving)

- Calories: 237
- Fat: 10g
- Carbohydrates: 32g
- Protein: 11g
- Sodium: 692mg
- Fiber: 2g
- Saturated Fat: 2g

Onion Sauce And Chicken

Prep Time: 5 minutes

Cooking Time: 25 minutes

Number of Servings: 2

Ingredients:

- 1 and ½ pounds chicken breast, boneless, skinless and cubed
- 1 cup chicken stock
- 2 teaspoons sweet paprika
- 1 olive oil
- 3 cups yellow onion, chopped
- Salt and black pepper, to taste

Method:

1. Set the Instant Pot on sauté mode
2. Add oil, heat it up then add onion
3. Sauté for 10 minutes
4. Add all the other ingredients put the pressure lid
5. Cook for 15 minutes on High
6. Release pressure natural over 10 minutes
7. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 220
- Fat: 14g
- Carbohydrates: 17g
- Protein: 12g
- Sodium: 555mg
- Fiber: 2g
- Saturated Fat: 3g

Chicken Cacciatore

Prep Time: 10 minutes

Cooking Time: 15 minutes

Number of Servings: 2

Ingredients:

- 3 chicken thigh
- 1 large yellow onion, chopped
- 1 cup chicken broth
- 1 bay leaf
- 1 teaspoon of garlic powder
- 1 teaspoon oregano
- $\frac{3}{4}$ cup black olives
- $\frac{1}{4}$ teaspoon of salt
- 6 medium tomatoes, chopped

Method:

1. Add the listed ingredients to your Instant Pot except for olives
2. Close lid and cook on HIGH pressure for 15 minutes
3. Release the pressure naturally over 10 minutes
4. Open the lid and garnish with olives
5. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 327
- Fat: 18g
- Carbohydrates: 13g
- Protein: 27g
- Sodium: 326mg
- Fiber: 2g
- Saturated Fat: 4g

Maple And Turkey Meal

Prep Time: 5 minutes

Cooking Time: 25 minutes

Number of Servings: 2

Ingredients:

- 2 turkey breast, boneless, skinless and halved
- ¼ cup chicken stock
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 1 tablespoon maple syrup
- A pinch of salt and black pepper, to taste

Method:

1. Set the Instant Pot on sauté mode
2. Add oil, heat it up then add garlic, salt, and pepper
3. Sauté for 2-3 minutes
4. Add turkey and add all the other ingredients put the pressure lid
5. Cook for 20 minutes on High
6. Release pressure natural over 10 minutes
7. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 304
- Fat: 14g
- Carbohydrates: 20g
- Protein: 13g
- Sodium: 468mg
- Fiber: 4g
- Saturated Fat: 4g

Chinese Chicken Thigh

Prep Time: 10 minutes

Cooking Time: 15 minutes

Number of Servings: 2

Ingredients:

- 2 pounds chicken thighs
- Black pepper as needed
- ½ cup balsamic vinegar
- 1 teaspoon black peppercorns
- 4 garlic cloves, minced
- ½ cup coconut aminos

Method:

1. Add chicken, vinegar, aminos, garlic, pepper, peppercorns to your Instant Pot and stir
2. Close lid and cook on HIGH pressure for 15 minutes
3. Release pressure naturally over 10 minutes
4. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 261
- Fat: 7g
- Carbohydrates: 18g
- Protein: 8g
- Sodium: 180mg
- Fiber: 3g
- Saturated Fat: 2g



Chicken And Mustard Potato

Prep Time: 5 minutes

Cooking Time: 15 minutes

Number of Servings: 3

Ingredients:

- 2 pounds chicken thighs, boneless and skinless
- 3 tablespoons Dijon mustard
- 2-pound red Potatoes, quartered
- 2 tablespoons olive oil
- 1 cup chicken stock
- 4 tablespoons lemon juice
- 2 tablespoons Italian seasoning
- Salt and pepper to taste

Method:

1. Add olive oil to your Pot
2. Rub salt and pepper all over chicken thighs and transfer to Pot
3. Take a small bowl and add lemon juice, chicken stock, and Dijon mustard, mix well
4. Pour the mix over chicken
5. Add Potatoes and Italian seasoning to the Pot
6. Lock lid and cook on HIGH pressure for 15 minutes
7. Quick-release pressure
8. Serve hot and enjoy!

Nutritional Values (Per Serving)

- Calories: 677
- Fat: 26g
- Carbohydrates: 37g
- Protein: 27g
- Sodium: 297mg

- Fiber: 2g
- Saturated Fat: 8g

Chapter 3: Snacks And Appetizers

Onion And Mushroom Meal

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 3

Ingredients:

- 1 tablespoon ghee
- 1 carton (8 ounces) button mushrooms, sliced
- 1 onion, diced
- ½ teaspoon salt
- 2 tablespoon coconut aminos
- 1/8 teaspoon smoked paprika

Method:

1. Set your Instant Pot to Saute mode and add ghee, let it heat up
2. Add mushrooms, onion and seasoning, Saute for 5 minutes
3. Lock lid and cook on HIGH pressure for 3 minutes
4. Quick-release pressure
5. Serve warm and enjoy!

Nutritional Values (Per Serving)

- Calories: 268
- Fat: 20g
- Carbohydrates: 11g
- Protein: 10g
- Sodium: 412mg
- Fiber: 2g
- Saturated Fat: 7g

Pickle Jar

Prep Time: 10 minutes

Cooking Time: 1 minute

Number of Servings: 2

Ingredients:

- 1 pound of green chilies
- 1 and a ½ cups of apple cider vinegar
- 1 teaspoon of pickling salt
- 1 and a ½ teaspoon of date paste
- ¼ teaspoon of garlic powder

Method:

1. Add the ingredients mentioned above to the Pot
2. Lock up the lid and cook on HIGH pressure for 10 minutes
3. Release the pressure naturally
4. Spoon the mix into washed jars and cover the slices with a bit of cooking liquid
5. Add vinegar to submerge the chilly
6. Enjoy!

Nutritional Values (Per Serving)

- Calories: 4
- Fat: 0g
- Carbohydrates: 0.6g
- Protein: 0.1g
- Sodium: 208mg
- Fiber: 0g
- Saturated Fat: 0g

Divine Celery Soup

Prep Time: 10 minutes

Cooking Time: 30 minutes

Number of Servings: 2

Ingredients:

- 1 large-sized celery root chopped up into 4-5 cups
- 1 medium onion, chopped
- 4 peeled garlic cloves
- 3 cups of vegetable broth (divided)
- 1/8 teaspoon of white pepper
- 1/2 a teaspoon of thyme
- 1/2 a teaspoon of salt
- 1/4 cup of almond milk
- 1/2 a teaspoon of lemon juice

Method:

1. Peel the celery root and cut them up into equal-sized cubes
2. Set the Instant Pot to Saute mode and add onion and garlic
3. Brown them
4. Add celery roots and 3 cups of broth
5. Lock up the lid and cook on HIGH pressure for 4 minutes
6. Allow the pressure to release naturally
7. Pour cooked celery and broth into the blender
8. Blend the mixture well until you have a smooth consistency, start from low and go to high
9. Transfer it to back to the Pot
10. Add white pepper, thyme, and salt
11. Set the Instant Pot to Saute mode and simmer for 20 minutes
12. Add almond milk and lemon juice
13. Keep stirring for 5 minutes
14. Add a bit of pepper and salt

15. Enjoy!

Nutritional Values (Per Serving)

- Calories: 214
- Fat: 13g
- Carbohydrates: 20g
- Protein: 6g
- Sodium: 265mg
- Fiber: 2g
- Saturated Fat: 6g

Italian Potato Platter

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 2

Ingredients:

- 1 and ½ pounds red Potatoes, large dice
- 2 tablespoons white wine vinegar
- 2 cups of water
- ½ bunch parsley
- ¼ medium red onion, finely chopped
- 2 tablespoons olive oil
- ½ teaspoon salt
- A dash of freshly ground pepper

Method:

1. Pour water into the Pot.
2. Add Potatoes to the water.
3. Seal the lid and set the Manual function key.
4. Cook for 5 minutes at high pressure.
5. Once cooked, quick release the pressure and open the lid.
6. Strain Potatoes and take a bowl and transfer them to it.
7. Add all the remaining ingredients.
8. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 278
- Fat: 17g
- Carbohydrates: 20g
- Protein: 13g
- Sodium: 475mg
- Fiber: 3g
- Saturated Fat: 5g

Sautéed Mushroom Curry

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 3

Ingredients:

- 16 ounce of mushroom
- 6 garlic cloves, peeled and crushed
- ¼ cup of red wine (vegan compliant)
- 1/2 cup of low sodium vegetable or mushroom stock
- 2 teaspoon of low sodium soy sauce
- Black pepper as required
- 1 tablespoon of browning sauce

Method:

1. Add the ingredients to the Pot
2. Lock up the lid and cook on HIGH pressure for 4 minutes
3. Quick-release the pressure
4. If the consistency of the sauce is ok, then serve
5. Otherwise, set the Instant Pot to Sauté mode and allow the sauce to reach boiling point
6. Take a bowl and add ¼ cup of water and 2-3 tablespoon of cornstarch
7. Pour the slurry into the liquid while it is boiling and stir
8. Serve over Potatoes or rice

Nutritional Values (Per Serving)

- Calories: 486
- Fat: 7g
- Carbohydrates: 71g
- Protein: 37g
- Sodium: 164mg
- Fiber: 2g
- Saturated Fat: 20g

Quick Brussel Meal

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 2

Ingredients:

- 1 pound Brussels sprouts
- 4 tablespoons pine nuts
- 1 tablespoon olive oil
- ¼ teaspoon each pepper and salt

Method:

1. Add trivet to Instant Pot and place a steamer on top
2. Add a cup of water
3. Place Brussels in a steamer plate
4. Lock lid and cook on HIGH pressure for 3 minutes
5. Quick-release pressure
6. Toss Brussels with olive oil and pine nuts
7. Season with salt and pepper
8. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 137
- Fat: 10g
- Carbohydrates: 11g
- Protein: 6g
- Sodium: 330mg
- Fiber: 2g
- Saturated Fat: 4g

Chapter 4: Meat Recipes

Spicy Beef Stew

Prep Time: 10 minutes

Cooking Time: 22 minutes

Number of Servings: 3

Ingredients:

- 1 and ½ pounds beef stew meat, cut into 1 inch
- 29 ounces tomatoes with chilis, diced
- 1 medium onion, chopped
- 2 tablespoonsful vegetable oil, divided
- 1 pepper medium jalapeno, minced

Method:

1. Add onion, tomatoes, and jalapeno in an inner pot after pouring in vegetable oil
2. Add in meat and lock Pot
3. Then set steam release program to sealing position
4. Set manual or pressure cook setting
5. Cook for 22 minutes
6. Once cooked and release pressure
7. Serve with toppings and enjoy!

Nutritional Values (Per Serving)

- Calories: 387
- Fat: 10g
- Carbohydrates: 12g
- Protein: 56g
- Sodium: 1200mg
- Fiber: 3g
- Saturated Fat: 2g

Beef And Carrot Meal

Prep Time: 5 minutes

Cooking Time: 30 minutes

Number of Servings: 2

Ingredients:

- 1 pound beef stew meat, cubed
- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 1 cup beef stock
- 3 carrots, sliced
- 2 garlic cloves, minced
- Salt and black pepper, to taste

Method:

1. Set the Instant Pot on sauté mode
2. Add oil, heat it up
3. Then add onion, garlic, salt, and pepper
4. Sauté for 5 minutes
5. Add all the other ingredients and secure the lid
6. Cook for 25 minutes on High
7. Release pressure natural over 10 minutes
8. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 300
- Fat: 11g
- Carbohydrates: 20g
- Protein: 15g
- Sodium: 341mg
- Fiber: 3g
- Saturated Fat: 3g

Korean Braised Beef Ribs

Prep Time: 10 minutes

Cooking Time: 45 minutes

Number of Servings: 2

Ingredients:

- 1 teaspoon olive oil
- 2 green onions, cut into 1-inch length
- 3 garlic cloves, smashed
- 3 quarter-sized ginger slices
- 2 pounds beef short ribs, 3 inches thick, cut into 3 rib portions
- ½ cup of water
- ½ cup coconut aminos
- ¼ cup dry white wine
- 2 teaspoons sesame oil
- Mince green onions for serving

Method:

1. Set your Instant Pot to “SAUTE” mode and add oil, let it shimmer
2. Add green onions, garlic, ginger, Saute for 1 minute
3. Add short ribs, water, aminos, wine, sesame oil, and stir until the ribs are coated well
4. Lock lid and cook on HIGH pressure for 45 minutes
5. Release pressure naturally over 10 minutes
6. Remove short ribs from pot and serve with the cooking liquid
7. Enjoy!

Nutritional Values (Per Serving)

- Calories: 423
- Fat: 35g
- Carbohydrates: 4g
- Protein: 22g
- Sodium: 8112mg

- Fiber: 1g
- Saturated Fat: 7g

Beef And Brussels

Prep Time: 5 minutes

Cooking Time: 30 minutes

Number of Servings: 2

Ingredients:

- 1 pound beef stew meat, cubed
- 1 tablespoon olive oil
- ¼ cup beef stock
- 1 tablespoon sweet paprika
- ½ pound Brussels sprouts
- Salt and black pepper, to taste

Method:

1. Set the Instant Pot on sauté mode
2. Add oil, heat it up
3. Then add meat and paprika
4. Let them brown for 5 minutes
5. Add sprouts and the stock then secure the lid
6. Cook for 25 minutes on High
7. Release pressure natural over 5 minutes
8. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 270
- Fat: 11g
- Carbohydrates: 12g
- Protein: 15g
- Sodium: 114mg
- Fiber: 3g
- Saturated Fat: 2g

Cinnamon Spiced Lamb

Prep Time: 5-8 min.

Cooking Time: 20 min.

Number of Servings: 4

Ingredients:

1 pound leg of lamb, cut into cubes

1/2 teaspoon ground cinnamon

1 teaspoon turmeric

1/4 cup water

1 teaspoon cayenne pepper

1 teaspoon smoked paprika

1 tablespoon tomato paste

1/4 cup water

2 tablespoon lemon juice

2 teaspoons ginger, minced

2 teaspoons garam masala

1/4 cup cilantro, chopped

1 onion, diced

4 garlic cloves, minced

1 teaspoon salt

Directions:

1. Add all ingredients except the lamb into the large bowl. Coat the lamb with the mix and marinate for 1 hour.
2. Take your instant pot; open the lid.
3. Add the lamb and marinade mix to the pot and stir.
4. Seal the lid and put the valve in sealing position; press

“MANUAL” setting. Cook for 20 minutes on “HIGH” pressure mode.

5. Press “CANCEL.” Use the NPR function for natural pressure release.
6. Open the lid; transfer the recipe in serving plates. Serve warm.

Nutritional Values (Per Serving):

Calories – 243

Fat – 8g

Saturated Fat – 2g

Trans Fat – 0g

Carbohydrates – 7g

Fiber – 1g

Sodium – 429mg

Protein – 32g

Awesome Apple Chops

Prep Time: 5-8 min.

Cooking Time: 12 min.

Number of Servings: 4

Ingredients:

4 pork chops

1 apple, cored and sliced

1 teaspoon garlic, minced

1/4 cup homemade chicken broth

1 teaspoon cinnamon

1 onion, sliced

1 tablespoon olive oil

Black pepper and salt to taste

Directions:

1. Season the pork chops with pepper and salt. Set aside.
2. Take your instant pot; open the lid.
3. Press “SAUTE” setting; add the oil and heat it.
4. Add the onions and stir with the oil. Cook while stirring until softened for 4-5 minutes.
5. Add the garlic and sauté for a minute.
6. Add the cinnamon and apple slices; sauté for 2 minutes. Add the broth and pork chops; stir the mix.
7. Seal the lid and put the valve in sealing position; press “MANUAL” setting. Cook for 3 minutes on “HIGH” pressure mode.
8. Press “CANCEL.” Use the NPR function for natural pressure release.

9. Open the lid; transfer the recipe in serving plates. Serve warm.

Nutritional Values (Per Serving):

Calories – 396

Fat – 22g

Saturated Fat – 7g

Trans Fat – 0g

Carbohydrates – 13g

Fiber – 2g

Sodium – 476mg

Protein – 21g

Mushroom Beef Ribs

Prep Time: 5-8 min.

Cooking Time: 15 min.

Number of Servings: 3-4

Ingredients:

1 pound beef ribs, cut into pieces

4 crimini mushrooms, chopped

2 teaspoon olive oil

2 scallions, minced

2 garlic cloves, minced

2 teaspoons coconut aminos

1 teaspoon sea salt

Black pepper to taste

Directions:

1. Take your instant pot; open the lid.
2. Add the ingredients to the pot and stir.
3. Seal the lid and put the valve in sealing position; press “MANUAL” setting. Cook for 15 minutes on “HIGH” pressure mode.
4. Press “CANCEL.” Use the NPR function for natural pressure release.
5. Open the lid; transfer the recipe in serving plates. Serve warm.

Nutritional Values (Per Serving):

Calories – 329

Fat – 12g

Saturated Fat – 4g

Trans Fat – 0g

Carbohydrates – 6g

Fiber – 1g

Sodium – 523mg

Protein – 46g

Paprika Pork Chops

Prep Time: 5 minutes

Cooking Time: 10 minutes

Number of Servings: 2

Ingredients:

- 2 pork chops, boneless
- 1 tablespoon of olive oil
- 1 cup of chicken stock, low sodium
- Pinch of black pepper
- 1 teaspoon of sweet paprika

Method:

1. Set your Instant Pot to Sauté mode and add oil
2. Allow the oil to heat up, add pork chops and brown for a few minutes
3. Add paprika, pepper, and stock to your Pot
4. Lock up the lid and cook on HIGH pressure for 5 minutes
5. Release the pressure naturally over 10 minutes
6. Open the lid and divide amongst serving plates
7. Enjoy!

Nutritional Values (Per Serving)

- Calories: 362
- Fat: 4g
- Carbohydrates: 20g
- Protein: 11g
- Sodium: 444mg
- Fiber: 3g
- Saturated Fat: 1g

Lovely Pork Shoulder

Prep Time: 10 minutes

Cooking Time: 60 minutes

Number of Servings: 2

Ingredients:

- ¼ cup of orange juice
- ¼ cup of lime juice
- 5 garlic cloves, minced
- 1 teaspoon of salt
- ½ a teaspoon of ground cumin
- 2 pounds of boneless pork shoulder cut up into 2-inch cubes
- Chopped up fresh cilantro
- 1 cup beef broth

Method:

1. Add orange juice, cumin, lime juice, garlic and salt to your pot
2. Add pork, add broth to the pot and toss well to cover it up
3. Lock up the lid and cook on HIGH pressure for 45 minutes
4. Allow the pressure to release naturally over 10 minutes
5. Pre-heat your broiler
6. Take the pork out using tong and place it on a baking sheet
7. Set the pot to Saute mode and allow the liquid to reduce for about 10-15 minutes
8. Pour liquid into a heatproof dish
9. Broil your pork for about 3-5 minutes per side until crispy and serve the broiled pork with the sauce.
10. Garnish with cilantro Enjoy!

Nutritional Values (Per Serving)

- Calories: 378
- Fat: 20g

- Carbohydrates: 0g
- Protein: 48g
- Sodium: 427mg
- Fiber: 0g
- Saturated Fat: 5g

Kalua Pork Meal

Prep Time: 10 minutes

Cooking Time: 90 minutes

Number of Servings: 3

Ingredients:

- 2 pounds pork shoulder, cut into half
- A ½ cup of water
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 tablespoon liquid smoke
- Steamed green beans for serving (optional)

Method:

1. Set your Instant Pot to “SAUTE” mode and add oil, let it heat up
2. Add pork, salt, and pepper, brown each side for 3 minutes until both sides are slightly browned
3. Transfer them to a plate
4. Add water, liquid smoke to the pot and return the meat, stir
5. Lock lid and cook on HIGH pressure for 90 minutes, release pressure naturally over 10 minutes
6. Transfer meat to cutting board and shred using 2 forks, divide between serving plates and serve with the cooking liquid on top, add green beans on the side if you prefer
7. Enjoy!

Nutritional Values (Per Serving)

- Calories: 357
- Fat: 28g
- Carbohydrates: 2g
- Protein: 20g
- Sodium: 1400mg
- Fiber: 0g
- Saturated Fat: 8g

Instant Pot Beef Chili

Prep Time: 10 minutes

Cooking Time: 40 minutes

Number of Servings: 3

Ingredients:

- 3 cups beef broth
- ½ pounds kidney beans, rinsed
- 1/2 pound ground beef
- 1 medium white onion, diced
- 1 green bell pepper, diced
- 3 garlic cloves, chopped
- 1 can (14.5 ounces) tomatoes, diced
- ¼ cup tomato paste
- Salt and pepper to taste

Method:

1. Add the listed ingredients to your Instant Pot and stir
2. Lock lid and cook on BEAN/CHILI mode on default settings
3. Naturally, release the pressure over 10 minutes
4. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 337
- Fat: 13g
- Carbohydrates: 30g
- Protein: 22g
- Sodium: 650mg
- Fiber: 2g
- Saturated Fat: 3g

Chapter 5: Vegan And Vegetarian

Zucchini And Artichoke Platter

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 2

Ingredients:

- 2 tablespoon coconut oil
- 1 bulb garlic, minced
- 1 large artichoke heart, cleaned sliced
- 2 medium zucchinis, sliced
- ½ cup vegetable broth
- Salt and pepper as needed

Method:

1. Set your Instant Pot to Saute mode and add oil, allow the oil the heat up
2. Add garlic and Saute until nicely fragrant
3. Add rest of the ingredients and stir
4. Lock lid and cook on HIGH pressure for 10 minutes
5. Quick-release, serve, and enjoy!

Nutritional Values (Per Serving)

- Calories: 213
- Fat: 6g
- Carbohydrates: 2g
- Protein: 4g
- Sodium: 602mg
- Fiber: 0g
- Saturated Fat: 2g

Squash And Sage Garlic

Prep Time: 10 minutes

Cooking Time: 15 minutes

Number of Servings: 2

Ingredients:

- 1 medium-sized spaghetti squash
- 1 cup of water
- 1 small bunch of fresh sage
- 3-5 garlic cloves, sliced
- 2 tablespoon of olive oil
- 1 teaspoon of salt
- 1/8 teaspoon of nutmeg

Method:

1. Halve your squash and scoop out any seed
2. Add water to the Instant Pot and place a trivet on top
3. Place the squash on the trivet making sure that the flesh side is facing up
4. Make sure to stack them up one on top the other
5. Lock up the lid and cook on HIGH pressure for 3-4 minutes
6. Take a pan and place it over low heat
7. Add sage and garlic with a bit of olive oil and sauté them
8. Once the cooking is done, allow the pressure to release naturally
9. Take the squash out tear out the flesh using a fork and transfer them into the pan
10. Once all of the squash has been transferred, turn down the heat and sprinkle a bit of salt and nutmeg
11. Mix and enjoy!

Nutritional Values (Per Serving)

- Calories: 88

- Fat: 4g
- Carbohydrates: 13g
- Protein: 1.5g
- Sodium: 425mg
- Fiber: 3g
- Saturated Fat: 2g

Broccoli Florets

Prep Time: 10 minutes

Cooking Time: 6 minutes

Number of Servings: 3

Ingredients:

- 4 tablespoons ghee, melted
- Salt and pepper to taste
- 2 pounds broccoli florets
- 1 cup cashew cream

Method:

1. Place a steamer basket in your Instant Pot(bottom part) and add water
2. Place florets on top of the basket and lock lid
3. Cook on HIGH pressure for 5 minutes
4. Quick-release pressure
5. Transfer florets from the steamer basket to the pot
6. Add salt, pepper, ghee, and stir
7. Lock crisping lid and cook on Air Crisp mode for 360 degrees F
8. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 180
- Fat: 14g
- Carbohydrates: 8g
- Protein: 6g
- Sodium: 585mg
- Fiber: 3g
- Saturated Fat: 4g

Coconut And Celery Bowl

Prep Time: 10 minutes

Cooking Time: 30 minutes

Number of Servings: 3

Ingredients:

- 2 sweet yellow onion, diced
- 2 cups of coconut milk
- 4 cups chicken broth
- 1 teaspoon dill
- 2 pinches of sea salt
- 2 bunches celery, diced

Method:

1. Put all the ingredients into your Pot.
2. Seal the lid and select the Soup function.
3. Cook for 30 minutes at high pressure.
4. Once cooked, naturally release the steam and open the lid.
5. Use an immersion blender to blend the soup into a smooth mixture.
6. Serve hot and enjoy!

Nutritional Values (Per Serving)

- Calories: 395
- Fat: 16g
- Carbohydrates: 42g
- Protein: 11g
- Sodium: 780mg
- Fiber: 12g
- Saturated Fat: 4g

Carrot And Potato Meal

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 3

Ingredients:

- 3 medium Potatoes, peeled and chopped
- 4 carrots, peeled and chopped
- ½ of yellow onion, chopped
- 3 garlic cloves, minced
- 2 cups fresh kale, minced
- 1 tablespoon of curry powder
- 1 teaspoon of cayenne pepper
- 3 cups of water
- 2 cups of vegetable broth

Method:

1. Mince up garlic and chop up the onions
2. Add ¼ cup of water to the Instant Pot and set the Instant Pot to Saute mode
3. Add onions and garlic and Saute for 5 minutes
4. Add vegetable broth, cayenne, powdered peanut butter, and curry powder
5. Stir everything well
6. Add water and Saute for 2 minutes
7. Add the remaining ingredients (except kale) and seal the lid
8. Cook on HIGH pressure for 8 minutes
9. Release the pressure naturally
10. Open the lid and take an immersion blender to puree the soup
11. Add chopped up kale and mix well
12. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 128
- Fat: 4g
- Carbohydrates: 20g
- Protein: 15g
- Sodium: 1320mg
- Fiber: 10g
- Saturated Fat: 2g

Kale And Artichoke

Prep Time: 10 minutes

Cooking Time: 15 minutes

Number of Servings: 3

Ingredients:

- 2 cups artichoke hearts
- 2 tablespoons parsley, chopped
- 2 cups kale, torn
- ½ tablespoon balsamic vinegar
- 1 tablespoon olive oil
- Salt and black pepper, to taste

Method:

1. Add all the ingredients into your Pot
2. Put the pressure lid on
3. Cook for 15 minutes on High pressure
4. Release pressure natural over 5 minutes
5. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 185
- Fat: 13g
- Carbohydrates: 11g
- Protein: 6g
- Sodium: 352mg

- Fiber: 2g
- Saturated Fat: 4g

The Chopped Red Cabbage

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 2

Ingredients:

- 3 cups red cabbage, chopped
- 1 tablespoon apple cider vinegar
- ½ cup Keto-Friendly applesauce
- 1 cup of water
- 3 garlic cloves, minced
- 1 small onion, chopped
- 1 tablespoon olive oil
- Salt and pepper to taste

Method:

1. Add olive oil to Pot
2. Set it to Saute mode and let it heat up, add onion and garlic and Saute for 2 minutes
3. Add remaining ingredients and stir
4. Lock lid and cook on HIGH pressure for 10 minutes
5. Quick-release pressure
6. Stir well and serve
7. Enjoy!

Nutritional Values (Per Serving)

- Calories: 81
- Fat: 6g
- Carbohydrates: 4g
- Protein: 2g
- Sodium: 720mg
- Fiber: 2g

- Saturated Fat: 2g

Grand Ma's Carrot soup

Prep Time: 10 minutes

Cooking Time: 15 minutes

Number of Servings: 2

Ingredients:

- 5 whole carrots, chopped
- 3 garlic cloves, minced
- 1 yellow onion, chopped
- 7-ounce coconut milk
- 1 and a ½ cups of vegetable stock, low sodium
- 1 tablespoon of red curry paste
- 2 tablespoons of cilantro, chopped

Method:

1. Add carrots, onion, garlic, milk, stock, curry paste, cilantro to your Instant Pot and toss well to combine them
2. Lock up the lid and cook on HIGH pressure for 15 minutes
3. Release the pressure naturally over 10 minutes
4. Blend using an immersion blender
5. Transfer to bowls and enjoy!

Nutritional Values (Per Serving)

- Calories: 251
- Fat: 5g
- Carbohydrates: 18g
- Protein: 6g
- Sodium: 141mg
- Fiber: 3g
- Saturated Fat: 1g

Chapter 6: Fish And Seafood Recipes

Honey Shrimp Medley

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 3

Ingredients:

- 1 pound large shrimps, peeled
- 1 tablespoon honey
- 1 garlic clove, minced
- 2 teaspoons Creole seasoning
- 2 teaspoons parsley, dried
- 1 teaspoon olive oil
- 2 tablespoons lemon juice, freshly squeezed
- 2 teaspoons soy sauce (low sodium)
- ½ cup of water

Method:

1. Add oil to Instant Pot and set it to Sauté mode, let it heat up
2. Add shrimp and garlic to Instant Pot and sauté for 2-3 minutes
3. Take a bowl and mix in honey, creole seasoning, dried parsley, lemon juice, and soy sauce
4. Add water to the Pot
5. Pour honey mixture on top of shrimp
6. Lock lid and cook on HIGH pressure for 3 minutes
7. Release pressure naturally over 10 minutes
8. Open the lid and serve with extra chopped parsley
9. Enjoy!

Nutritional Values (Per Serving)

- Calories: 161

- Fat: 0.4g
- Carbohydrates: 10g
- Protein: 28g
- Sodium: 909mg
- Fiber: 1g
- Saturated Fat: 0g

Cooked Orange Trout

Prep Time: 10 minutes

Cooking Time: 15 minutes

Number of Servings: 3

Ingredients:

- 4 trout fillets, boneless
- ½ cup of orange juice
- 1 tablespoon olive oil
- A pinch of salt and black pepper

Method:

1. Mix all the ingredients in your Pot
2. Put the pressure lid carefully
3. Cook for 15 minutes on high
4. Release the pressure naturally for 10 minutes
5. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 214
- Fat: 11g
- Carbohydrates: g
- Protein: 27g
- Sodium: 570mg
- Fiber: 2g
- Saturated Fat: 2g

Spicy Salmon Chili

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 3

Ingredients:

- 3 salmon fillets, boneless and skin-on
- 2 tablespoon of assorted chili peppers, chopped
- Juice of 1 lemon
- 1 lemon, sliced
- 1 cup of water
- Black pepper

Method:

1. Add water to the Pot
2. Add steamer basket and add salmon fillets, season the fillets with salt and pepper
3. Drizzle lemon juice on top
4. Top with lemon slices
5. Lock up the lid and cook on HIGH pressure for 7 minutes
6. Release the pressure naturally over 10 minutes
7. Divide the salmon and lemon slices between serving plates
8. Enjoy!

Nutritional Values (Per Serving)

- Calories: 281
- Fat: 8g
- Carbohydrates: 20g
- Protein: 7g
- Sodium: 337mg
- Fiber: 3g
- Saturated Fat: 2g

Garlic Sauce And Mussels

Prep Time: 10 minutes

Cooking Time: 1-2 minutes

Number of Servings: 2

Ingredients:

- 2 pounds of mussels
- 1 tablespoon of extra virgin olive oil
- 4 garlic cloves, minced
- 1 large-sized roasted red bell pepper
- $\frac{3}{4}$ cup of fish stock
- $\frac{1}{2}$ a cup of white wine vinegar
- $\frac{1}{8}$ teaspoon of red pepper flakes
- 2 tablespoon of cashew cream
- 3 tablespoon of chopped parsley

Method:

1. Clean the mussels thoroughly and scrub them, debeard if needed
2. Make a steaming liquid
3. Set your Instant Pot to Saute mode and add olive oil, allow it to heat up
4. Add garlic and cook for 1 minute
5. Add roasted red pepper, vinegar, fish stock, red pepper flakes and stir
6. Add mussels to the Instant Pot and lock up the lid
7. Cook on HIGH pressure for 1 minute and quick release the pressure
8. Remove the lid and check the mussels, if they are open then enjoy
9. If not, lock up the lid and steam for 1 minute more
10. Garnish with a bit of parsley and cashew cream
11. Enjoy!

Nutritional Values (Per Serving)

- Calories: 200
- Fat: 8g
- Carbohydrates: 10g

- Protein: 21g
- Sodium: 1551mg
- Fiber: 3g
- Saturated Fat: 3g

Mackerel Orange

Prep Time: 10 minutes

Cooking Time: 10 minutes

Number of Servings: 2

Ingredients:

- 2 mackerel fillets, skinless and boneless
- 2 spring onion, chopped
- 1 teaspoon of olive oil
- The 1-inch ginger piece, grated
- Black pepper as needed
- Juice and zest of 1 whole orange
- 1 cup of low sodium fish stock

Method:

1. Season the fillets with black pepper and rub olive oil
2. Add stock, orange juice, ginger, orange zest, and spring of onion to Pot
3. Place a steamer basket and add the fillets
4. Lock up the lid and cook on HIGH pressure for 10 minutes
5. Release the pressure naturally over 10 minutes
6. Divide the fillets amongst plates and drizzle the orange sauce from the Instant Pot over the fish
7. Enjoy!

Nutritional Values (Per Serving)

- Calories: 200
- Fat: 4g
- Carbohydrates: 20g
- Protein: 14g
- Sodium: 276mg
- Fiber: 3g
- Saturated Fat: 1g

Cajun Tilapia Delight

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 2

Ingredients:

- 2 tilapia fillets, 6 ounces each
- 1 cup ghee
- 2 teaspoons cayenne pepper
- 2 tablespoons smoked paprika
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- Pinch of salt
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 cup of water

Method:

1. Take a small bowl and add cayenne pepper, smoked paprika, garlic powder, onion powder, salt, pepper, dried oregano, dried thyme and ghee
2. Dip the fillets into the seasoned ghee mix
3. Add 1 cup of water to your Pot
4. Place steamer rack and place the fillets on the rack
5. Lock lid and cook on HIGH pressure for 5 minutes
6. Release naturally over 10 minutes
7. Transfer to a serving platter and garnish with parsley
8. Serve and enjoy!

Nutritional Values (Per Serving)

- Calories: 287
- Fat: 3g

- Carbohydrates: 44g
- Protein: 22g
- Sodium: 504mg
- Fiber: 5g
- Saturated Fat: 1g

Instant Pot Crab Legs

Prep Time: 10 minutes

Cooking Time: 7 minutes

Number of Servings: 3

Ingredients:

- 2 pounds crab legs
- 1 cup of water
- 1 cup white wine vinegar
- ½ cup clarified butter
- 1 lemon, sliced

Method:

1. Add water to your Instant Pot alongside wine
2. Add crab legs
3. Lock up the lid and cook on HIGH pressure for 7 minutes
4. Release the pressure naturally over 10 minutes
5. Open the lid and add melted butter and a dash of lemon
6. Enjoy!

Nutritional Values (Per Serving)

- Calories: 200
- Fat: 1g
- Carbohydrates: 0g
- Protein: 41g
- Sodium: 1498mg
- Fiber: 0g
- Saturated Fat: 0g

Cod With Parsley And Peas

Prep Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 2

Ingredients:

- 1 and 1/2-pound cod, cut into 2 fillets
- 5-ounce frozen peas
- ½ cup fresh parsley
- ½ cup white wine
- 1 garlic clove, smashed
- ½ teaspoon of paprika
- ½ teaspoon of oregano
- 1 sprig fresh rosemary
- Salt and pepper as needed

Method:

1. Take a bowl and add wine, salt, herbs, and spices
2. Stir well
3. Pour liquid into Instant Pot and add frozen peas
4. Place fish into the steamer basket, lower into liquid
5. Close lid and cook on HIGH pressure for 5 minutes
6. Quick-release pressure
7. Serve by transferring the peas to a platter and placing the fish on top
8. Enjoy!

Nutritional Values (Per Serving)

- Calories: 234
- Fat: 2g
- Carbohydrates: 13g
- Protein: 30g
- Sodium: 443mg
- Fiber: 2g
- Saturated Fat: 0g