

Instant Pot Electric Pressure Cooker Recipes

With over 90,000 subscribers on her YouTube channel, Flo Lum has 4 years of experience creating simple and delicious Instant Pot recipes that have helped and inspired thousands of viewers. My recipes are simple, using ordinary ingredients that your whole family will enjoy. However, I often use techniques that will elevate the flavours, going beyond a "dump and go" type of recipe. They are never fussy or complicated. The recipes in this cookbook should work with other electric pressure cookers with similar features to the Instant Pot. If your electric pressure cooker does not have a sauté/browning function, you can sauté on the stovetop and transfer the ingredients to your pressure cooker. All the recipes are written to work optimally in a 6 quart pressure cooker. "You make the THE BEST Instant pot videos! You actually season your food and use more advanced techniques, instead of throwing it all in and making a bland mess. Please keep sharing them. I'm getting one for Christmas and I'm watching all of your videos to prepare." - bizaeralkia, YouTube subscriber "Nice that it is available for download on my Kindle. Flo has a great way of presenting her tasty recipes for making it easy and simple to use your Instant Pot daily." - E. Stevens, Amazon Verified Purchase "Flo has done a great job of guiding the reader to take their electric pressure cooker skills from basics into culinary diversity. She gives you easy comfort foods like One-Pot Pasta Bolognese, Easy Pot Roast, chili and others. But before you know it you are making delicious multi-cultural wows like Chicken Shawarma, Carnitas, Bouillabaisse, Korean Braised Beef Short Ribs, Posole and more. If you like visuals to go with your recipes (or just want to spend an enjoyable few minutes with a great cook, stunning visuals and education) you can see her prepare these foods on her YouTube Channel 'Flo Lum'. I love having this book on my phone's Kindle app so that when I'm out shopping I've got Flo with me to get the right ingredients to make super-tasty meals. I highly recommend this cookbook!" - Geminidream, Amazon Verified Purchase "I have been following you for some time and waited weeks until your cookbook was available for purchase on Amazon. There are many instant pot cookbooks available, but there are very few with 100% recipes that actually turn out as promised. Many "simple" instant pot recipes are so simple that they taste awful. The recipes in this cookbook are straightforward, tried and true, appeal to many, and in a pleasant format to read." - Nancy Johnson, Amazon Verified Purchase "An excellent cookbook from Flo Lum! I follow her on YouTube, and love her recipes . This book is well written, and her ingredients are not hard to find, even in my small town!" - F. Hawver, Amazon Verified Purchase

From breakfast to dinner, this enticing and extensive collection of 150 healthy favorites for the Instant Pot is a beautifully photographed, one-stop source for mouthwatering weekday meals. Morante lightens up traditional favorites with nutrient-rich recipes made with whole foods, natural sweeteners, and gluten- and dairy-free options. Authorized by Instant Pot and filled with beautiful photographs and more than 75 simple, well-tested comfort food recipes, this indispensable book is the ultimate collection of delicious weekday meals. The best-selling Instant Pot has been a runaway hit, with an almost cultlike following and users who swear by it. But finding delicious, well-tested, weekday-friendly recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Instant Pot Cookbook covers each meal of the day, offering plenty of tried-and-true classic recipes, such as spicy beef and bean chili, a whole roasted chicken with mushroom sauce, and decadent New York cheesecake, alongside a hearty array of contemporary meals, such as Greek-style Gigantes beans with fresh feta, braised pork loin with balsamic vinegar and caramelized onions, buttery cauliflower mashed potatoes, pork adobo, and more! Whether you're looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado, this is the book to have. The Instant Pot® Electric Pressure Cooker Cookbook Easy Recipes for Fast and Healthy Meals Rockridge Press

Tired of reading the same run of the mill Electric Pressure Cooker recipes? Halt your quest right and bring a revolution to your kitchen with these easy and delicious recipes, specially designed for Pressure cooker. We all know the benefits of using an Instant Pot over any other slow cooker. Unlike any other cooking equipment, Instant Pot preserves the nutrient value of the food. It is a clean and energy efficient way of cooking. Though, that is not the best part about it. By using an instant pot, one can cook even the most complicated of recipes in a matter of a few minutes. It is an easy and hassle-free way of cooking. If you don't have an instant pot in your kitchen, then it is high-time you get one and start cooking with the help of our extensive guide. We have handpicked some of the best recipes for Electric Pressure Cooker in this cookbook. Our major focus was on breakfast, lunch and dinner recipes. Now, you can get all the essential nutrition while saving your time with the help of this cookbook. The guide contains easy, hassle-free, and nutritive recipes that can be cooked using an instant pot. We have mentioned some of the most delicious soups that one can ever cook in a pot. To make things easier for you, we have listed all the ingredients and instructions separately. Providing crisp and precise information, we have covered 99 of the best and quick recipes that one can cook using an Instant Pot. Don't waste your time anymore browsing any other book. This one will provide the most effortless experience to you by giving foolproof results. Treat your loved ones nicely with these delicious recipes and bring a revolution in your kitchen. Tags: instant pot, pressure cooking, Pressure Cooker Recipes, Instant Pot Cookbook, Electric Pressure Cooker recipes, Electric Pressure Cooker, Electric Pressure Cooker Cookbook, recipes book, instant pot recipes book, healthy food recipes, Pressure Cooker Recipes Instant Pot Cookbook, Slow Cooker

With [this book], you'll explore an inspiring variety of healthy, easy-to-make pressure cooker recipes-- from savory breakfasts to hearty stews to decadent desserts, and more. Packed with nutritious, family-friendly pressure cooker recipes-- plus vegetarian, gluten-free, and Paleo-friendly options-- [this book] is your go-to guide for fuss-free, all-in-one cooking.

Discover how to make delicious, mouthwatering Mediterranean recipes right in your electric pressure cooker and air fryer. We all know and love the Instant Pot and the air fryer. Now, for the first time in one cookbook, find recipes for your favorite Mediterranean dishes—plus some delicious new ones—developed especially for both of these popular countertop appliances, so you can cook authentic Mediterranean cuisine quicker than ever. In Instantly Mediterranean, cookbook author Emily Paster brings the many advantages of electric pressure cookers and air fryers to Mediterranean cuisine, one of the most popular and healthy global diets. These 100 Instant Pot and air fryer recipes are perfect for every meal of the day, from soups and starters to mains and desserts, and feature recipes from all around the Mediterranean—from Italy and Greece to Egypt and Lebanon. Including basics on both appliances, as well as stocking a Mediterranean pantry, this beautifully photographed book will help you get a nourishing, flavorful meal on the table faster than ever with foolproof recipes the whole family will enjoy.

Enjoy Healthy Meals - The Easy Way! Click the READ MORE button to find out about Inside Instant Pot Cookbook, you'll find a wealth of convenient and crowd-pleasing recipes. It's fun, quick, and easy to give your family the hearty and healthy meals they deserve! With your instant pot, you can enjoy a wide variety of lifestyle benefits: Save plenty of time and money Enjoy nutritious food everyday Feel much safer using an instant pot than a pressure cooker Keep your family safe from bacterial contaminants Make cleanup fast and easy by using only a few kitchen tools With this comprehensive guide, you'll learn to make sense of all the buttons on your instant pot. It's fast and fun to master this time-saving kitchen device - and start creating beautiful meals for your family! You'll find out how to create bountiful breakfasts in your instant pot - from Chocolate Cherry Oatmeal to Giant Japanese-Style Pancakes. Imagine your family waking up hungry to the smell of Baked Apples, Breakfast Cobbler, and French-Baked Eggs. With favorites like Eggs Papin and Quinoa Blueberry Breakfast Bowls, you'll get everyone started off healthy and happy - every day! Make special, home-cooked meals in just a few minutes. Give them something to come home to with heart-warming Italian Chicken, Cuban Black Bean, and Tomato Basil soups. You can cook everything from Macaroni and Cheese to Chinese Broccoli with Garlic in your instant pot. Create smiles-and memories-with crowd-pleasers like Taco Hummus, Cilantro Lime Rice, and Sweet Orangey Brussels Sprouts! You can even create full main courses in your instant pot. After a long day, your family will love hearty stews like Irish Lamb, Mongolian Beef, Lamb and Sweet Potato. Remember - you can create all kinds of meals in your instant pot, not just soups and stews. Imagine sharing BBQ pulled pork sandwiches, Tender Braised Short Ribs, and Garlicky Cuban Pork. No one can resist instant pot delights like Honey Garlic Chicken, Teriyaki Turkey Meatballs, and Turkey Spinach Lasagna. You can even get creative with exotic new treats like Jamaican Goat Curry, Rosemary Duck Ragu, Quick Seafood Paella, and Vietnamese Halibut Hot Pot (a.k.a. Ca Kho To)! You'll even learn the secrets of uber-fast meals like Four-Minute Salmon, Broccoli, & Potatoes and simple Four-Ingredient BBQ Turkey! Don't miss out on this delicious and time-saving lifestyle - get your copy of Instant Pot Cookbook right away! It's quick and easy to order - Just scroll up and click the ADD TO CART button on the right-hand side of your screen.

It Begins & End With Your Instant Pot This book "INSTANT POT Electric Pressure Cooker Cookbook" contains over 250 recipes that can be made using the instant pot and other electric pressure cookers. The recipes are quick and easy to make. Healthy, delicious and mostly ONE POT. Meaning you do not need a sauce pan, the grill, or any other conventional cooker, equipment to complete most of them. This saves you the time used for washing. As you'll have just your pressure cooker and at most one bowl to wash after cooking. Isn't that amazing? Your kitchen is kept clean from spills, smells and all the mess from conventional cookers. Adding more numbers to the minutes saved in the end. This is the ONE Cookbook you need for your Instant pot pressure cooker with lots of interesting easy to cook meals for healthy living. It's a must have for every mum and every kitchen as there is definitely something in it for everyone. Below is a preview of what you stand to gain from this book - Instant Pot Breakfast Recipes - Soups, Stews & Chowders - Beef & Pork Recipes - Beans & Grains Main Dishes - Poultry & Chicken Recipes - Fish & Seafood Recipes - Vegetable/Vegetarian Recipes - Gluten-Free - Ketogenic Diet Recipes - Paleo Recipes - Snacks & Side Dishes - Yogurts - Desserts - Instant Pot Cooking Time Chart For Over 300 Ingredients - And much much more... You will get to discover lots of recipes for your IP than you can ever imagine. The book is perfect for beginners. With a complete how to guide to make cooking with the instant pot quick, easy and fun. Step up from being a novice to an expert and get the most out of your instant pot with the tones of recipes packed in this book. Enough for now! You can Click on the Buy Now button at the top right corner of your computer screen to get this book. Or send as a gift to a loved one

Do you want to make great recipes for yourself and family using the Instant Pot? Do you own an instant pot, plan to buy one but don't have a clue of how to use it? This book "The New 550 INSTANT POT Recipes Cookbook" contains over 550 recipes that can be made using the instant pot and other electric pressure cookers. The recipes are quick and easy to make. Healthy, delicious and mostly ONE POT. Meaning you do not need a sauce pan, the grill, or any other conventional cooker/equipment to complete most of them. This saves you the time used for washing. As you'll have just your instant pot electric pressure cooker and at most one bowl to wash after cooking. Isn't that amazing? Your kitchen is kept clean from spills, smells and all the mess from conventional cookers. Adding more numbers to the minutes saved in the end. This is the ONE Cookbook you need for your Instant pot pressure cooker with lots of interesting easy to cook meals for healthy living. It's a must have for every mum and every kitchen as there is definitely something in it for everyone. Below is a preview of what you stand to gain from this book Basic Tips About The Instant Pot Tips On How To Get The Best Out Of Your IP Instant Pot Breakfast Recipes Instant Pot Soups, Stews & Chowders Instant Pot Beef & Pork Recipes Instant Pot Beans & Grains Main Dishes Instant Pot Poultry & Chicken Recipes Instant Pot Fish & Seafood Recipes Instant Pot Vegetable/Vegetarian Recipes Instant Pot Gluten-Free Recipes Instant Pot Ketogenic Diet Recipes Instant Pot Paleo Recipes Instant Pot Snacks & Side Dishes Instant Pot Yogurts Instant Pot Desserts Indian Instant Pot Recipes And A Whole Lot More... You will get to discover lots of recipes for your IP than you can ever imagine. The book is perfect for beginners. With a complete how to guide to make cooking with the instant pot quick, easy and fun. Step up from being a novice to an expert and get the most out of your instant pot with the tones of recipes packed in this book. Enough for now! You can Click on the Buy Now button at the top right corner of your computer screen to get this book for your kindle now. Or send as a gift to a loved one Buy Now Before The Price Increases

"First published in 2015 by Fair Winds Press, an imprint of The Quatro Group"--Title page verso.

An Electric pressure cooker is an amazing kitchen tool simply because they cook meals quickly. If you are the type of person who makes last minute cooking decisions or you are short of time then an Instant pot will be of great help. Despite being an easy method of cooking, most people are finding it very difficult to use this device. This is simply because it takes the time to develop your own recipe or modify the

ones you have to fit into the techniques of this kitchen tool. Another reason for this is the fact that most of the pressure cookers do not come with detailed cooking instructions. For this reason, you must rely on the best pressure cooking recipe books to make your kitchen life easy. This recipe book is specifically made for pressure cooking and give a wide range of amazing recipes. It has been written with the pressure cooker user in mind and has proven to be an incredible resource to people looking to adopt pressure cooking dietary approaches. The recipes feature in this book are easy to follow and you will truly enjoy cooking all your meal. The book includes categories like breakfast, beef, poultry, seafood, pork, lamb, rice, soup, vegetarian, dessert, and condiments recipes. Each category represents a whole chapter that includes a number of super awesome recipes. This is the best way to give your pressure cooking a flying start. You will definitely love every recipe and most probably use the book as your diet plan.

Do you wish to make your journey to following the Ketogenic diet to be an effortless, seamless and less frustrating experience by leveraging the power of technology to make it easy for you to prepare finger-licking ketosis inducing recipes? If you've answered YES, keep reading... You Are A Step Away From Discovering How To Leverage The Power Of The Instant Pot To Make It Easier For You To Prepare All Manner Of Fat Burning Keto Meals! The Instant Pot is a revolutionary appliance, especially thanks to the way it reduces the need to 'babysit' food along with its multiple functions and cool features that you won't find anywhere. And when you are on a keto diet and have a very busy schedule, using your Instant Pot to prepare meals can reduce the likelihood of having to eat something not allowed in keto because you are too tired or busy to cook. Perhaps the reason you are here is because you already know all that and are looking to add variety to your Instant Pot recipes to ensure you don't get bored with following the keto diet. Lucky for you, this book offers just that. So if questions like.... Can my Instant Pot make my journey to following keto easier? Does the book have recipes for breakfast, lunch, dinner, snacks and the likes? Do the recipes in this book use readily available ingredients? Will the recipes be easy to follow, even for someone who just acquired an Instant Pot? And many others, the answer is a YES! This cookbook will ease your concerns and boost your confidence and commitment when it comes to adopting the keto diet as a lifestyle for sustainable weight loss. More precisely, you'll learn: -How to prepare appetizing keto-friendly, Instant Pot breakfast meals, including casseroles, egg-based foods, vegetable-based foods and baked goods (recipes) -How to prepare delectable keto-friendly, Instant Pot lunch meals with the best chicken recipes, fish, vegetable, meat and seafood recipes, among many others -How to prepare tasty keto-friendly, Instant Pot dinners aided by the most amazing recipes comprising soups, chicken, pork loins, meatballs, veggies, salmon -just to mention the least ...And so much more!

The Most Delicious Recipes! Great Variety of Recipes Suitable For Everyone. Simple and Easy! Free PDF file with photos available at the end of the book Start Cooking Healthy and Deliciously Now! A variety in the kitchen is a key to successful cooking. In spite of that, no one has time to invent new things yourself. Most people have learned to prepare several dishes in a traditional way, on a kitchen stove or in the oven, and that's it. However, home cooking is much more than that. The only question is: How? The answer is simply - Steam pressure! How does it work? Pressure cooking can simplify meal preparation by using cooking liquid and water. Discover the magic of pressure cooking and you'll never get bored preparing the meals for your family. Your favorite dishes that would take hours of cooking in the traditional way, can be ready for several ten minutes in amazing pressure cooker. This cookbook provides you with five hundred absolutely delicious recipes, which is more than enough for a great start. The recipes are written in an easy to follow fashion. Each and every recipe will guide you step by step through the process of pressure cooking so that success is inevitable! The first chapter contains two hundred and fifty recipes for stove top Conventional Pressure Cooker. The second chapter contains two hundred and fifty recipes for Instant Pot Electric Pressure Cooker.

Over 100,000 copies in print--from the publisher of the bestselling Instant Pot® Electric Pressure Cooker Cookbook comes Instant Pot® Obsession, the latest Instant Pot® Cookbook for making ANYTHING. Your Instant Pot® has completely changed how you get food on the table.... so what are you going to make next? In the pages of Instant Pot® Obsession--the most complete Instant Pot® cookbook yet--simplicity goes one step further to create more meals, and save even more time, than ever before. Use this Instant Pot® cookbook to make EVERY meal, ANY day of the week, with: More than 120 creative recipes like French toast cups, baked potato soup, and orange chicken Variations on selected recipes to make your favorite go-to's new again that you won't find in any other Instant Pot® cookbook Tasty options for breakfasts, lunches, snacks, and desserts?many of which take 30 minutes or less Expert Instant Pot® guidance from Janet Zimmerman, author of the popular Healthy Pressure Cooker Cookbook This Instant Pot® cookbook will show you how to make the most of your perfect pot. With Instant Pot® Obsession, you finally have an Instant Pot® cookbook you can indulge in again and again. "Best Instant Pot cookbook so far! Very helpful. I find the recipes practical and they've turned out well for us. Really appreciate the cooking charts in back of the book."--AMomWhoReads, Verified Customer Review "Excellent Instant Pot cookbook...it's full of recipes and provides information on using the Instant Pot that didn't come with the pot itself."--Anne B. Depalma, Verified Customer Review

Do you own a fabulous Instant Pot? Do you want to learn some quick and easy recipes to make in it? If you are one of those lucky people who has an Instant Pot, then you will already know that it is a Godsend in any kitchen. But you will want to be able to use it to provide meals that would usually take a long time to prepare and learning anything new takes time. Not with Instant Pot Cookbook: Delicious, Simple and Quick Instant Pot Electric Pressure Cooker Recipes That Anyone Can Cook. Inside this book, you will find dozens of recipes that will transform the way you cook, including: Egg muffins Honey bourbon chicken wings Vegetable pot stickers Pork adobo Creamy enchilada soup Ratatouille Tuna casserole And many more... It doesn't stop there either. With vegan and vegetarian recipes included, this is a book that caters for the most discerning of eaters and is suitable for any occasion. Become inspired, treat your friends and family and do it in less time than ever before. Get a copy of Instant Pot Cookbook today and change the way you cook forever!

So You Have An Instant Pot? Learn How To Get the Most From Your Electric Pressure Cooker! Get this e-Book for Just 0.99\$. Regularly priced at \$6.99. Nowadays, The Instant Pot Pressure Cooker is a handy piece of kitchen equipment. Essential in any kitchen, It's time to embrace the art of cooking using your Instant Pot Pressure Cooker. With Instant Pot Cookbook: Quick And Easy Electric Pressure Cooker Guide For Smart People - 200 Healthy & Easy Instant Pot Recipes you'll learn how to use this revolutionary kitchen tool But you'll also find a lot of delicious, easy, and healthy Instant Pot Recipes for each meal of the day! You thought it was over here? You'll also find instant pot recipes for holidays, desserts, snacks and super healthy meals! In Instant Pot Cookbook: Quick And Easy Electric Pressure Cooker Guide For Smart People - 200 Healthy & Easy Instant Pot Recipes you'll learn some new things about The Instant Pot, for example, the instant pot is faster than other cooking methods, sometimes, It can cut your cooking times in half or more! This pressure cooker not only saves time but It can also save you up to 70% on energy costs. The Instant Pot will not just save you money, it can also help you to slim down! Here's a preview of what you'll get from this Instant Pot Cookbook: * Why an Electric Pressure Cooker* The History of Instant Pot* Instant Pot Parts and Design* Tips and Tricks to Control Kitchen* Benefits of the Instant pot Pressure Cooker* How To Use The Electric Pressure Cooker* How to Clean Your Instant Pot* In this Instant Pot Cookbook you'll find additional Information For Vegetarians And Vegans* Different levels of recipes for beginners and professionals, Nutritional info, Very clear instructions include tips&tricks* Tasty Breakfast Recipes* Superb Lunch Recipes* Delightful Dinner Recipes* Magnificent Dessert Recipes* Super Healthy Recipes* Lovely Snack Recipes* And you'll find many more surprises in Instant Pot Cookbook: Quick And Easy Electric Pressure Cooker Guide For Smart People - 200 Healthy & Easy Instant Pot Recipes ... Read this book for FREE on Kindle Unlimited - Download Now! Be Prepared to enjoy scrumptious instant pot breakfasts like Tomato Spinach Quiche, Blueberry Oats and Scotch

Eggs. Your tasteful instant pot lunches can include French Lentil Cassoulet with Pancetta, Buffalo Chicken Macaroni Cheese and Salsa Shredded Chicken. For instant pot dinner, you can look forward to Chicken Curry Soup, Marinated Artichokes and Pressure Cooker Mac and Cheese Bowl. And if you got some room left, try some amazing instant pot desserts like Black Chocolate Cake, Cheese Flan and Triple Chocolate Cheesecake. For the healthy ones try instant pot Sushi Rice, Chickpea Hummus and Sweet & Sour Pearl Onions. And if you just want an instant pot snack go and try Kale Chips, Keto Cookies and Zucchini Boats. Don't Just sit there - scroll up and select the "Buy Now With 1-Click" button!

The Instant Pot Has Never Been So Sweet—From Cakes and Pies to Brownies and Puddings Featuring forty brand-new dessert recipes from bestselling cookbook author Laurel Randolph, Instant Pot Desserts will inspire you to use your electric pressure cooker in a whole new way. Have dinner in the oven? Make dessert on the countertop at the same time. Is it too hot to bake? Use your cooker to make a cake without heating up your kitchen. From cheesecake to bread pudding to pie, you'll be amazed what sweet treats you can make in your Instant Pot. Perfect for beginners and pros alike, you won't need a bunch of extra equipment to make these desserts. Randolph includes lots of tips and tricks for "baking" in your pressure cooker, including Instant Pot basics, how to cook pot-in-pot, and recommended pans and accessories. Instant Pot Desserts features tantalizing color photos and instructions for different sizes and models of the Instant Pot. Plus, the all-new cookbook features plenty of tasty vegan, gluten-free, and no-added-sugar options so everyone can indulge their sweet tooth. Recipes include: Strawberries and Cream Cheesecake Chocolate-Orange Lava Cakes Peach Dumplings Brownie Pie With Peanut Butter Swirl Mini Flans Tiramisu Rice Pudding Sticky Date Cake and more!

Cut the guesswork out of what to make with your new Instant Pot, with these easy to make recipes covering breakfast to dessert, shrimp to quinoa, and chicken stock to holiday ham. Complete with everything you need to know about pressure cookers in general, cooking times, & measuring conversions, you'll not only find what you want to make, but you also have everything you need to know right at your fingertips. Make perfect oatmeal for 2, pot roast for the family, excellent sweet-fire hot wings for the big game, or cheesecake just because you deserve it. Save time, money, & hassle with this great cookbook, Instant Pot Electric Pressure Cooker Cookbook: Most Delicious and Easy Recipes for Fast & Healthy Meals Anyone Can Cook, from a best-selling cookbook author that has collected these great tasting recipes anyone can make. Purchase your copy today and have a fantastic meal from your Instant Pot in less than an hour.

Admit it you're in love! Your beloved Instant Pot has changed how you get food on the table and there's just no going back. Since you have tasted what this powerful machine can do to not only save time, money and make an amazing meal you need more recipes. Whether you're in the mood for breakfast for dinner or dessert, baked potato soup or plain hard boiled eggs, let Dr. Michelle Danville guide you with this pressure cooker cookbook. After having a family that knows the value of the Instant Pot, and many years as a pressure cooking enthusiast, she was won over by the ease of the Instant Pot. In these pages, the author shares everything she's learned about the Instant Pot to help you make more delicious, time-saving meals than ever before. Instant Pot Electric Pressure Cooker Cookbook: 30 Days of Breakfast, Lunch, and Dinner shows exactly how you can make the most of your electric pressure cooker by using it to cook every meal, any day of the week. With this pressure cooker cookbook, you can: Know exactly where to start if you're new to pressure cooking. Discover 70+ breakfast, lunch and dinner recipes that can be made with ease. The ease of use and the best practices for getting the most of your pressure cooker. Plus a dessert or two!

A collection of 200 easy, delicious recipes for the incredibly popular Instant Pot, packaged in a gorgeous hardcover format with more than 80 stunning photographs throughout. The well-tested, fully authorized recipes in The Ultimate Instant Pot Cookbook cover a range of flavors and occasions, making this the ultimate collection of recipes for the home cook who values the convenience of an electric pressure cooker. This is the only book you'll need when looking for tried-and-true classics like creamy tomato soup, ground beef stroganoff, chicken mushroom casserole, or peach cobbler; international favorites like carnitas, chicken tikka masala, or refried beans; and crave-worthy treats like French toast casserole and triple chocolate cheesecake. There are even easy entertaining recipes, like artichoke-spinach dip, and special occasion recipes such as the classic Thanksgiving favorites of mashed potatoes, creamed corn, and more. With special sections of vegetarian recipes and jams, jellies, and pickles, this collection goes deeper than other Instant Pot books and has something for everyone. And recipes for every meal of the day, from breakfast to dessert, make this book your one-stop source for mouthwatering meals all day long. Printed on high-quality paper and bound in a hardcover format filled with beautiful photographs, this is truly the ultimate book for gifting or self-purchase, and destined to become the beloved Instant Pot cookbook.

This enticing collection of more than 75 easy, inventive, well-tested vegan recipes for the incredibly popular electric pressure cooker, the Instant Pot, is the go-to source for mouthwatering plant-based weekday meals. The best-selling Instant Pot makes cooking delicious meals a snap! But finding vegan recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Vegan Instant Pot Cookbook presents a collection of quick and easy vegan recipes that cover each meal of the day, offering tried-and-true dishes with a modern twist, such as Black Bean Tamale Casserole, Root Vegetable Tagine with Couscous, African Peanut Stew, Jerk Tofu Wraps, and more. And best of all, they're all well-tested and authorized by Instant Pot. With beautiful photography and an attractive package, this book is an indulgence for home cooks who live a plant-based lifestyle as well as healthy eaters looking to incorporate more meatless Mondays into their week.

Enjoy these 70 Recipes are listed step by step in a clear and understandable manner. With this cookbook, you will cook better, tastier and faster meals for yourself and your family. The Ideal Instant Pot Recipes Cookbook For Every Home With Lots Of Interesting, Delicious & Easy To Cook Recipes For All Models Of The Instant Pot Electric Pressure Cooker!! Below is a summary of what you stand to gain from this book! THE INSTANT POT ELECTRIC PRESSURE COOKER Benefits Of Pressure Cooking With The Instant Pot Instant Pot Parts IP Features & Keys How To Use Using The Pre-set Buttons Depressurizing The Instant Pot For Opening Handy Pressure Cooking Tips For Beginners IP 5 INGREDIENTS RECIPES FOR LAZY COOKS TOP QUICK & EASY IP RECIPES Fast, Healthy IP Recipes DELICIOUS BREAKFAST RECIPES LUNCH RECIPES DINNER RCIPES IP DESSERTS TO DIE FOR SIDE DISHES The recipes are written specifically for the instant pot pressure cookers. Although users of other electric pressure cookers will also find it handy. And contains lot of images to enable you have a fore sight as to how your meals will look like as well as cooking times to let you know how long you will be spending on that delicious meal. Click on Add to Cart at the top right corner of your computer screen and after wards, proceed to checkout to get this book delivered for your kitchen. You will be glad you did and your I Pot will love you for it.

"To truly appreciate and understand Filipino dishes, you have to understand the evolution of the spices, the nuances of the flavor profiles, the land from which these dishes were birthed. That's what this book provides. This is not just a book of recipes; this is a book about our story." --Pati Navalta Poblete, Editor-in-Chief, San Francisco Magazine No cuisine and appliance are better suited for one another than Filipino food and the Instant Pot. From classic dinner staples like the traditionally sour Sinigang na Baboy (pork tamarind soup) to sweet treats like Putong Puti (steamed rice cake), the rich flavors of Filipino food are typically unlocked through a long braise or boil, a delicate steam, or some other treatment by moist heat. Fortunately, this is exactly what the Instant Pot does best. The Filipino Instant Pot Cookbook is written by six home cooks who set out to explore their Filipino heritage and intimate family histories, one dish at a time. The result is a collection of over 75 heartfelt Filipino recipes, all carefully translated for preparation in today's most essential piece of kitchenware, the Instant Pot. Just as Filipino food is now a mainstay in the consciousness of foodies from around the world, The Filipino Instant Pot Cookbook is an absolute must-have for every modern home cook. It is written with humor and heart, and lined with beautifully styled photography that will trigger a warm sense of nostalgia. Praised by the Culinary Director of the Filipino Food Movement, the President Emeritus of the Filipino American National Historical Society, and chefs from around the world, The Filipino Instant Pot Cookbook will help any home cook step into a kitchen and create great Filipino food for any setting, without breaking the bank... or the clock. Whether you're cooking for a raucous affair featuring the tableside chatter of an entire extended family or a simple, quiet comfort-meal under your favorite blanket on the couch, The Filipino Instant Pot Cookbook will have you covered.

Want to put your Instant pot to use? It is time to grab this high-quality Instant Pot cookbook! This is an excellent collection of 365 Instant Pot recipes for all days of the year. Want Instant Pot dinners? Instant Pot breakfasts? Instant Pot lunches? It is all going, to begin with, this Instant Pot recipe book! Taste Of What's Inside: 1) Lemonade Cider with Ginger Swizzle Sticks 2) Poached Eggs over Spicy Potato Hash 3) Thai Chicken Vegetable Curry Soup 4) BBQ Ribs 5) Whole Wheat Fusilli and Spinach 6) Meat N Mushroom Pasta 7) Chicken Enchilada Pasta 8) Honey Soy Pork Tenderloin 9) Slow cooked Lamb Chops 10) Shrimp Marinara This is just the beginning. When it comes to electric pressure cooker recipes, you are not going to find a better fit! The Instant Pot pressure cooker recipes in this collection will blow you away. They are varied, delicious, and tested. You are not going to find anything easier and as efficient as this. This is the Instant Pot pressure cooker cookbook for the ages. You will know it as soon as you start sifting through. Purchase your copy right now!

The UK Instant Pot Duo Electric Pressure Cooker Cookbook For Beginners is your resource for learning all the shortcuts to make a delicious meal in a fraction of the usual time. These recipes are big on flavor, imaginative in their variety, and easy to make, featuring fresh, natural, and nutritious ingredients. With your Instant Pot Duo Electric Pressure Cooker, quickly and easily make amazing: Caramelized Onion Dip Vegetable Pot Stickers with Sesame-Ginger Dipping Sauce Apple Cider and Thyme-Braised Brisket Enchiladas Rancheras Pulled Pork Sandwiches Double Chocolate Cheesecake The 1000-Day Fresh and Foolproof Recipes just for Your Instant Pot Duo 7-in-1 Electric Pressure Cooker. Whether you're looking for guidance as you get acquainted with your Instant Pot electric pressure cooker or just want to expand your Instant Pot repertoire, you will return to this cookbook again and again for fantastic dishes for every occasion Buy a paperback copy of this book NOW and you will receive the Kindle version Absolutely Free via Kindle Matchbook... Today's Limited Special Price: \$6.99! From \$24.99 Revised, Updated & Expanded ~ Now Available in Paperback! New Recipes Added ***THE SECOND EDITION*** Compared to other methods of cooking, electric pressure cookers offer you one of the fastest means to getting the job done without jeopardizing the delicious taste of your recipes. You might be surprised at how much time using pressure cookers to cook will save you. Cooking with it requires little water and less energy. The external pot is also fully insulated and saves more energy than you can imagine with other cooking methods. Foods cooked with pressure cookers are also healthier than other methods. The pace at which it cooks lets a lot of the nutrients and vitamins remain in your food. Research also shows that cooking food with pressure retains about 95% of the vitamins in them. Electric pressure cookers are easy and safe to use. With buttons everywhere and safety systems in place should something go wrong, it is just right for everyone, including families with kids. If you've not been familiar with pressure cooker recipes until now, this book offers an amazing collection of recipes to launch your journey into the world of electric pressure cookers. Today only, take action now and get this Amazon bestseller for a limited time discount! Just remember! Investment in your health is the best present that you could ever make for yourself. Be Happy! Be Healthy! What Are You Waiting For? STOP Procrastinating. Scroll up and click "Buy now with 1-Click"(r) to purchase your copy right away!

Let Instant Pot® handle the dinner pressure so you don't have to! If you have an Instant Pot® and need a one-stop-shop cookbook for quick and easy meals, then look no further. The Instant Pot® Electric Pressure Cooker Cookbook--an authorized Instant Pot® cookbook--will help you feel comfortable using all the convenient features of your Instant Pot®, from cooking fluffy rice and pressure cooking root vegetables, to making homemade yogurt and slow cooking meats, and features more than 75 delicious, family-friendly recipes, including: Spinach and Herb Lasagna; Balsamic Beef Short Ribs; Pulled Pork Sandwiches; Vegetable Green Thai Curry; Spice-Rubbed Cauliflower Steaks; Bone Broth with Fresh Ginger; Crème Brûlée; and Double Chocolate Cheesecake. From healthy breakfasts and sides to scrumptious mains and decadent desserts, these low-maintenance recipes will help you get a meal on the table in a fraction of the time of conventional cooking methods. With easy-to-follow instructions and full-color photos throughout, discover all that your Instant Pot® can achieve with this go-to pressure cooking cookbook.

How To Simplify Cooking Without Degrading Quality? Get Yourself This Instant Pot Electric Pressure Cooker Cookbook & Find Out How! Wanda Carter has all the answers and the coolest healthy instant pot recipes to get you started! Facilitate cooking and create the most delicious dishes for yourself and your beloved ones. Surprise your guests the next time you have them over for lunch or dinner. Open this Instant Pot Electric Pressure Cooker Cookbook and find 50 mouth-watering pressure cooker instant pot recipes for all tastes and preferences. Do you love chicken, Asian cuisine, detox vegetable soups, spicy dishes, healthy breakfast ideas, or creamy pasta? This book - Instant Pot Electric Pressure Cooker Cookbook: 50 Instant Pot Recipes for Beginners, Healthy Instant Pot Recipes and Easy Instant Pot Recipes has got it all. Pictures, comprehensible directions on how to prepare each dish, and the nutritional value of every recipe. Ideal for both experienced cooks and Instant Pot Recipes for Beginners. Prepare the tastiest breakfast treats, snacks to go, nutritious lunch, dinner, and comforting food starting from today! Cook Every Single Recipe In Just One Pot! Which Pot? The Instant Pot Electric Pressure Cooker Of Course! Hassle Free Cooking Is For Real! Put a stop to the never-ending cleaning and scrubbing pots nightmare once and for all. Why mess around with many pots and pans when you can use only the Instant Pot Electric Pressure Cooker, right? Reduce cooking time, enjoy

food preparation and minimize cleaning effort to the fullest. Spend less time washing kitchen utensils and more time tasting the delicious food you have just prepared. Instant Pot Electric Pressure Cooker performs seven different functions in your kitchen. Use it as a slow cooker, pressure cooker, warmer, rice cooker, sauté cooker, yogurt maker, and steamer. With An Instant Pot Electric Pressure Cooker Cookbook, You Could ... - ... prepare the most delicious instant pot recipes for yourself and your family. - ... maximize taste and minimize washing time. - ... cook, sauté, steam, warm food, and even pressure cook. - ... try new ideas, different pressure cooker instant pot recipes, mix and match ingredients, and have fun! - ... learn about the nutritional value of each recipe, calories, sugar, carbohydrates, and more. - ... save your precious time, energy, and cook effortlessly from now on. What are you waiting for? Get your Kindle copy today and skyrocket your cooking performances! Scroll Up & Click Add To Cart Now! ***Please note: Book - Instant Pot Electric Pressure Cooker Cookbook: 50 Instant Pot Recipes for Beginners, Healthy Instant Pot Recipes and Easy Instant Pot Recipes is available in 2 Paperback formats- Black and White and Full color. Choose the best for you***

Millions of Instant Pots have been sold and they continue to be one of the hottest small appliances in the category.

This Instant Pot Electric Pressure Cooker Cookbook is everything you will need in order to make delicious meals right in your kitchen! The Instant Pot Electric Pressure Cooker makes it possible to make delicious meals in little to no time at all! This book will give you favorite recipes created to help you get the very most out of your Instant Pot Electric Pressure Cooker!

INSTANT POT ELECTRIC PRESSURE COOKER RECIPES FOR JUST \$ 0.99 If you have an Electric pressure Cooker! If you want to cook meals fast and effective? If you looking for easy meals to prepare and cook then look no further because this book: **INSTANT POT ELECTRIC PRESSURE COOKER COOKBOOK: Top 1000, Easy and Delicious Meals for Your Daily Life** is your ultimate tools for putting your Instant Pot Electric Pressure Cooker to its fullest potentials Find in this **INSTANT POT ELECTRIC PRESSURE COOKER COOKBOOK** the following: Soft Boiled Eggs and Soldiers Sausage and Cheese Frittata Cinnamon-Raisin French Toast Bake Sesame Bok Choy Key Lime Cheesecake Beets with Goat Cheese Creamy White Bean Dip Beef Stew with Mushrooms and Barley Classic Marinara Sauce Plus Top **INSTANT POT ELECTRIC PRESSURE COOKER RECIPES** for: Breakfast Vegetables Desserts Stock and Sauce Seafood, Meat and Poultry, etc. Bonus Chapters Instant Pot Electric Pressure Cooker Tips Simple Explanation of Instant Pot Electric Pressure Cooker Buttons Care and Maintenance of your Instant Pot Electric Pressure Cooker **GET THIS INSTANT POT**

ELECTRIC PRESSURE COOKER FOR EASY MEALS NOW INSTANT POT ELECTRIC PRESSURE COOKER RECIPES FOR JUST \$ 0.99 If you have an Electric pressure Cooker! If you want to cook meals fast and effective? If you looking for easy meals to prepare and cook then look no further because this book: **INSTANT POT ELECTRIC PRESSURE COOKER COOKBOOK: Top 1000, Easy and Delicious Meals for Your Daily Life** is your ultimate tools for putting your Instant Pot Electric Pressure Cooker to its fullest potentials Find in this **INSTANT POT ELECTRIC PRESSURE COOKER COOKBOOK** the following: Soft Boiled Eggs and Soldiers Sausage and Cheese Frittata Cinnamon-Raisin French Toast Bake Sesame Bok Choy Key Lime Cheesecake Beets with Goat Cheese Creamy White Bean Dip Beef Stew with Mushrooms and Barley Classic Marinara Sauce Plus Top **INSTANT POT ELECTRIC PRESSURE COOKER RECIPES** for: Breakfast Vegetables Desserts Stock and Sauce Seafood, Meat and Poultry, etc. Bonus Chapters Instant Pot Electric Pressure Cooker Tips Simple Explanation of Instant Pot Electric Pressure Cooker Buttons Care and Maintenance of your Instant Pot Electric Pressure Cooker **GET THIS INSTANT POT ELECTRIC PRESSURE COOKER FOR EASY MEALS NOW**

Making wholesome and healthy meals FAST is not a dream anymore thanks to the Instant Pot electric pressure cooker! The Instant Pot is being hailed by some as nothing short of a modern-day miracle in the kitchen. This state-of-the-art electric pressure cooker is a godsend, especially to those familiar with the cumbersome and even dangerous pressure cookers of the past. It is a safe and easy-to-use version of the old fashioned, stove top pressure cooker. Inside, you'll find: Introduction to the instant pot and its many advantages, basic steps for pressure cooking and various tips for using the instant pot. 50 delicious, quick, and easy recipes made in minutes including breakfast, soups, snacks, appetizers, main entres, vegetarian meals, and desserts. Examples of the recipes you will find inside include: Instant Pot Yogurt 4-Minute Applesauce Steel Cut Oats Black Bean Soup Hearty Potato Soup Festive 7-Layer Dip Homemade Ricotta Cheese Lemon Garlic Chicken Braised Turkey Wings Pork Carnitas Kahlua Pork Chinese Pork Belly Braised Beef Korean Beef Lamb Curry Lemon Salmon Southern Shrimp Boil Lasagna Spaghetti with Meatballs Mexican Green Rice Risotto with Zucchini Steamed Artichoke Blooms Refried Beans Crme Brule Key Lime Pie And much more... In this cookbook, you'll find an assortment of recipes for newbies and seasoned cooks alike. It's time to try it out, and find out why the Instant Pot is such a hit! Let's start cooking! Scroll back up and order your copy today!

This book "Instant Pot Electric Pressure Cooker Cookbook" contains over 600 recipes that can be made using the Instant Pot and other electric pressure cookers.

Are you interested in pressure cooking The Instant Pot is one of the most popular and marvelous modern kitchen inventions. The Instant Pot is not just your regular pressure cooker. It can act as a slow cooker, an electric pressure cooker, yogurt maker, and rice cooker. It is a new kitchen appliance that cooks love A few foods can be cooked together in the instant pot, either for a similar measure of time or included later for various times. Manufacturers give steamer crates to enable more foods to be cooked together in the instant pot. Foods cook a lot quicker with pressure cooking them with different techniques (aside from little amounts in microwaves). Instant pot requires significantly less water than ordinary boiling, so food can be prepared sooner. The sultrier steam can transmit its heat energy to the food at around multiple times the rate of regular boiling. Less energy is required than that of boiling, steaming, or stove cooking. Since less water or fluid must be warmed, the food achieves its cooking temperature quickest. Utilizing more fluid than should be expected wastes energy since it takes more time to warm up; the fluid amount is expressed in the recipe. This book covers Breakfast recipe Main dishes Side dishes Meat recipe Seafood recipe Poultry recipe Dessert recipe And much more Instant Pot can utilize significantly less water than the sum required for boiling or steaming in a

customary pan. It isn't important to inundate food in water. The base amount of water or fluid utilized in the recipe to keep the pressure cooker loaded up with steam is adequate. Along these lines, nutrients and minerals are not filtered (broke up) away by water, as they would be if food were boiled in a lot of water. Because of the short cooking time, nutrients are protected generally well amid pressure cooking.

The Instant Pot and other electric pressure cookers provide a perfect way to cook gluten-free meals with a maximum of speed, convenience, nutrition, and flavor. For the millions of people who, by doctor's orders or by choice, must exclude or limit gluten in their diets, finding Instant Pot recipes has been a huge challenge. This timely book, now in an expanded edition with 50 new recipes and color photographs, solves the problem. Its recipes focus on dishes that are the most problematic for gluten-sensitive cooks, such as main-course dinners that typically have a grain component, as well as breakfasts and desserts, which also usually have wheat or gluten. In their place, The Gluten-Free Instant Pot Cookbook offers up tasty and creative gluten-free alternatives that cook up fast and delectably in the pressure cooker. Everyone in the household will love these dishes, even those who are not eating gluten-free. From hearty breakfast dishes like Creamy Poblano Frittata or Caribbean Breakfast Burritos, through substantial and warming soups like a Creamy and Spicy Butternut Squash Soup or a Pumpkin Black Bean Chili, and crowd-pleasing dinner dishes like Mom's Old-Fashioned Pot Roast, Gluten-Free Lasagna with Meat Sauce, and Pork Tenderloin Marsala with Wheat-Free Pasta, these are spectacular recipes that cook up lightning-fast in the electric pressure cooker. The Instant Pot and its cousins are also surprisingly powerful tools for making desserts, and the offerings here—all completely gluten-free—including Apple Cinnamon Bread Pudding, New York Style Cheesecake, Double Chocolate Fudge Cheesecake, and a scrumptious Mexican Chocolate Pound Cake. Add the power and convenience of the Instant Pot and its cousins to your gluten-free diet with The Gluten-Free Instant Pot Cookbook.

Use These Guidelines Of Instant Pot Cookbook And Start Treating Your Body How It Deserves Today! Pressure cooking is a popular way to cook food by means of using water inside a sealed container that is called a pressure cooker. The advantage to pressure cooking over other kinds of cooking methods such as frying, grilling, baking, or boiling, is that pressure cooking cooks the food much faster while simultaneously saving energy. Instant Pot is one of the most effective and versatile kinds of pressure cookers. It serves as an electric pressure cooker, a slow cooker, rice cooker, warmer, sauté pan, and steamer all at the same time. In other words, it combines multiple different appliances into one, which will make things significantly more convenient in the kitchen for you. If you've been on the market for a pressure cooker for some time now, the Instant Pot should definitely be your first option. It's quick, it's convenient, it's effective, and it's versatile. But if you're not yet sold on buying an Instant Pot just yet, then this e-book will be exactly for someone like you. In this e-book, we're going to cover many different things about Instant Pot including many of the most delicious recipes that can be made with it. First, we'll discuss how to use instant pot so that you at least have a basic idea of what it is like and realize it's capabilities. You may be intimidated by the idea of using an appliance that essentially combines multiple other kinds of appliances into one, but once we explain how to use the Instant Pot, it will seem a lot less daunting. Next, we'll cover the unique benefits to using instant pot that many other people have found. For example, did you know that all foods you cook in Instant Pot will preserve literally all of their nutrients throughout the cooking process? That's just one of the many pros to the Instant Pot that we will cover. Then, for the rest of this e-book, we will outline and discuss dozens of the best recipes to cook in an Instant Pot machine. We'll cover breakfast, lunch, dinner, dessert, and snack and appetizer recipes to give you the most well rounded list of recipes possible. And since there are so many recipes to choose from, if you don't like one you have numerous other ones to choose from. The primary goal of this e-book is simply to teach you about what Instant Pot is, what it can do, and to provide you with the best recipes to cook in an Instant Pot pressure cooker and how to prepare them. Keep this book as a guide so that you can refer back to it whenever you need to in order to find a new recipe to cook and hopefully enjoy. Here Is A Sneak Peek Of What You Will Learn How to Use Instant Pot Benefits of Using Instant Pot Breakfast Instant Pot Recipes Lunch Instant Pot Recipes Dinner Instant Pot Recipes Dessert Instant Pot Recipes Snack and Appetizer Instant Pot Recipes And Much More! Do Not Wait Any Longer And Get This Book For Only \$7.99!

Discover an easy, quick and stress-free way to prepare healthy, scrumptious and mind-blowing meals for you and your family without spending hours in the kitchen! Do you want to enjoy the delicious goodness of homemade meals, but don't have the time to spend in the kitchen? Are you having to make do with Chinese takeouts, fast food, and restaurants? Do you want to have more control over what goes into your body and finally say goodbye to long cooking times and having to clean up after yourself? If you answered yes to any of the questions above, then this book is for you. In this book, Pete Parker hands you a one-stop resource for learning all the tools, techniques and recipes you need to make delicious meals in less than half the time it takes to cook it in the traditional way and become an Instant Pot pro in no time. Here's a tiny sample of what you're going to discover in Electric Pressure Cooker Everything you need to know about the electric pressure cooker Life-changing reasons to get a pressure cooker today How to choose the perfect pressure cooker for your unique needs and budget How a pressure cooker can save you tons of money and time in the long run Important safety tips and precautions you need to know about before using the pressure cooker Step-by-step cooking instructions to help you prepare mouthwatering meals without breaking a sweat 150 ridiculously delicious and healthy recipes that will blow your mind ...and much more! Even if you're completely new to using the pressure pot, or you've never made a meal all by yourself in your entire life and are looking for the perfect way to get your feet wet in the kitchen, this book will show you everything you need to make the most out of this versatile device. Scroll to the top of the page and select the "Buy Now" button to start your kitchen adventure today!

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