

Electric Pressure Cooker Cheat Sheet

TIPS:

- » Meats use natural release
- » Cook on High or Manual for all
- » NR = Natural Release
- » QR = Quick Release

MEAT/PROTEIN

*Add 1 cup water & use metal rack

Beef roast	15 min/lb
Meatballs	7 min
Whole chicken	6 min/lb
Chicken breasts (thawed)	8 min
Chicken breasts (frozen)	12 min
Chicken thighs	9 min
Pork chops	5 min
Pork chops (bone-in)	8 min
Pork roast	15 min/lb
Pork ribs	15-20 min
Fish fillet (fresh)	2-3 min
Fish fillet (frozen)	3-4 min
Shrimp	1-3 min
Eggs	5 min

STARCHES

*Add 1 cup water & use metal rack

White Rice	4 min
1:1 (rice:water)	
Wild Rice	20 min
1:2 (rice:water)	
Brown Rice	25 min
1:1 (rice:water)	
Quick oats	1 min
1:2 (oats:water)	
Steel-cut oats	10 min
1:3 (oats:water)	
Whole potatoes	13 min
Pasta (cover with water)	4 min
Dried beans (cover with water)	26 min

VEGGIES

Corn on the cob	4 min	Leave husk on
Chunk veggies	1-3 min	Add 1 cup water & use metal rack

Note: Times are averaged across all electric pressure cookers. Adjustments may need to be made for different brands/models.