



HOW TO COOK FROZEN MEAT

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IN YOUR INSTANT POT



CHICKEN

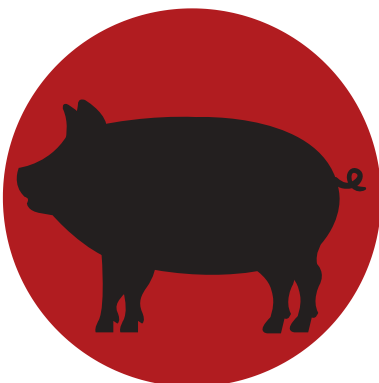
- Frozen Chicken Wings = **12 Minutes** + QPR + Trivet
- Frozen Boneless Chicken Thighs = **25 Minutes** + QPR + Trivet
- Frozen Chicken Drumsticks = **25 Minutes** + QPR + Trivet
- Frozen Chicken Thighs = **30 Minutes** + QPR + Trivet
- Frozen Chicken Breasts = **45 Minutes** + QPR + Trivet
- Frozen Roast Chicken Dinner = **45 Minutes** + QPR

- Frozen Breakfast Hash = **8 minutes** + QPR
- Frozen Taco Meat = **15 Minutes** + QPR + Trivet
- Frozen Minced Beef = **15 Minutes** + QPR + Trivet
- Frozen Meatballs = **20 Minutes** + QPR + Trivet
- Frozen Beef Stew = **60 Minutes** + QPR
- Instant Pot Frozen Hamburgers = **20 Minutes** + QPR + Trivet
- Instant Pot Frozen Steak = **20 Minutes** + QPR
- Instant Pot Frozen Pot Roast = **90 Minutes** + NPR



BEEF

- Frozen Sausage Casserole = **10 Minutes** + QPR
- Frozen Pork Chops = **15 Minutes** + QPR + Trivet
- Frozen Pork Tenderloin = **45 Minutes** + QPR
- Frozen Pork Ribs = **50 Minutes** + QPR
- Frozen Pork Roast = **60 Minutes** + QPR
- Frozen Pork Shoulder = **70 Minutes** + QPR
- Instant Pot Frozen Smokies = **1 Minute** + QPR



PORK

- It is assumed that you're using an average family size of meat when cooking from frozen in the Instant Pot.
- Just like when cooking Instant Pot chicken wings, you're using one full pack of wings from the butchers which usually measures around 1 kilo.
- **ALWAYS** check at the thickest part of the meat to see if it is cooked. This is especially important when dealing with chicken.

