

# INSTANT POT COOK TIMES



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## INSTANT POT FAVOURITES

	TIME	RELEASE
Instant Pot Caramel	40 mins	QPR
Instant Pot Caramel Popcorn	5 mins	QPR
Instant Pot Broccoli	2 mins	QPR
Instant Pot Cauliflower	2 mins	QPR
Instant Pot Brussel Sprouts	4 mins	QPR
Instant Pot Carrots	3 mins	QPR
Instant Pot Mushrooms	2 mins	QPR
Instant Pot Butternut Squash	15 mins	QPR
Instant Pot Frozen Vegetables	0-1 min	QPR
• Frozen Brussel Sprouts	1 min	QPR
• Frozen Leeks	0 min	QPR
• Frozen Broccoli	0 min	QPR
• Frozen Cauliflower	0 min	QPR
• Frozen Carrots	1 min	QPR
Instant Pot Corn Chowder	8 mins	QPR
Instant Pot Tomato Soup	7 mins	QPR

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	TIME	RELEASE
Instant Pot Carrot Soup	8 mins	QPR
Instant Pot Mushroom Soup	2 mins	QPR
Instant Pot Paella Soup	5 mins	QPR
Instant Pot Cheese Sauce	3 mins	QPR
Instant Pot Paleo Sauce	4 mins	QPR
Instant Pot Vegetable Curry	6 mins	QPR
Instant Pot Frozen Salmon	4 mins	QPR
Instant Pot Frozen Hamburgers	25 mins	QPR
Instant Pot Frozen Steak	25 mins	QPR
Instant Pot Frozen Sausages	4 mins	QPR
Instant Pot Frozen Meatballs	25 mins	QPR
Instant Pot Frozen Shredded Beef	1 hr	QPR
Instant Pot Frozen Chicken Breast	45 mins	QPR
Instant Pot Frozen Chicken & Potatoes	12 mins	QPR