

The Instant Pot Bucket List



Table Of Contents

<u>Introduction</u>	4
<u>Worldwide Cooking Conversions</u>	6
<u>Recipe This Ebooks</u>	8
<u>Instant Pot Caramel From Condensed Milk</u>	9
<u>Instant Pot Frozen Broccoli</u>	10
<u>Instant Pot Cabbage</u>	11
<u>Instant Pot Frozen Corn On The Cob</u>	12
<u>Instant Pot Vegetable Soup With Frozen Vegetables</u>	13
<u>Instant Pot Leftover Brisket Soup</u>	14
<u>Instant Pot Baked Potatoes</u>	15
<u>How Long To Cook Whole Chicken In Instant Pot?</u>	16
<u>Instant Pot Frozen Whole Chicken</u>	18
<u>Instant Pot Boiled Eggs</u>	19
<u>Instant Pot Vegetable Stock</u>	20
<u>Instant Pot Chicken Stock</u>	22
<u>Instant Pot Black Beans</u>	24
<u>Instant Pot Brown Rice</u>	25
<u>Instant Pot Frozen Hamburgers</u>	26
<u>Instant Pot Potato Salad</u>	28
<u>Instant Pot Frozen Steak</u>	29
<u>Instant Pot Spaghetti & Frozen Meatballs</u>	31
<u>Instant Pot Box Cake</u>	33
<u>Instant Pot Breakfast Potatoes</u>	34

Instant Pot Lentil Curry	35
Instant Pot Blueberry Jam	36
Instant Pot Beef Stew And Dumplings	38
Instant Pot TikTok Baked Feta Pasta	40
Instant Pot Frozen Pot Roast	41
Instant Pot Shepherd's Pie	43
Instant Pot Porridge	45
Instant Pot Rice Pudding	46
Instant Pot Greek Yogurt	47
Instant Pot Strawberry Cheesecake	49
Thanks For Reading	51

Introduction

Thank you so much for downloading the **instant pot bucket list** and I can't wait to share with you the 30 most bucket list worthy instant pot recipes.

Though these instant pot recipes will also work with **ANY** electric pressure cooker, so if you have a PKP, Ninja Foodi, Mealthy etc then that is perfect too.

I wanted to create something for instant pot beginners or long term instant pot users, that could have a recipe list to work their way through, that are essential recipes to make in the pressure cooker.

Instant pot recipes you make, and think **wow, I am so glad I bought that instant pot to make this!** And instant pot recipes that you will make regularly and how you can make variations and really grow your instant pot knowledge.

All our ebooks including this one, is inspired by our readers. We love to provide them with what they want, and modifications and updates have been made thanks to reader suggestions. So, in a way our ebooks are written by readers like you.

This is the latest version of our instant pot bucket list with many of the recipes voted for by our readers.

If you do have a specific request, [please contact us](#) and we can see what we can do!

But before you scroll through and plan the recipes you want to try, let me share more about how our ebooks work, who we are and how these ebooks can help you.



About the authors – You can read more about us in much more detail [on our about page on our blog](#) or through the stories we share in our [weekly kitchen gadget newsletter](#). But in a nutshell, we are the Milner family, and we live in the popular Yorkshire town of Beverley in northern England.

We spent 13 years of our lives living in Portugal and our two youngest children were born in the Algarve.

Recipe This is very much a family affair, with Kyle our eldest son working on graphics design and video editing, our daughter Sofia loving to take many of the

photos on my Iphone, which is not bad for age 7, and Jorge our youngest son who loves to help us cook.

I am Samantha and write everything you read on RT, and my husband Dominic does all the technical things and worked as a chef many years ago making him perfect for advising our readers about the gadgets. We have great fun creating new recipes for you and have a worldwide audience with a common love for kitchen gadgets.

Our kitchen gadget experience – We have owned an air fryer since 2011, an instant pot since 2016, a bread maker since 2003, a slow cooker since 2000 and a soup maker since 2014. We love sharing our wealth of experience of kitchen gadgets with our readers. If you are new to kitchen gadgets and have questions, remember to email us and we will do our best to help you.

The Food – We like simple. We are parents to two under 8s and have three adults to feed daily. We prefer to enjoy a family dinner rather than eat out and the food you see on our blog and in our ebooks are based around simple delicious food. Recipes feature everyday ingredients and easy methods to follow. Small prep times and perfect for putting your feet up while you wait for your food to cook.

Frugal Cooking – I am obsessed with saving money on groceries and many friends and family laugh at me for my grocery obsessions. Well mainly Dominic when he is calling me tight when I use one ladle of leftover soup in another meal. Our recipes don't have expensive ingredients and it's easy to sub ingredients for what you have in your pantry. Or if you live in a different part of the world your local alternative.

Free Newsletter – Plus, [don't forget to subscribe to our weekly newsletter](#), which is the first place you can hear about and read our newest instant pot recipes and learn more about instant pots. It also features other kitchen gadgets too so if you have a soup maker, slow cooker, instant pot etc, then that is covered too!

Worldwide Cooking Conversions

We appreciate we had a worldwide audience, and we all have different food ingredients, food measurements and food names and we created this page to make it even easier for you to understand our recipes.

Cooking Temperatures – Did you know that we mainly cook with low, medium or high and that this equates to doubling and halving the temperature to quickly convert it for **YOU**? For example, 160c = 320f, 180c = 360f and 200c = 400f. You can't get easier than that for a conversion. Though we try our best to include both in recipe instructions.

Measurements – Being based in the UK we work in litres, teaspoons, tablespoons, and grams. But to make it easier for our readers that are not metric, we recommend the following. Though do note where appropriate most of our recipes also include ounces or cups when we can:

- **1 Litre = 1000ml** = almost 4 cups so think 1 cup = 240ml or that when using your cups that you can easily divide it in your head as you do a recipe. Or when doing recipes with ml you can also think that 1tbsp = 15ml.
- **1 Kilo = 2.2pounds** = I love this because like with temperatures you can double it to get an approximate pound weight.
- **Our meats are often smaller** = Use common sense to adjust meat recipes as often our cuts of meat are smaller than that of American. Our chickens often weigh just 2 pounds and our gammon (cured ham) often weigh 2 pounds with the Christmas version weighing 5 pounds.

Recipe ingredients that vary throughout the world that are often mentioned in our recipes that mean the same thing, just are called something different from country to country:

- Tinned Tomatoes = Canned Tomatoes
- Garlic Puree = Minced Garlic
- Soft Cheese = Cream Cheese
- Quark = Fat Free Cream Cheese
- Swede = Rutabaga or Neeps
- Courgette = Zucchini

Seasoning Swaps – We all have different brands of seasonings and have a different name for them so here is a few we mention that maybe confusing:

- **Mixed herbs** = A popular mixed herb seasoning featuring basil, oregano, rosemary, sage and thyme. You can sub it for Italian seasoning.
- **Mixed Spice** = A popular European seasoning that features cinnamon, coriander, caraway, nutmeg, cloves, all spice, and mace.
- **Bouquet Garni** = The French version of mixed herbs made famous by Julia Childs and Gordon Ramsay. You can swap it for any mixed herbs jar.
- **Coriander** = Also known as cilantro in some parts of the world and popular in Asian cooking.
- **OXO Cube** = Similar to a bouillon cube and great for quickly seasoning soups and stews. We also often use frozen stock cubes which is from homemade stock frozen into ice cube trays.

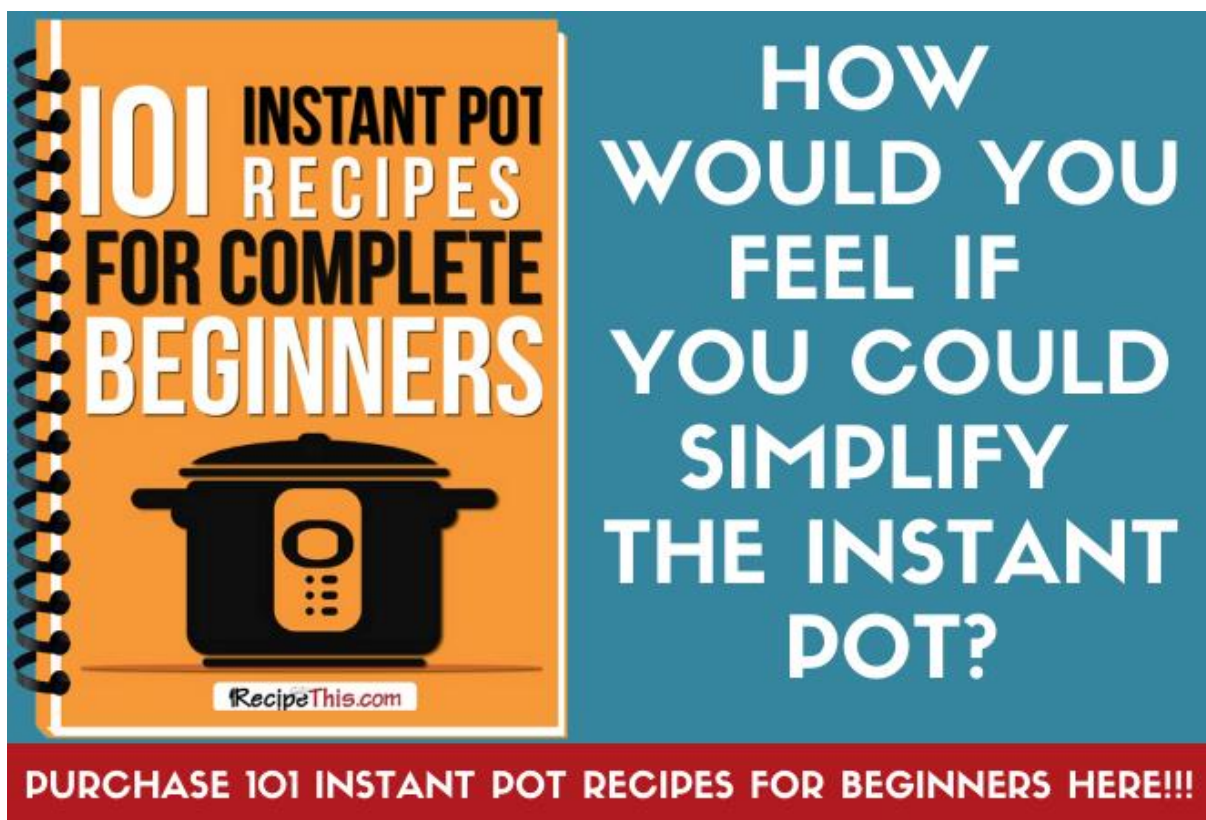
Also, if you have not done so already, [when you subscribe at Recipe This](#) there is some free international conversion guides for you to download for free.

Recipe This Ebooks

We have released lots of kitchen gadget cookbooks since we started RecipeThis.com and here are a few reader favourites:

- [101 Instant Pot Recipes For Beginners](#)
- [101 Air Fryer Recipes For Beginners](#)
- [Air Fryer Frozen Food Recipes](#)
- [Instant Pot Freezer Recipes](#)
- [Instant Pot Recipe Archives \(all our instant pot recipes\)](#)
- [Air Fryer Recipe Archives \(all of our air fryer recipes\)](#)
- [Soup Maker Archives \(all our soup maker recipes\)](#)
- [Slow Cooker Archives \(all our slow cooker recipes\)](#)

Ps. Note that the 101 instant pot recipes for beginners is what we recommend newbies to the instant pot purchase first!



101 INSTANT POT RECIPES FOR COMPLETE BEGINNERS

HOW WOULD YOU FEEL IF YOU COULD SIMPLIFY THE INSTANT POT?

PURCHASE 101 INSTANT POT RECIPES FOR BEGINNERS HERE!!!

Instant Pot Caramel From Condensed Milk

Prep Time

2 Mins

Cooking Time

40 Mins

Total Cook Time

42 Mins

Servings

4

Ingredients:

397g/14 oz Condensed Milk



Method:

1. Remove the packaging from a can of condensed milk and place into the instant pot inner pot.
2. Pour warm water over the can of caramel until it is submerged.
3. Place the lid on the instant pot, set the valve to sealing and cook for 40 minutes on manual pressure cook.
4. Use quick pressure release and pour cold water over the can to cool it down quicker.
5. Once the can of condensed milk is cool enough to handle remove the lid, stir and eat.

Notes:

Many of our readers have cooked several cans of condensed milk at the same time with great success. Just as long as they all fit and are all submerged you are good!

Instant Pot Frozen Broccoli

Prep Time

1 min

Cooking Time

0 min

Total Cook Time

1 min

Servings

2

Ingredients:

250g/8.82 oz Frozen Broccoli Florets
Salt & Pepper



Method:

1. Place a cup of water into the bottom of your Instant Pot Inner Pot.
2. Add to it your trivet, followed by your steamer basket.
3. Load your steamer basket up with frozen broccoli florets.
4. Place the lid on your Instant Pot, set the valve to sealing and cook for 0 minutes.
5. When it beeps, quickly release pressure using quick pressure release and serve.

Notes:

Depending on the brand you use, some frozen broccoli florets can hold a lot of water. Consider this before you plan how to use your frozen broccoli. Don't let your Instant Pot Frozen Broccoli go into natural pressure release, it will carry on cooking and turn to mush. Frozen broccoli can be bland. We seasoned ours with salt and pepper.

Instant Pot Cabbage

Prep Time

5 Mins

Cooking Time

1 Mins

Total Cook Time

6 Mins

Servings

4

Ingredients:

1 Medium Cabbage
1 Tbsp Butter optional
Salt & Pepper



Method:

1. Shred and clean your cabbage. Load into your steamer basket.
2. Place 2 cups of water (480ml) into your instant pot inner pot. Add in the trivet and the cabbage loaded steamer basket.
3. Season your cabbage with salt and pepper. Spread your butter out over the top of the cabbage.
4. Place the lid on the instant pot, set the valve to sealing and cook for 1 minute. Do a quick pressure release and stir your cabbage before serving.

Notes:

Butter. To make buttered cabbage we simply add little blobs of butter over the cabbage. It will then cook with an even coating of butter.

Confession. You are probably thinking from the photo that there is not much instant pot cabbage left, well the hubby loved it so much, he kept eating it before I had chance to finish the pictures.

Instant Pot Frozen Corn On The Cob

Prep Time

3 Mins

Cooking Time

10 Mins

Total Cook Time

13 Mins

Servings

4

Ingredients:

8 Mini Frozen Corn On The Cob
2 Tbsp Butter
1 Tsp Paprika
Salt & Pepper



Method:

1. Lay out small sheets of silver foil and place 2 frozen mini corn on the cobs in each. Sprinkle with salt, pepper and paprika. Add 1/2 of a tablespoon of butter. Wrap up your silver packets and make sure that they are tightly wrapped.
2. Place a cup of water into the instant pot inner pot, add your trivet and load your silver packets over the trivet. Place the lid on the instant pot, set the valve to sealing and cook for 10 minutes on manual/pressure cook.
3. After it beeps manually release pressure. Using kitchen tongs remove the corn packets from the instant pot and serve.

Notes:

Leaking. A little butter will leak out into the instant pot below but not much. You can drizzle a little extra butter on top and then use what's left in the instant pot for a base for another dish.

Swap. You can mix and match your favourite corn on the cob flavours and just load your favourite seasoning into the silver foil before pressure cooking.

Fork. I recommend checking with a fork that any vegetable you cook in the instant pot is done. If it feels underdone then you can add it back in for a couple of minutes.

Instant Pot Vegetable Soup With Frozen Vegetables

Prep Time

1 Min

Cooking Time

0 Min

Total Cook Time

1 Min

Servings

4

Ingredients:

- 1 kg/2.2 lb Frozen Vegetable Mix
- 720ml/3.04 cups Vegetable Stock
- 1 Tbsp Garlic Puree
- 1 Tbsp Thyme
- 1 Tbsp Basil
- 1 Tbsp Parsley
- Salt & Pepper

Method:

1. Dump everything into the instant pot pressure cooker and place the lid on the instant pot. Set the valve to sealing and cook for zero minutes.
2. When it beeps, do a quick pressure release.
3. Remove a ladle of the vegetables and put to one side.
4. Then blend the rest of the instant pot contents with a hand blender.
5. Load into bowls and serve with the leftover vegetables over.



Notes:

Swaps. Speed things up and swap the thyme, basil and parsley for Italian seasoning.

Bland. I find that the frozen veggies need more seasoning than regular vegetables and when pressure cooked vegetables can lose their flavour. Therefore, do a taste test and add extra seasoning if necessary.

Hot. I recommend using a stock that is warm or hot. This will speed up the time to pressure and you are not waiting around for as long.

Instant Pot Leftover Brisket Soup

Prep Time

5 Mins

Cooking Time

5 Mins

Total Cook Time

10 Mins

Servings

2

Ingredients:

200g/7.05 oz Leftover Beef Brisket diced
1 Medium White Onion
1 Tbsp Extra Virgin Olive Oil
240ml/1.01 cups Red Wine
240ml/1.01 cups Frozen Beef Stock
2 Large Carrots
2 Cups/11.64 oz Frozen Corn
2 Cans Tinned Tomatoes
1 Can White Beans drained
1 Tbsp Sweet Paprika
1 Tbsp Coriander Leaf
1 Tbsp Thyme
1 Tbsp Mixed Herbs
Salt & Pepper



Method:

1. Peel and dice your onion and sauté in the instant pot with some extra virgin olive oil.
2. Press cancel and deglaze the instant pot with red wine.
3. Peel and dice your carrots and load everything apart from the frozen corn into the instant pot. Stir and place the lid on the instant pot.
4. Set the valve to sealing and cook for 5 minutes on pressure cook/manual and then do a 10 minute natural pressure release.
5. Release the remaining pressure, stir in frozen corn until it has warmed through. Do a taste test and adjust the seasoning if necessary.

Notes:

Freezing. Note you can not freeze this, because the beef brisket has previously been cooked. You also can not reheat the soup. So only cook as much as you plan to eat.

Swap. You can also mix and match your favourite vegetables and your favourite seasonings in this recipe.

Instant Pot Baked Potatoes

Prep Time

2 Mins

Cooking Time

30 mins

Total Cook Time

32 mins

Servings

4

Ingredients:

4 Large Potatoes

1 Tbsp Butter

Salt



Method:

1. Place a cup of water into your Instant Pot inner pot and add your steamer insert.
2. Chop your potatoes down the middle so that they have the chance to breathe, but without them breaking in half.
3. Season your potatoes with salt.
4. Place the potatoes into the steamer insert and place the lid on your Instant Pot.
5. Set the valve to sealing and cook for 30 minutes.
6. Manually release pressure remove the water and swap the Instant Pot lid for the Crisplid.
7. Set the Crisplid to 5 minutes at the maximum temperature and allow to crisp up.
8. Serve with your mini baked potato bar.

Notes:

I recommend using the Mealthy Crisplid if you want a crispy skin on your baked potatoes.

If you have medium sized baked potatoes (we used large) then adjust the time to 25 minutes.

How Long To Cook Whole Chicken In Instant Pot?

Prep Time

10 Mins

Cooking Time

23 Mins

Total Cook Time

33 Mins

Servings

4

Ingredients:

1.76 kg/3.88 lb Large Whole Chicken
1 Large Onion
4 Garlic Cloves
1 Tbsp Extra Virgin Olive Oil
240ml/1.01 cups White Wine
1 Tbsp Mixed Herbs
1 Tsp Extra Virgin Olive Oil
Salt & Pepper
Air Fryer Crisping
1 Tbsp Extra Virgin Olive Oil
1 Tsp Mixed Herbs
Salt & Pepper



Method:

1. Peel and slice up your onion and place it into the instant pot with the extra virgin olive oil. Whilst it heats up, peel your whole garlic cloves, and add to the instant pot Sauté your garlic and onion until your onion starts to change colour.
2. Cancel sauté and deglaze the instant pot with white wine.
3. Place your whole chicken on a clean chopping board and using string secure the chicken legs.
4. Rub a teaspoon of extra virgin olive oil over the skin of the chicken. Then add your seasonings and the oil will help the seasonings stick to the chicken. To make it easier you can use an olive oil spray.
5. Place your chicken on a trivet inside the instant pot inner pot. It can be breast side up or down (it doesn't matter which way)
6. Place the lid on the instant pot set the valve to sealing and cook for 23 minutes.
7. Then allow for a 15 minute natural pressure release before manually releasing pressure.
8. Once pressure is released allow the chicken to rest for a couple of minutes before serving.
9. Alternatively load into the air fryer, add extra virgin olive oil, extra seasoning and air fry breast side up for 5 minutes at 200c/400f.

Notes:

Time. The rule with an instant pot whole chicken is 6 minutes for every pound of chicken. We bought a large whole chicken from the supermarket, and it weighed 1.76kg which is 3.9lbs and works out at 23 minutes.

Instant Pot Frozen Whole Chicken

Prep Time

5 Mins

Cooking Time

30 Mins

Total Cook Time

35 Mins

Servings

4

Ingredients:

- 1.2 Kg/2.65 lb Frozen Whole Chicken
- 120ml/8.12 tbsp White Wine
- 1 Tbsp Chicken Seasoning
- 1 Tbsp Thyme
- Salt & Pepper



Method:

1. Tie your chicken legs together with some string. Place 1 cup/240ml of water in the instant pot inner pot, along with ½ cup/120ml of white wine. Mix in the seasonings. Or alternatively add 2 cups/480ml of chicken stock.
2. Place the trivet in your instant pot and add your frozen whole chicken.
3. Season your chicken generously with salt and pepper. Place the lid on your instant pot, set the valve to sealing and cook for 30 minutes on either manual or pressure cook.
4. When it beeps, do a quick pressure release before releasing pressure. Check the thickest part of the chicken breast to make sure it is fully cooked and then serve.

Notes:

Liquid. I always strain the liquid and use it for future chicken stock. Though you can do this after eating and once it has cooled down.

Replace. Step one is an alternative if you don't have your own chicken stock. You are basically flavouring your water with wine and seasonings. You can skip this if you have chicken stock available.

Instant Pot Boiled Eggs

Prep Time

0 Mins

Cooking Time

7 Mins

Total Cook Time

7 Mins

Servings

4

Ingredients:

7 Large Eggs



Method:

1. Place a cup of water into your Instant Pot inner pot.
2. Add in your Instant Pot egg trivet and add in as many or as little eggs that you wish to cook.
3. Place the lid on your Instant Pot, set the valve to sealing and cook for 7 minutes on either manual pressure or pressure cook.
4. When it beeps manually release pressure (also known as quick pressure release aka QPR) and rinse your eggs under a cold tap.
5. When the eggs are cool enough to handle with your hands, peel your eggs under the tap.

Notes:

You can cook anything between 1 and 14 eggs at the same time in your Instant Pot. But to do 2 levels of eggs you will need the 8-quart Instant Pot.

Instant Pot Vegetable Stock

Prep Time

5 Mins

Cooking Time

30 Mins

Total Cook Time

35 Mins

Servings

6

Ingredients:

- 1 kg/2.2 lb Vegetable Scraps
- 1 Large Onion
- 4 Garlic Cloves
- 1 Tbsp Extra Virgin Olive Oil
- 240ml/1.01 cups White Wine
- 1 Tbsp Mixed Herbs
- Salt & Pepper



Method:

1. Peel and slice up your onion and place it into the instant pot with the extra virgin olive oil. Whilst it heats up, peel your whole garlic cloves, and add to the instant pot Sauté your garlic and onion until your onion starts to change colour.
2. Cancel sauté and deglaze the instant pot with white wine.
3. Add in your vegetable scraps and seasoning and mix well.
4. Pour enough water in, to just over the vegetable scraps (approximately 6 cups/1.5 litres)
5. Place the lid on the instant pot, set the valve to sealing and cook for 30 minutes on soup/broth. Follow this up with a quick pressure release.
6. Strain with a mesh strainer and load your vegetable stock into a bowl to cool down.
7. Once fully cool, remove any fat from the top. Then load into containers and freeze for later.

Notes:

Scraps. I recommend you make this in the middle of prepping dinner. I find that as you prep your dinner, you have plenty of peelings. Such as potato peelings, celery bits you don't want to cook with, carrot peelings and such like. Then load into a bowl and put to one side to make a stock with.

Containers. You can use any containers for freezing in, that is suitable for the freezer. I love the 1 cup/240ml silicone trays that you can then get one out at a time. You can also use little freezer containers too.

Instant Pot Chicken Stock

Prep Time

10 Mins

Cooking Time

30 Mins

Total Cook Time

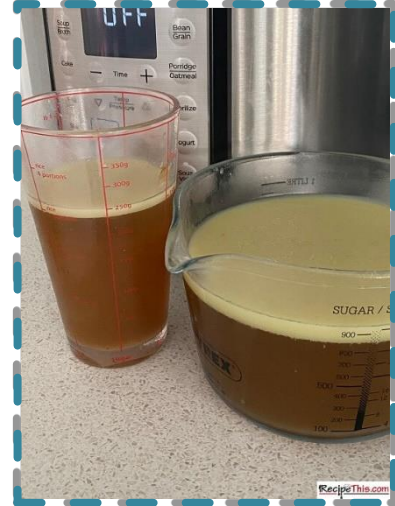
40 Mins

Servings

6

Ingredients:

Chicken Carcass
Vegetable Leftovers
1 Large Onion
4 Garlic Cloves
1 Tbsp Extra Virgin Olive Oil
240ml/1.01 cups White Wine
1 Tbsp Oregano
1 Tbsp Tarragon
Salt & Pepper



Method:

1. Peel and slice up your onion and place it into the instant pot with the extra virgin olive oil. Whilst it heats up, peel your whole garlic cloves, and add to the instant pot Sauté your garlic and onion until your onion starts to change colour.
2. Cancel sauté and deglaze the instant pot with white wine.
3. Dice your vegetable leftovers, add into the inner pot and seasoning and mix well.
4. Place your chicken carcass over the vegetables.
5. Pour enough water in, to just over the vegetables (approximately 6 cups/1.5 litres)
6. Place the lid on the instant pot, set the valve to sealing and cook for 30 minutes on soup/broth. Follow this up with a quick pressure release.
7. Strain first with a regular strainer and then with a mesh strainer.
8. Load your chicken stock into a bowl or other similar containers to cool down.
9. Once fully cool, skim the fat off the top with a spoon and then load into containers and freeze for later.

Notes:

Scraps. I recommend that you add a few leftover vegetables that need using up. We added 3 carrots with the skin still on, a celery stick, and a diced leek. You can also use vegetable peelings if you prefer.

Containers. You can use any containers for freezing in, that is suitable for the freezer. I love the 1 cup/240ml silicone trays that you can then get one out at a time. You can also use little freezer containers too.

Instant Pot Black Beans

Prep Time

2 Mins

Cooking Time

25 Mins

Total Cook Time

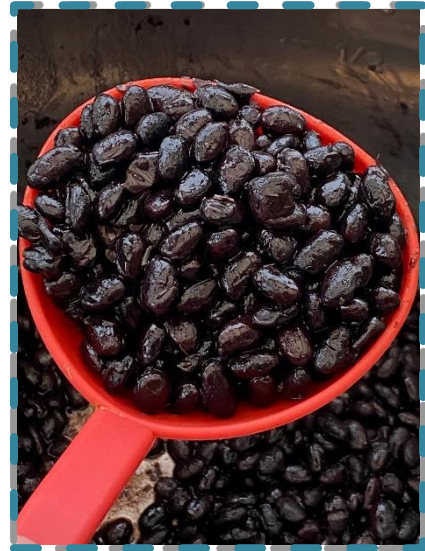
30 Mins

Servings

2

Ingredients:

480ml/2 Cups Dried Black Beans
360ml/1.5 Cups Water
240ml/1 Cup Vegetable Stock
1Tsp Coriander
1Tsp Mixed Herbs
Salt & Pepper



Method:

1. Drain and then place into the instant pot 2 cups of black beans.
2. Add 1.5 cups of water, followed by seasonings, and mix well.
3. Add a frozen vegetable stock cube on top.
4. Place the lid on the instant pot. Set the valve to sealing and cook for 25 minutes.
5. Do a quick pressure release, stir, and serve.

Notes:

Texture. We all like our black beans different. 25 minutes with a QPR will produce just cooked black beans that don't go to mush and is perfect for mixing with rice for a one pot dinner. If you want mushy black beans do a 30 minute cook time and then do a natural pressure release.

Quantities. One recipe is 2 cups of black beans, and they will make double when cooked.

Frozen Stock. Your frozen stock sits on top and will defrost as the beans cook, creating a much more flavoursome black beans recipe.

Instant Pot Brown Rice

Prep Time

0 Min

Cooking Time

18 Mins

Total Cook Time

18 Mins

Servings

4

Ingredients:

- 2 Cups/13.4 oz Brown Rice
- 2.5 Cups/1.3 lb Vegetable Stock
- 2 Tsp Oregano
- Salt & Pepper



Method:

1. Rinse your brown rice under a cold tap.
2. Load your brown rice into the instant pot.
3. Pour in liquid and seasoning.
4. Stir and place the lid on the instant pot and set the valve to sealing.
5. Cook for 18 minutes on manual/pressure cook then allow for 5 minutes natural pressure release before releasing pressure.
6. Remove the lid, fluff up with a fork and serve.

Notes:

You can use any liquid in the instant pot as long as it is watery. Tinned tomatoes for example won't go to pressure. I prefer to use broth either vegetable, beef, chicken or pork, depending on what its going to be served with.

You can add any of your favourite seasonings. I like to cook my brown rice with salt, pepper and oregano.

Instant Pot Frozen Hamburgers

Prep Time

5 Mins

Cooking Time

25 Mins

Total Cook Time

30 Mins

Servings

8

Ingredients:

- 8 Frozen Hamburger Patties
- 8 Hamburger Buns
- ½ White Onion
- 1 Tbsp Extra Virgin Olive Oil
- 8 Slices Cheddar Cheese
- 2 Tsp Oregano
- Salt & Pepper



Method:

1. Peel and slice your onion and load into the instant pot. Add extra virgin olive oil and sauté for about 3 minutes or until your onion has softened.
2. Cancel the sauté.
3. Add a cup of water into the instant pot and stir the water with the onions.
4. Add the trivet over the onions.
5. Using silver foil add to each piece of silver foil a frozen hamburger, and a sprinkle of oregano, salt and pepper. Seal each silver foil packet and load the silver foil burger packets on top of the trivet.
6. Place the lid on the instant pot, set the valve to sealing and cook for 20 minutes on manual pressure cook.
7. Manually release pressure and remove the trivet and the silver foil hamburgers.
8. Add the tall trivet and the air fryer crisp lid basket.
9. Load the burgers onto the trivet, add a slice of cheese and some onions and cook for 2 minutes at 240c/460f.
10. Serve with salad garnish.

Notes:

If you don't have an air fryer crisplid, [this is the one we recommend](#). You can also add the hamburger buns and let the air fryer crisplid cook these too. They come out wonderfully crispy and it saves waiting for them to defrost.

For silver foil I recommend it to be triple the size of your frozen hamburger. As you want to be able to have some padding on it and for it to tightly wrap. This frozen hamburger instant pot recipe is for 8 burgers. You can adjust it down to 4 or increase it to 10, while keeping the same cooking time.

Instant Pot Potato Salad

Prep Time

5 Mins

Cooking Time

4 Mins

Total Cook Time

9 Mins

Servings

4

Ingredients:

8 Medium Potatoes

3 Eggs

2 Tsp Garlic Powder

Salt & Pepper

Mayonnaise Ingredients:

4 Tbsp Mayonnaise

¼ Red Onion finely chopped

2 Tbsp Dill Pickle Juice

1 Tsp Mustard



Method:

1. Peel and dice your potatoes into the size of roast potatoes.
2. Load into the instant pot, 2 cups of water (240ml) and add the steamer basket.
3. Sprinkle them with salt, pepper, and garlic powder. Find a good position for your eggs to be secure and then place the lid on the instant pot. Set the valve to sealing and cook for 4 minutes with a quick pressure release.
4. When the instant pot beeps, remove the potatoes and the eggs and allow to cool. Place the eggs in a jug of cold water. When the eggs are cool enough to touch peel them and dice.
5. Mix your mayonnaise ingredients in a bowl.
6. Toss your potatoes and eggs in the mayonnaise before serving.

Notes:

Potatoes. It's important you don't go too small with your potato. Too small and 4 minutes will make them mushy. The best size to go with is similar to the size of a roast potato.

Instant Pot Frozen Steak

Prep Time

5 Mins

Cooking Time

10 Mins

**Total Cook
Time**

15 Mins

Servings

4

Ingredients:

4 Medium Frozen Sirloin Steaks
1 Medium Onion peeled and diced
1 Tbsp Extra Virgin Olive Oil
50 ml/3.38 tbsp White Wine
1 Tbsp Mustard
200 ml/0.85 cups Beef Stock
Salt & Pepper
Air Fryer Fries optional

Instant Pot Onion Gravy:

3 Tbsp Soft Cheese
2 Tbsp White Wine
1 Tbsp Mustard
1 Tsp Parsley
Salt & Pepper



Method:

1. Load your peeled and diced onion into the instant pot and sauté with the extra virgin olive oil and the mustard.
2. When the onion has softened add in the white wine to deglaze the instant pot and press cancel.
3. Add beef stock, mix and load the frozen steak on top. Season the steak with salt and pepper.
4. Place the lid on the instant pot, set the valve to sealing and cook for 20 minutes on manual/pressure cook.
5. When it beeps manually release pressure and do a quick pressure release.
6. Remove the steak and put to one side along with $\frac{3}{4}$ of the stock from the instant pot.
7. Put the instant pot back on sauté. Load in the soft cheese and the other gravy ingredients, stirring until it makes a creamy mustard sauce.

Notes:

We recommend Butcher Box for the best frozen sirloin steak to cook in the instant pot. They also sell other frozen steak too.

For the best beef stock, we recommend Kettle & Fire. Though you can use your own leftover beef broth or beef stock.

If the frozen steak is submerged in the liquid it will come out more like braising steak. But if you don't submerge the steak it will be like a classic steak cooked in the frying pan and have a more crispy texture.

You can see the image below and how one to the left was not submerged and is crispy, compared to the one on the right that was submerged.

Instant Pot Spaghetti & Frozen Meatballs

Prep Time

5 Mins

Cooking Time

6 Mins

Total Cook Time

11 Mins

Servings

4

Ingredients:

225g/7.94 oz Spaghetti
750g/1.65 lb Frozen Meatballs
500ml/2.11 cups Tinned Tomatoes
500ml/2.11 cups Homemade Tomato Sauce
1 Medium White Onion
400ml/1.69 cups Warm Water
1 Tbsp Extra Virgin Olive Oil
1 Tbsp Garlic Puree
1 Tbsp Thyme
1 Tbsp Basil
1 Tbsp Parsley
Salt & Pepper



Method:

1. Peel and slice an onion and sauté in the instant pot with extra virgin olive oil.
2. Cancel sauté and add the frozen meatballs.
3. Half your spaghetti and spread over the frozen meatballs making sure the meatballs are well covered in the spaghetti.
4. In a mixing bowl add tinned tomatoes, tomato sauce and mix in the seasonings
5. Pour the mixture over the spaghetti and spread out with a spoon.
6. Then pour over your water to make sure everything is well covered. Then place the lid on the instant pot, set the valve to sealing and cook for 3 minutes on manual or pressure cook. Then do a 5 minute natural pressure release, before releasing the rest of the pressure.
7. When you open the lid, it will be like soup, give it a good stir with tongs and it will naturally thicken as you stir and then serve.

Notes:

Layers. Its important that you follow the layers instructions above and don't stir before pressure cooking. Otherwise the meatballs and spaghetti will stick and it wont go to pressure.

Swaps. Did you know a true Italian doesn't do spaghetti and meatballs? Instead, they do other pasta with meatballs because it sticks to the pasta better. You can also swap spaghetti for any other pasta.

Instant Pot Box Cake

Prep Time

8 Mins

Cooking Time

25 Mins

Total Cook Time

33 Mins

Servings

6

Ingredients:

- 1 Box Cake Mix vanilla or chocolate
- 100 ml/6.76 tbsp Extra Virgin Olive Oil
- 250 ml/1.06 cups Skimmed Milk
- 3 Large Eggs



Method:

1. Add your box cake mix into a bowl and load in your other ingredients.
2. Using a hand mixer, thoroughly mix your ingredients until you have a cake batter. Watch for kids stealing the batter!
3. Spray your spring form pan with olive oil to stop it sticking. Load your cake batter into a floured springform cake pan. Cover the top of the cake with silver foil.
4. Place the tall trivet in your instant pot. Add a cup of water to the bottom and place your cake pan over it. Place the lid on the instant pot and set the valve to sealing. Pressure cook for 25 minutes using either the manual or the pressure cook button.
5. When it beeps use quick pressure release and manually release pressure. Allow to cool for about 5-10 minutes before serving.

Notes:

Non-stick. I recommend flouring the bottom and sides of your spring form pan, prior to loading up the cake batter.

Mix + Match. Chocolate box cakes are just examples. You could use any or even make into little cupcakes in your egg bite moulds.

Instant Pot Breakfast Potatoes

Prep Time

5 Mins

Cooking Time

5 Mins

Total Cook Time

10 Mins

Servings

4

Ingredients:

- 2 kg/4.41 lb White Potatoes
- 2 Tbsp Salsa
- 1 Tbsp Paprika
- 2 Tsp Oregano
- Salt & Pepper
- 20g/0.71 oz Diced Chorizo
- 30g/1.06 oz Grated Cheese optional



Method:

1. Pour a cup of water (240ml) into your instant pot and add your steamer basket. Peel and dice your potatoes into medium sized chunks and load them into your steamer basket.
2. Season with salt, pepper, oregano and paprika. Place the lid on the instant pot, set the valve to sealing and pressure cook for 0 minutes.
3. When it beeps do a quick pressure release and then remove the water and the steamer basket. Pour the potatoes from the steamer basket into the instant pot. Place the instant pot on sauté and add in chorizo and salsa. Mix and allow the instant pot to get hot and keep stirring the potatoes until they are crispy. This usually takes about 5 minutes.
4. Load the breakfast potatoes into a bowl and immediately sprinkle with grated cheese. Serve and enjoy.

Notes:

Salsa. I find that this breakfast hash works very well with salsa as it stops it getting dry and you don't need to add oil. You can swap this for tinned tomatoes, tomato sauce or anything similar.

Chorizo. I used chorizo in this recipe you can swap this for bacon bits, chopped sausage etc. Potatoes. It's important you don't go too small with your potato cubes. Too small and 0 minutes will make them mushy.

Instant Pot Lentil Curry

Prep Time

5 Mins

Cooking Time

4 Mins

Total Cook Time

9 Mins

Servings

4

Ingredients:

1 Medium Onion
800 g Tinned Tomatoes
1.5 Cups Green Lentils
2 Medium Carrots
2 Celery Sticks
800 ml Vegetable Stock
1 Tbsp Extra Virgin Olive Oil
2 Tsp Garlic Puree
2 Tsp Lazy Ginger
1 Tbsp Paprika
½ Tsp Cayenne Pepper
1 Tsp Coriander
2 Tsp Parsley
Salt & Pepper



Method:

1. Peel and dice your onion. Load into the instant pot with extra virgin olive oil and sauté until the onion starts to change colour.
2. Cancel sauté and add in and stir ginger and garlic.
3. Peel, dice, and load into the instant pot your carrot and celery.
4. Rinse and add in your green lentils.
5. Add the rest of the ingredients, stir, and place the lid on the instant pot.
6. Set the valve to sealing and cook for 15 minutes on manual.
7. Use natural pressure release and wait until the natural pressure is complete.
8. When you open the instant pot, it will be liquid free and you can fluff it up with a fork.
9. Then load into bowls with brown rice.

Notes:

You can use any firm vegetable that can handle the cook time of green lentils. I prefer to use celery and carrots.

Instant Pot Blueberry Jam

Prep Time

3 Mins

Cooking Time

6 Mins

Total Cook Time

9 Mins

Servings

2

Ingredients:

900 g/1.98 lb Fresh Blueberries

150 g/5.29 oz White Sugar

½ Large Lemon juice only

125 ml/8.45 tbs Honey optional



Method:

1. Remove any leftover stalks or soft blueberries and weigh out 900g of fresh blueberries and place them in the Instant Pot.
2. Place the Instant Pot on sauté and sauté the fresh blueberries with the white sugar and the juice of ½ a large lemon. Sauté until you see the colour from the blueberries staining the white sugar.
3. Turn off sauté, place the lid on the Instant Pot and set the valve to sealing.
4. Cook for 2 minutes on manual pressure.
5. Use NPR (natural pressure release) and remove the lid from the Instant Pot.
6. Drain the Instant Pot contents into a sieve and bowl. So that as you pour the blueberry jam into the sieve that any leftover liquid goes in the bowl beneath and you don't lose the blueberry liquid.
7. Place the solids from the sieve back into the Instant Pot and place it back on sauté. Allow it to simmer for a couple of minutes and add in a little of the liquid back in a bit at a time.
8. Once it has simmered and you have a naturally thick blueberry jam, pour the jam into sterilised jam jars.
9. Place the lids on the blueberry jam jars once it is cool. Freeze once completely cold.

Notes:

I drain the blueberry jam as then I don't have to add anything unnatural such as corn flour. It tastes much better and you have a spare blueberry syrup to use in other recipes.

After re-adding some of the blueberry liquid I was left with a total of 300ml of unused blueberry syrup. The best use out of it for us was into ice cubes and you can now get them from the freezer for a future time.

You can replace your caster sugar with honey, just make sure you sauté the honey on low for a few minutes first so that the honey is not as thick.

Instant Pot Beef Stew And Dumplings

Prep Time

5 Mins

Cooking Time

45 Mins

Total Cook Time

50 Mins

Servings

6

Ingredients:

500g/1.1 lb Batches Suet Dumplings Dough
500g/1.1 lb Beef Braising/Chuck Roast cubes
1 Large Onion
1 Medium Swede/Rutabaga
6 Medium Potatoes
240ml/1.01 cups Red Wine
1 Tbsp Extra Virgin Olive Oil
1 Litre Beef Stock
1 Tbsp Mixed Herbs
1 Tbsp Thyme
1 Tbsp Parsley
Salt & Pepper



Method:

1. Peel and slice up your onion and place it into the instant pot with the extra virgin olive oil. Sauté your onion until it starts to change colour. Add in your stewing steak and brown on all sides using the same oil. Then deglaze your instant pot with red wine.
2. Whilst the instant pot is warming up for its sauté, peel and dice your swede and potatoes.
3. Add in your swede, potato and seasoning and mix well.
4. Pour in 1 litre (just over 4 cups) of water or stock until the beef is covered.
5. Pressure cook for 45 minutes followed by a 15 minute natural pressure release. Whilst the stew is cooking make your dumplings and roll into balls.
6. Once the pressure has finished releasing, half the liquid and put half aside to save for beef stock for future recipes. Then stir what is left.
7. Place dumpling balls over and place the lid back on the instant pot. Set the valve to sealing again and cook for 0 minutes and then do a quick pressure release. Your dumplings will be cooked in the time it takes to go to pressure.
8. Once you have released pressure, serve up your stew and dumplings!

Notes:

Stock. I always double the liquid I need into the instant pot. Then half can come out for beef stock for another recipe, then the extra liquid will mean it will take longer to go to pressure = more tender beef.

Pasties. We used specific ingredients in this recipe to be able to make air fryer Cornish pasties with the leftovers. You can do the same or you can mix and match the ingredients with what you have in.

Dumplings. You can use any dumplings. They can be with or without suet, you can also make bisquick dumplings too.

Pressure. Because the instant pot is already hot, it doesn't take long to bring the instant pot back to pressure to cook the dumplings.

Instant Pot TikTok Baked Feta Pasta

Prep Time

2 Mins

Cooking Time

3 Mins

Total Cook Time

5 Mins

Servings

4

Ingredients:

250 g/8.82 oz Pasta
200 g/7.05 oz Feta Cheese Block
100 g/3.53 oz Cherry Tomatoes
1 Tbsp Basil
1 Tsp Basil
1 Tbsp Oregano
1 Tsp Garlic Puree
Salt & Pepper
20 g/0.71 oz Cherry Tomatoes for serving



Method:

1. Load into the instant pot your pasta along with 500ml of water and make sure the water is covering the pasta.
2. Add your feta block and sprinkle a tablespoon of basil over it. Add cherry tomatoes too. Place the lid on the instant pot, set the valve to sealing and cook for 3 minutes on pressure cook/manual, followed by 5 minutes of natural pressure release.
3. Release pressure and then using a wooden spoon break up the feta and mix well. Add extra water if the pasta is too dry, or if you want it creamier add in a little Greek yoghurt. Add in the rest of your seasonings, including your garlic puree.
4. Slice in some extra cherry tomatoes, stir and serve.

Notes:

Liquid. If your instant pot took a while to go to pressure you will find that you will need a little extra liquid.

Alternative. We tried both 500g of pasta with 800ml of water and 250g of pasta with 400ml of water. What we found is less pasta and a stronger feta cheese flavouring. It just depends on what flavour you prefer and how much pasta you need.

Instant Pot Frozen Pot Roast

Prep Time

5 Mins

Cooking Time

1 hr 35 Mins

Total Cook Time

1 hr 40 mins

Servings

6

Ingredients:

- 1.5 kg/3.31 lb Frozen Chuck Roast
- 960ml/4.06 cups Beef Stock
- 2 Tsp Onion Powder
- 2 Tsp Garlic Powder
- Salt & Pepper
- 6 Medium Carrots
- 3 Large Potatoes
- 1 Tbsp Worcester Sauce (**optional**)



Method:

1. Peel and dice your potatoes and carrots.
2. Load beef stock into your instant pot pressure cooker. Place the frozen chuck over it and season the chuck with salt, pepper, garlic powder and onion powder. Place the lid on the instant pot, set the valve to sealing and cook for 90 minutes on manual/pressure cook.
3. Allow pot roast to rest for 10 minutes on your clean chopping board. While it rests load carrots and potatoes into the instant pot, season with salt and pepper and cook for 5 minutes on manual pressure.
4. Using meat claws shred the cooked chuck roast or slice if using top round.
5. Take about 25% of the carrots and potatoes from the instant pot, along with leftover stock and blend. This will then be your beef gravy to pour over your pot roast. Load beef pot roast with carrots, potatoes, and gravy onto dinner plates.

Notes:

Optional. I know many of you love to add Worcester sauce to your pot roast. I don't because I follow the Paleo diet. But you can add this if you prefer.

Natural Pressure Release. Don't skip the natural pressure release. It keeps your beef tender and produces the best pot roast. It also makes it easy for slicing/shredding.

Save. Your beef stock. It is amazing for using in any beef dishes. The same goes for leftover beef gravy that you have just made. I will often save the leftovers for when I make instant pot frozen steak.

Instant Pot Shepherd's Pie

Prep Time

15 Mins

Cooking Time

5 Mins

Total Cook Time

20 Mins

Servings

6

Ingredients:

500 g/1.1 lb Minced Lamb
1 Kg/2.2 lb White Potatoes
1 Large Onion
1 Tbsp Extra Virgin Olive Oil
2 Large Carrots
100 g/3.53 oz Frozen Peas
1 Can Tinned Tomatoes
200 ml/0.85 cups Lamb Stock
1 Tbsp Butter
1 Tbsp Whole Milk
1 Tbsp Thyme
1 Tbsp Mixed Herbs
1 Tbsp Worcester Sauce
Salt & Pepper



Method:

1. Peel and slice your onion, peel and dice your carrots and sauté in the instant pot with extra virgin olive oil. Load into the instant pot your minced lamb and stir for a couple of minutes until the mince starts to brown.
2. Pour in stock, carrots, tinned tomatoes, and seasonings and stir.
3. Cancel the sauté and lower your trivet over the minced lamb. Add the steamer basket ready for the potatoes.
4. Peel and dice your potatoes and load onto the steamer basket.
5. Place the lid on the instant pot, set the valve to sealing and cook for 5 minutes on meat and stew. Allow for 5 minutes natural pressure release before releasing pressure.
6. Remove the potatoes and mash with salt, thyme, butter, and milk. Add frozen peas to the instant pot and stir and adjust seasoning in case it is bland. Load the meat and potatoes onto dinner plates and enjoy!

Notes:

Thick. Is your shepherd's pie not thick enough? If that is the case, then stir in a little of the mashed potatoes and reduce the stock slightly. You will then have a thick instant pot shepherd's pie filling.

Instant Pot Porridge

Prep Time

2 Mins

Cooking Time

4 Mins

Total Cook Time

6 Mins

Servings

6

Ingredients:

720ml/3.04 cups Coconut Milk

150g/5.29 oz Porridge Oats

1 Tbsp Honey

2 Tsp Butter

1 Tsp Brown Sugar (optional)



Method:

1. Place coconut water, porridge oats and butter into the instant pot and stir.
2. Place the lid on the instant pot, set the valve to sealing and press porridge. Then adjust the time to 4 minutes.
3. When it beeps do a quick pressure release and stir in honey and brown sugar. Serve with your favourite fruit.

Notes:

Butter. To make creamy delicious porridge always add butter. It gives it a delicious taste and it is an old fashioned recipe method.

Pressure. Keep an eye on your instant pot to make sure it goes to pressure. Sometimes it takes too long as runs out of liquid. If this happens add another cup of water to the instant pot and put the lid straight back on.

Instant Pot Rice Pudding

Prep Time

5 Mins

Cooking Time

22 Mins

Total Cook Time

27 Mins

Servings

4

Ingredients:

500g/1.1 lb Risotto Rice
2400ml/10.14 cups Whole Milk
300g/10.58 oz Sugar
50g/1.76 oz Butter
2 Tsp Vanilla Extract
Strawberry Jam (**optional**)



Method:

1. Place the sugar, rice, and milk into the Instant Pot. Place it on the sauté function and bring to the boil while stirring constantly. Don't even leave it for a couple of seconds as it will stick to the bottom of your pot.
2. Place the lid on your Instant Pot and set it to sealing. Place it on the rice function for 12 minutes and it will be preset to the low pressure. After it has beeped, leave it for 15-20 minutes until all pressure has been release.
3. Remove the lid and stir it for a few minutes adding the butter and the vanilla as you stir.
4. Serve it with strawberry jam. Or for the naughty chef add some cream too!

Notes:

Butter. To make creamy delicious rice pudding always add butter. It gives it a delicious taste and it is an old fashioned recipe method.

Consistency. If your rice pudding is too thick then add some extra skimmed milk, but as it cools it will get thicker so you shouldn't need to.

Rice. Instead of rice pudding rice you can use risotto rice as it produces the same style rice pudding. Though avoid long grain rice.

Instant Pot Greek Yogurt

Prep Time

5 Mins

Cooking Time

8 hours

Total Cook Time

8 hours 5 mins

Servings

4

Ingredients:

2Tbsp Greek Yogurt

2 Litres/8 Cups Semi Skimmed Milk



Method:

1. Load your Greek yogurt into the instant pot along with 1/8 of the milk.
2. Whisk until well mixed and starting to froth.
3. Pour in the rest of the milk and whisk until frothy like milk from a coffee shop.
4. Place the lid on the instant pot and no need to set to sealing.
5. Press the yogurt setting and make sure the time is set to 8 hours, if not press the + or – until you have 8 hours and then press start.
6. After 8 hours and it has beeped, remove from the instant pot, and make sure you don't stir. Then cover with its silicone lid and place in the fridge for a further 8 hours to chill.
7. After it has chilled, stir and you have homemade Greek yogurt ready for using.

Notes:

Quantities. I have listed this recipe as a quantity of 4 and that is because it fills 2 jars and is plenty for a family of four for the week.

Strain. Do you want very thick Greek yogurt? Then put the Greek yogurt over a sieve with kitchen towel and then after an hour a lot of the water will have come out of the yogurt and made it much thicker.

Silicone. It's essential that you use a silicone whisk because otherwise it will damage the instant pot inner pot.

Milk. The milk you use matters. Use a skimmed (fat free) milk then you will end up with a fat free healthy yogurt. Use full whole milk with the highest fat content and you will have a creamy high fat yogurt. That same rule applies to the yogurt so do think about the yogurt you want.

Instant Pot Strawberry Cheesecake

Prep Time

8 Mins

Cooking Time

30 Mins

Total Cook Time

38 Mins

Servings

8

Ingredients:

1100g Philadelphia Cream Cheese
400g Caster Sugar
3 Large Eggs
4Tbsp Thick Greek Yoghurt
1Tbsp Vanilla Essence
6 Strawberries (thinly sliced)
75g Butter
90g Biscuits/Crackers
Extra Strawberries (for decoration)



Method:

1. In a bowl, beat the sugar with the cream cheese until you have a light and fluffy mixture.
2. Add in the strawberries along with an egg at a time and blend slowly until smooth.
3. Add in yoghurt and vanilla and stir with a fork.
4. Whilst your cheesecake is resting in a bowl get your crust ready. Place the butter in the microwave and cook for a minute to melt it. Then use a food processor or blender to turn the biscuits into crumbs.
5. Then load the crumbs into the butter, mix well with a fork and load into the bottom of a spring form pan. Then use a fork to press down so that you have a level layer of crust.
6. Cover the cheesecake filling over the crumb base and make sure it is level and get rid of any lumps or bumps.
7. Place 2 cups of water (480ml) into the instant pot, add the trivet and then load up the spring form pan with a tight layer of foil.
8. Place the lid on the instant pot, set the valve to sealing and cook for 30 minutes.
9. Do a quick pressure release, remove from the instant pot, remove the foil and allow to cool.
10. Once cool place in the fridge overnight for 12 hours.
11. The next day, cover with sliced strawberries before serving.

Notes:

Resting. For the best results fridge the cheesecake overnight in the fridge. I have found the best cheesecakes are ones that have been refrigerated for about 12 hours.

Quantities. I only like a small crust for my cheesecake, if you want a much thicker base, then I recommend you triple our butter and biscuit quantities.

Flavours. We made a strawberry cheesecake. You can swap the strawberries in this recipe for Oreos to make an Oreo cheesecake or how about pumpkin puree for a thanksgiving cheesecake?

Biscuits. For your biscuit crumb you can mix and match with what you prefer. We used digestives, but you can use Oreos, graham crackers or my other favourite is maria biscuits for a Mediterranean cheesecake.

Thanks For Reading

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