

Top 10 Instant Pot Recipes To Cook First

LEARN YOUR INSTANT POT

Top 10 Instant Pot Recipes
To Cook First



By: [RecipeThis.com](https://www.recipethis.com)

Introduction

Welcome to module 2 of **Learn Your Instant Pot** and this week's edition is all about the **top 10 instant pot recipes to cook first** that will help with your instant pot confidence.

I mentioned in module 1 that most people have a fear of getting the instant pot out of its box.

Well I have even met food bloggers that blog about the instant pot that had major anxiety issues when they got theirs. It was sat in their garage for 6 months before they dared to get it out of the box. Yet they are among the best instant pot bloggers and now have more than 300 instant pot recipes and cookbooks etc.

I must have 300 different instant pot newbies message me that have an instant pot in the box and never used it.

But the point of the story, is that we all are instant pot beginners once and that by building up your confidence with some super simple beginner recipes you can become more confident.

Let's say you have just bought an instant pot, or have one sat in the box. These are the beginner recipes that are perfect for you.

We have included 10 basic beginner instant pot recipes in this module as well as quick print recipe cards so that you can print them off and follow them along at home.

I also recommend that you follow each recipe (unless you hate the recipe) as it will help build up your confidence before next week's module.

Recipe 1 - Instant Pot Condensed Milk

This is one of those amazing sweet tooth moments and is fantastic for instant pot beginners.

I never knew of such a product until Dominic introduced me to it a year or so after we got our first instant pot.

If you have not heard of it before sweetened condensed milk when cooked under water turns into Spanish caramel also known as dulce de leche.

If you cooked dulce de leche on the stovetop you would remove the packaging and place the can submerged under water. It would then cook for 4 hours. You would grab the can once it was cool enough to handle, stir it and then use it as a caramel alternative in recipes.

We use it in a caramel cheesecake, banoffee pie or caramel popcorn.

However, take condensed milk to the instant pot and you would pressure cook it instead submerged in water and the cook time would be 40 minutes.

It's a no brainer taking something from 4 hours down to 40 minutes with the same method and once you have accomplished the water test it's the next best thing.

I recommend every new instant pot user makes this. Not only do you get to see how much the instant pot can decrease the cook time but it's so simple.

Ingredients:

- 1 Can Sweetened Condensed Milk

Method:

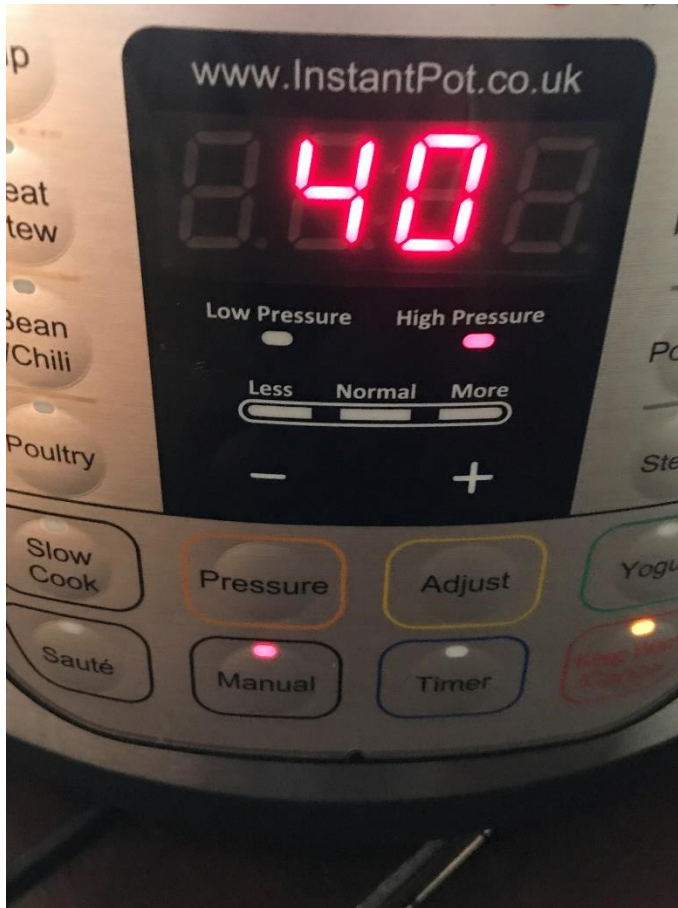
Remove the packaging from a can of condensed milk and place into the instant pot inner pot.



Pour warm water over the can of caramel until it is submerged.



Place the lid on the instant pot, set the valve to sealing and cook for 40 minutes on manual pressure cook.



Use quick pressure release and pour cold water over the can to cool it down quicker. Once the can of condensed milk is cool enough to handle remove the lid, stir and eat.



Now decide how you want to use your caramel and enjoy!

Recipe 2 - Instant Pot Frozen Broccoli

This is our most cooked instant pot side dish. We will load frozen broccoli into the instant pot, pressure cook it for 0 minutes and then you have perfectly cooked broccoli.

Then I will load the just cooked broccoli into the air fryer, spray with extra virgin olive oil and I have crispy broccoli similar to when you bake vegetables in the oven.

Though of course, if you don't have an air fryer you can skip this step and just pressure cook.

It also makes dinner time so easy. You have already got the veggies sorted and now you can focus on the meat or fish.

Ingredients:

- 1 Bag Frozen Broccoli

Method:

Place a cup of water into the bottom of your Instant Pot Inner Pot. Add to it your trivet, followed by your steamer basket. Load your steamer basket up with frozen broccoli florets.



Place the lid on your Instant Pot, set the valve to sealing and cook for 0 minutes. When it beeps, quickly release pressure using quick pressure release and serve.



I also recommend buying frozen broccoli in bulk and then loading it into the freezer. Then grab a bag of frozen broccoli when you are making dinner.

Recipe 3 - Instant Pot Baked Potatoes

Making instant pot baked potatoes is very similar to steaming vegetables and I recommend it as your recipe #3. The greatest thing about baked potatoes in the instant pot is the time saver.

How often have you made baked potatoes in the oven and it feels like you are waiting forever for that bigger one, that isn't done?

Well when you cook baked potatoes in the instant pot (like with the caramel) you have a big drop in cook time.

The XL potatoes that would take 90 minutes in the oven are done in the instant pot in 30 minutes. Or mini potatoes can be done in 8 minutes. Its all about the size of your potatoes.

You load the baked potatoes into the instant pot, they pressure cook, it beeps, and you eat them!

Ingredients:

- 4 Large Potatoes

Method:

Place a cup of water into your Instant Pot inner pot and add your steamer insert. Chop your potatoes down the middle so that they have the chance to breathe, but without them breaking in half.

Season your potatoes with salt. Place the potatoes into the steamer insert and place the lid on your Instant Pot.



Set the valve to sealing and cook for 30 minutes. Manually release pressure and serve.



If you follow a low carb diet such as paleo you can swap white potatoes for sweet potatoes and keep the same cook times.

Recipe 4 - Instant Pot Baby Potatoes

When I am teaching you how to use the instant pot and building up your confidence I like to focus on similar recipes. Recipe #3 was the baked potatoes, and these are the baby potatoes.

Or do you call them new potatoes where you live?

Whatever you call them, you can load them into the instant pot and do an 8 minute pressure cook and they can be like the baby potatoes that are served in restaurants with salmon.

Ingredients:

- 500g/1.1kg Baby Potatoes
- Salt & Pepper

Method:

Place a cup of water into your Instant Pot inner pot and add your steamer insert. Fork your potatoes so that they have the chance to breathe and load them into the steamer insert. Season your potatoes with salt and pepper.



Place the lid on your instant pot and set the valve to sealing. Press manual/pressure cook and cook for 8 minutes.

Do a quick pressure release and serve warm with butter and parsley.

You can also load them into the air fryer to make them crispy or use a crisp lid.



Recipe 5 - Instant Pot Cheese Sauce

When planning this top 10 list for you, I was thinking about what everyday recipes we cook that are super useful to the new instant pot user.

Well our instant pot cheese sauce entered my head. Whether you would call it a flourless cheese sauce, a cauliflower sauce, or a cauliflower puree, it is amazing in the instant pot.

You can use this cheese sauce for any of your favourite casseroles and it is a quick dump your ingredients into the instant pot kind of recipe.

You can also just make a cauliflower sauce (forget the cheese) and have a creamy white sauce if you follow a cheese free diet.

Ingredients:

- 1 Kg/2.2lbs Frozen Cauliflower Florets
- 1 Red Onion
- 3 Garlic Cloves
- 4 Tbsp Coconut Milk
- 1 Tbsp Extra Virgin Olive Oil
- 200g/7oz Soft Cheese
- 200g/7oz Cheddar Cheese
- 1 Tbsp Oregano
- Salt & Pepper

Method:

Place a cup of cold water into your instant pot inner pot. Lower your steamer basket and load it up with your frozen cauliflower. Place the lid on the instant pot, set the valve to sealing and cook for 2 minutes on manual pressure.

Once it is done and beeps, drain the cauliflower. Also remove the excess liquid from the bottom of the instant pot.

Put the empty instant pot on sauté and while it warms up peel and thinly slice fresh garlic and a red onion. Sauté for about 2 minutes or until the onion and garlic have softened.



Turn off the sauté and add back in the drained cauliflower.



Add in seasonings, coconut milk and keep stirring until the cauliflower is nice and mushy.

Using a hand blender, blend until smooth.

Add in cheese and stir until the cheese is mixed in and the cheddar has melted.



Recipe 6 – Instant Pot Mushroom Soup

Like I mentioned above, I love to teach you similar instant pot recipes, so that you can gain lots of confidence and build up your recipe knowledge.

After making our flourless cheese sauce I recommend you try our mushroom soup. But its not like a regular mushroom soup. The inspiration behind it is a healthier replacement for unhealthy cans of cream of mushroom soup.

You can make a batch of it in the instant pot and then use it for whenever you follow a recipe that calls for a can of cream soup. Ideal for slow cooker 3 ingredient meals or for using in the instant pot in casseroles and pasta dishes.

Though of course, if you want to enjoy it as just instant pot mushroom soup you can do that too.

Ingredients:

- 500g/1.1lb Mushrooms
- 250ml/1.05 cup Vegetable Stock
- 1 Tsp Thyme

- 1 Tbsp Parsley
- Salt & Pepper
- 250ml/1.05 Cup Creamer

Method:

Place the vegetable stock in the bottom of your Instant Pot. Add your steamer shelf (trivet) to the bottom of the Instant Pot inner pot.

Layer your mushrooms over the steamer shelf and place the lid on the Instant Pot. Set the valve to sealing and cook on manual pressure for 2 minutes.

Manually release pressure (QPR) and place the mushrooms and the leftover stock into a blender. Or use a hand blender and do it over the instant pot.



Add your seasonings, preferred creamer, and blend until you have that creamy texture.

Portion up into 4 containers and you now have 4 batches of Instant Pot Mushroom Soup. Or serve it up as mushroom soup.



When talking creamer, I am talking about whatever you prefer to make your sauces creamy with. If you are vegan or on paleo this might be coconut milk, or for those on a calorie controlled diet it might be fromage frais, quark or fat free Greek yoghurt.

Recipe 7 - Instant Pot Frozen Smokies

If you are Australian or British, the chances are you will not have heard of frozen smokies before or have any idea what I am talking about. The popular US game day snack is ideal for learning your instant pot and is a quick dump and enjoy instant pot recipe.

The idea is that baby sausages (aka cocktail sausages) are loaded into the instant pot with barbecue sauce. The sausages, or smokies as they are known are then pressure cooked fast and then you have a yummy snack.

Ingredients:

- 500g/1.1lb Frozen Cocktail Sausages
- 250ml/1.05 Cup BBQ Sauce

Method:

Place your frozen cocktail sausages into the instant pot along with your barbecue sauce and 250ml of water. Mix and place the lid on the instant pot.



Set the valve to sealing and cook for 1 minute.

When it beeps manually release pressure.

Stir and serve.



Recipe 8 - Instant Pot Italian Sausages

Following on from the theme of tossing sausages with sauce in the instant pot, we have this Italian sausages option.

You can use any type of sausages in this recipe and lets say you are on WW you could use chicken sausages or if you are on paleo you could use Whole30 approved sausages. The choice is yours.

The idea behind the recipe is that you load frozen sausages into the instant pot with tinned tomatoes or any tomato sauce of your choice. Add seasoning and pressure cook.

You then have delicious sausages in tomato sauce that are ideal for a quick lunch or dinner.

Ingredients:

- 8 Thick Italian Sausages
- 400 g Tinned Tomatoes
- 1 Tbsp Oregano
- 1 Tsp Thyme
- Salt & Pepper

Method:

Place the tinned tomatoes into the instant pot and add in seasonings and mix. Place frozen stuck together Italian sausages on top and don't stir.



Place the lid on the instant pot and set the valve to sealing.

Cook for 4 minutes on manual/pressure cook. Manually release pressure when it beeps and serve.

Recipe 9 - Instant Pot Garlic Spaghetti

This is a great recipe for introducing you to the sauté function on the instant pot pressure cooker. I made this about 50 times during the summer of 2018, but started the tradition on a campsite in France.

You see dried shop bought spaghetti when you leave it in water will return to fully cooked ready to serve spaghetti. So, I will use the instant pot to sauté the garlic and white wine, then toss it in just soaked spaghetti. It will warm up the spaghetti and you have a yummy garlic spaghetti to serve with dinner.

Ingredients:

- 1kg/2.2lbs Spaghetti
- 6 Large Garlic Cloves
- 2 Tbsp Olive Oil
- 250ml/1.05 Cups White Wine
- 1 Medium Red Onion
- 2 Tbsp Mixed Herbs
- Salt & Pepper

Method:

Place your spaghetti into a large bowl, cover with water and leave to soak for a minimum of 3 hours.

Peel and thinly dice the garlic and red onion.



Place the garlic and onion in the Instant Pot along with the olive oil and cook on the sauté setting.

Once the garlic starts to brown and the oil is spitting, add in the white wine. Stir well and make sure the wine mops up all the garlic and onion and it will also stop the oil from sticking. Cook on sauté until the wine comes to the boil.

Add the seasoning and mix.

Pour the contents of the Instant Pot over the spaghetti and mix well with tongs.



Serve with warm crusty bread.

Recipe 10 - Instant Pot Steamed Tomatoes

This is a great fun recipe to do, especially when you have lots of spare tomatoes. I originally made this while on vacation in a tent in France using the tomatoes I had bought locally.

The tomatoes are steamed in the instant pot and then the skins come off the tomatoes perfectly and are ideal for meal prep.

Ingredients:

- 1kg/2.2lbs Fresh Tomatoes
- Salt & Pepper

Method:

Slice the tomatoes into halves, or quarters if you have really big ones. Season the tomatoes with salt and pepper.



Place the tomatoes into the Instant Pot Pressure Cooker. Add 1 cup of water and place the lid on the Instant Pot. Set the valve to sealing and cook on manual for 0 minutes.

Quickly release pressure (QPR) and using a fork gently remove the skin from the tomatoes.



And just like that, those are your ten instant pot beginner recipes to cook first. We hope you enjoy them and that they help you get to grips with your instant pot or other brand of electric pressure cooker.

Thanks For Reading

Thanks so much for reading Learn Your Instant Pot Module 2 Top 10 Instant Pot Recipes To Cook First.

We love sharing our knowledge of instant pot cooking with you. The start of our great instant pot friendship doesn't have to end there. In fact, we would absolutely love it if you connected with us online so that we can meet again:

- [Facebook](#)
- [Pinterest](#)
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- [Facebook Group](#)
- [You Tube](#)



The Milner Family @recipethis.com

PS: We look forward to getting to know you and hope to see you around our site! If you ever have any questions or comments, feel free to email us at support@recipethis.com.