the big electric pressure cooker cookbook

Breakfast, Lunch, Dinner
& Dessert Recipes for
Instant Pot®

Harper McKinney

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Before You Begin: Free Cookbooks

If, like me, you are a huge cookbook addict then I'd love to help satiate your appetite for new recipes! As a small token of thanks for picking up this book I'd like to offer you the chance to pick up more just like it for free by joining my cookbook addicts club!

You'll find more information at the back of this book. Can't wait that long?

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Love a recipe but wish it had a little twist? Meet Recipe Genie — your AI-powered celebrity chef that helps you tweak, swap, and perfect any recipe to your taste or diet.

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Table of Contents

- Before You Begin: Free Cookbooks 3

Introduction 9

Breakfasts 12

- Cheesy Ham Quiche 13
- Steel Cut Apple Oats (Vegetarian) 15
- Cardamom Steel Cut Oats (Vegan) 17
- Cherry Chocolate Oatmeal (Vegetarian) 19
- Bacon Frittata Jars 21
- Lemon Pepper Muffins 23
- Breakfast Hard-Boiled Eggs (Vegetarian) 25
- Homemade Greek Yogurt (Vegetarian) 27
- Cheesy Bell Casserole 29
- Greek Spinach Ham Casserole 31
- Breakfast Sausage Burritos 33
- Cheesy Hash Brown Casserole 36
- Tomato Salsa Eggs (Vegetarian) 38
- Hash Bacon Gratin 40
- Italian Basil Hash 42
- Maple Apple Crisp (Vegan) 44
- Apple Porridge Delicacy 46
- Caro-Banana Bread (Vegetarian) 48
- Cranberry Toast Pudding (Vegetarian) 50
- Tomato Quiche (Vegetarian) 53
- Scalloped Potato Casserole 55
- Mushroom Frittata Casserole 57
- Bell Mushroom Muffins 59
- Cheesy Brioche Pudding 61
- Classic Ham Hash 64
- Hearty Cauliflower Hash 66
- Tomato Quinoa Quiche (Vegetarian) 68
- Funny Tater Tot Bowl 70
- Pull-Apart Cheesy Barbecue Biscuits 72
- Hash Breakfast Tart 74

Lunches 77

- Saucy Apricot Chicken 78
- Chicken Lime Salsa 80
- Classic Hot Dogs 82

Italian Chunky Sausage Soup 84
Teriyaki Chicken Thighs 86
Chicken Verde Casserole 89
Adobo Carnitas 91
Glazed Chicken Drumsticks 93
Spicy Beef Roast 95
Pepperoncini Roast 97
Meatballs with Mushroom Gravy 99
Venezuelan Bell Steak 102
Chicken Zoodles 104
Chunky Chicken Soup 107
Hawaiian Pina Colada 109
Cajun Jambalaya 111
Serrano Lamb Curry 114
Steak Stir-Fry 117
Classic Beef and Broccoli Stew 119
Rocky Rice Pilaf 121
Juicy Beef Roast 123
Festive Turkey Breast with Gravy 127
Italian Kale Risotto (Vegetarian) 130
Hearty Ramen (Vegan) 132
Nutty Sweet Potato Stew (Vegan) 134
Herbed Mushroom Polenta (Vegetarian) 136
Butternut Risotto (Vegan) 139
Chunky Bean Soup (Vegan) 141
Brazilian Black Beans (Vegan) 143
Dinners 145
German Roast 146
Porcini Mushroom Stew 149
Nutty Chicken Stir-Fry Pot 152
Cheesy Pasta Enchilada 155
Messy Enchilada Soup 157
Cheesy Spanish Rice (Vegetarian) 159
Crimini Italian Chicken Stew 161
Winter Stew (Vegan) 163
Cottage Lasagna (Vegetarian) 166
Loaded Mac and Cheese (Vegetarian) 169
Bell Paprika Stew 171
Hunt Ravioli 173
Corned Beef Gratin 175
Wild Chicken Soup 177

Lemon Chicken Pasta 180
Jasmine Chicken Rice Stew 182
Corny Ranch Dressing 184
Cheesy Shredded Chicken 186
Shrimp Rice Stir-Fry 188
Mushroom Gnocchi (Vegetarian) 190
Pickled Flank Steak 192
Mustard Turkey Burgers 195
Upside-Down Cauliflower Rice Casserole 197
Nutty Kabsa 200
Chunky Potato Risotto (Vegan) 203
Roasted Chicken Fajitas 205
Cracked Red Wine Shank 207
Corny Burrito Bowls 209
Chipotle Quinoa Bowls (Vegetarian) 211
Coconut Curry (Vegan) 213
Desserts 215
Choc Chip Honey Cake (Vegetarian) 216
Vanilla Nut Cheesecake (Vegetarian) 218
Greek Pumpkin Cake (Vegetarian) 220
Woodsy Applesauce (Vegan) 223
Mason Lemon Cheesecake (Vegetarian) 225
Chocolate Vanilla Cake (Vegetarian) 227
Creamy Almond Pudding (Vegan) 229
Apple Bread Pudding (Vegetarian) 231
Chocolate Chip Cake (Vegetarian) 233
Festive Nutty Carrot Cake (Vegetarian) 236
Pina Colada Pudding (Vegetarian) 238
Halloween Sticky Pudding (Vegetarian) 240
Maple Stuffed Peaches (Vegetarian) 243
Steamed Lime Bread (Vegetarian) 245
Festive Sweet Buttermilk Cake (Vegetarian) 247
Toothy-Fruity Cake (Vegetarian) 250
Cardamom Pear Cake (Vegetarian) 253
Lemongrass Pudding (Vegetarian) 255
Buttermilk Banana Bake (Vegetarian) 257
Bacon Pudding 259
Classic Coconut Pudding (Vegan) 261
Cherry Pie (Vegetarian) 263
Sticky Caramel Cake (Vegetarian) 265
Vanilla Butterscotch (Vegetarian) 267

Classic Messy Coconut Cake (Vegetarian) 269
Apple Peach Cobbler (Vegetarian) 271
Caramel Macchiato Cake (Vegetarian) 273
Lemon Cheesecake (Vegan) 275
Turtle Pull-Apart Biscuits (Vegetarian) 278
Chocolate Fudge Cake (Vegan) 280
General Cooking Times 282
Beans, Legumes & Lentils 283
Meat & Poultry 285
Seafood & Fish 287
Fresh & Frozen Veg 288
Rice & Grains 291
Fruits 292
Liquids, Herbs & Spices 294
Weights 295
Common Non-Liquids by Weight 296
Like This Book? 299

INTRODUCTION

Pressure cookers have evolved so much over the years, from basic lumps of tin hidden away at the back of the cupboards to fancy, flashing hunks of brushed steel that take pride of place on the kitchen counter.

With the electric revolution has come a whole new world of possibility so that, now, anyone can produce perfectly cooked breakfasts, lunches, dinners and desserts with the push of a button, all with one piece of kit.

If you haven't picked up an Instant Pot yet, you can check out the latest and greatest version here:

• Click Here to See the Latest 'Smart' Instant Pot •

This version connects to your phone – yes, seriously – to make cooking even more of a breeze. Once you've got one of these little beauties in your kitchen, you're ready to roll!

Instant Pot do a great job of providing instructions on how to use the thing, so I'm not going to waste your time going over old ground, though you will find some useful tips at the back of this book. If you're not one of those people who keeps instruction manuals (i.e. a man!) then you can find them on the Instant Pot website. Then again, if you're a man, you're probably just going to figure it out through trial and error anyway.

This cookbook is made up of all four of my bestselling *Potstars* series cookbooks bundled into one ultimate package and contains something for everyone. From quick and easy meals for busy singletons, to feasts for fussy families and everything in-between; there's enough choice to put a smile on every face!

You'll find plenty of carnivorous dishes, plus generous helpings of vegetarian and vegan options. For simplicity, eggs and dairy are included in some vegetarian meals as I'm not sure whether you're lacto, ovo or something else.

There's even a boatload of delicious sweets and treats for your Instant Pot. Oh yes, it really can do it all. In total there's a whopping 120 recipes inside, made up of 30 breakfasts, lunches, dinners and desserts. So now you can knock up something awesome every day of the week!

Why no pics? It seems like we are becoming increasingly obsessed with how food looks and forgetting all about the most important aspect: the joy of improvisation and discovering new flavors for yourself.

The recipes in this cookbook are designed to enter your mouth, not a modeling contest, so I've deliberately done away with photos and made the recipes as simple to create as possible.

Cooking shouldn't cause anxiety about whether you've "done it right", so I've done my best to take that barrier away and make cooking fun and accessible for everyone. There really is no right or wrong way, only the joy of giving it a go.

As I've found out over many years of cooking, perfection does not exist. I don't hold myself to Instagram standards, I don't measure every grain of rice to the nearest 100th of a gram and, shock horror, I may even make a typo once in a while! But what it all adds up to is something that you can truly call your own.

Some of the most marvelous meals I've ever had have been a little bit rough around the edges, or even had that downright 'dropped from a rooftop' vibe going on. Others, somehow, have turned out like works of art. I encourage you to let out your inner chef and enjoy every second.

So without further ado, go forth and dive into the wonderful world of possibilities at your fingertips. We'll start with some beautiful breakfasts!

P.S. I'd love to hear about your favorite recipes, so feel free to head on over to Amazon and leave a quick review, I read every single one!

Breakfasts

Cheesy Ham Quiche

What's a Sunday morning breakfast without a scrumptious quiche loaded with sausages, bacon and ham? Come to think of it, that's how all days should begin!

Serves: 4 | Prep Time: 15 mins | Cooking Time: 35 mins

Ingredients

- 6 eggs, beaten
- 1 cup of loose sausages, cooked
- 1 cup of cheese, shredded

- ½ cup of milk
- ½ cup of ham, diced
- 2 green onions, finely chopped
- 4 strips of bacon, cooked and crumbled
- ¼ teaspoon of salt
- ⅛ teaspoon of black pepper

Directions

1. Whisk the eggs, salt, pepper and milk in a large mixing bowl.
2. Mix the cheese, onion, sausages, ham and bacon in a greased 1-quart soufflé dish, and then pour the egg mix all over them.
3. Pour 1 ½ cups of water into an Instant Pot, then lower a trivet into it.
4. Create a sling with a piece of foil to place the soufflé dish in the pot, then cover it loosely with a piece of foil.
5. Put on the lid and cook the quiche for 30 min on high pressure.
6. Once the time is up, use the natural method to release the pressure for 10 min.
7. Sprinkle more shredded cheese on the quiche, and broil it in a heated oven until the cheese melts.
8. Serve your quiche right away and enjoy.

You can refrigerate this quiche for 2 days, and feel free to enjoy it with some ketchup.

Steel Cut Apple Oats (Vegetarian)

This is one of the easiest breakfast recipes ever! You can prepare it in minutes and still have an amazing meal. A good day starts with a good breakfast.

Serves: 2 | Prep Time: 10 mins | Cooking Time: 4 mins

Ingredients

- 2 green apples, peeled and finely chopped
- 1 ½ cups of water
- 1 cup of steel cut oats