

Quick Reference Instant Pot Cooking Times

Food

Directions

WHITE RICE

1:1.5 WATER RATIO 8 MINUTES

OATS

1:1 2/3 WATER RATIO
QUICK: 6 MINUTES
STEEL-CUT: 10 MINUTES

DRIED BEANS

COVER BEANS WITH WATER
20-25 MINUTES

CHICKEN BREAST

1 CUP WATER 15 MINUTES
(FROZEN 20 MINUTES)

BEEF

SMALL CHUNKS 25-30 MINUTES
LARGE CHUNKS 35-40 MINUTES

PORK ROAST

45-60 MINUTES

**BROCCOLI, CARROTS,
GREEN BEANS, PEAS**

FRESH 2-3 MINUTES
FROZEN 3-4 MINUTES

POTATOES

CUBED 7-9 MINUTES
WHOLE 12-15 MINUTES

SWEET POTATOES

CUBED 4-5
WHOLE 7-9 MINUTES