



# INSTANT POT GUIDE & RECIPES

*for beginners*  
*Cooking with Karli*

EVERYTHING YOU NEED TO KNOW TO MASTER YOUR INSTANT POT!

# credit

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# disclaimer

All recipes have been tested exactly as written using an Instant Pot<sup>®</sup> 6 qt 7-in-1 DUO. Modifying the recipes in any way will alter the outcome. Varying factors such as brands of products used or the freshness of ingredients can change the outcome of any given recipe.





# all about me:

Hey, I'm Karli! I am the face behind my blog, Cooking with Karli and the author of this eBook. Thank you so much for your support!

My blog is a little glimpse into my kitchen, family & life. I take pride in creating and developing recipes that use minimal ingredients, have little prep yet, taste AMAZING! Oh, and picky eater friendly, too. I love the Instant Pot but have quite the sweet tooth (Exhibit A right over there on the lefthand side of this page).

With 3 kids 5 and under, there isn't ever a shortage of crazy going on at my house. I'm just a regular girl trying to survive everyday life like the next person.

I hope when you visit my blog you can giggle and cry with me. That you feel like you're sitting down with an old friend. That you can feel that you matter and are LOVED!

My goal with this eBook will improve your confidence and make you feel proud of yourself! You can do it!  
I BELIEVE IN YOU!!

xoxo, Karli



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# introduction

As a busy mom with 3 kids, I took to the Instant Pot immediately. As of right now, I have had my Instant Pot for almost 2 years.

Since receiving my Instant Pot I have experimented almost daily! Lots and lots of fails to learn and understand the ins and outs of this machine. I am so excited to teach you all of the knowledge I've gained over the past couple of years!

This eBook is formatted with essential lessons to help you understand the Instant Pot along with coordinating recipes.

Each recipe shared in this book has an entire blog post dedicated to it with detailed explanations and process pictures. The title of each recipe is clickable and will take you to the full blog post. (NOTE: When clicking on the recipe title for the first time, depending on your computer's settings, you may have a pop up asking if you trust my site before being redirected to the blog post.)

The table of contents is clickable, too!! This way you can hop to whatever page you'd like to.

Happy Instant Potting!



# Instant Pot lingo, acronyms & terminology

## ACRONYMS

**IP- INSTANT POT**

**HP- HIGH PRESSURE**

**LP- LOW PRESSURE**

**NPR- NATURAL PRESSURE RELEASE** (aka letting the pot release it's pressure by itself. You do **NOTHING** to make this happen. Once the timer goes off, it will automatically start releasing the pressure. Recipes will specify if you should NPR for a certain time or if you should even do it at all.)

**QR- QUICK RELEASE** (aka turning the knob on top of the IP so you are manually releasing the pressure.) Warning- **HOT** steam will come shooting out, so make sure your hand isn't in the way!

**PIP- POT IN POT** (This is when a pot is placed inside of the inner pot to cook the food.) My [Breakfast Burrito Recipe](#) is a great example of this!

**5-5-5 METHOD-** 5 minutes high pressure, 5 minute NPR, 5 minute ice bath. Same idea with 4-4-4 etc.

## TERMINOLOGY

**TRIVET-** the metal steaming rack that came with your Instant Pot.

**SEALING RING-** the silicone ring that is inside of the lid. This is what seals the pot and allows it to come to pressure. Your Instant Pot will not work with out it, or if it is not in place properly.

**PIN-** the small round indicator on top of the Instant Pot that will pop up when the pot has reached pressure.

**SEALING VALVE/KNOB-** this is the knob on top of the Instant Pot. It is important that the knob is turned over to the 'sealing' position while pressure cooking.

**INNER POT/LINER-** referring to the removable stainless steel pot that the food cooks in.

**DEGLAZE-** This means using a liquid on the saute setting to get all of the stuck bits of food off of the bottom of the liner. If you ever brown meat before pressure cooking, you will have to deglaze the liner. If the liner isn't deglazed you will end up with the burn notice.



# The water test

The water test is a great place to begin with your Instant Pot. The manual suggests doing this before cooking with your Instant Pot to first make sure your pot works correctly and second, to familiarize yourself with how the pot works.

So essentially with the water test, you'll be making boiled water.

Here is how you do it:

1. Pour 1-3 cups of water into your Instant Pot. (The exact amount doesn't matter.)
2. Place the lid on the Instant Pot, turn the knob towards Sealing.
3. Press the Manual Button\* and adjust the time for 3 minutes.
4. It will take 5-10 minutes before the timer will start counting down.
5. When the cooking cycle is complete, the Instant Pot will beep. You can then turn the knob to quick release the pressure.

Note: Hot steam will come out of the vent!

\* If your Instant Pot doesn't have a 'manual' button, use the 'pressure cook' button. They are the exact same function, the name just varies on different models.



# INSTANT POT LESSON 1

## what is an Instant Pot? How does it work?

First things first, an Instant Pot is an electric pressure cooker. So unless you've used a stovetop pressure cooker before, this will be an entirely new method of cooking for you!! You will be cooking using **PRESSURE**.

In order for the Instant Pot to work, seal and build pressure correctly there needs to be some type of liquid inside of the Instant Pot.

When cooking with the Instant Pot, add the ingredients from your recipe into the Instant Pot, lock the lid into place, **TURN THE KNOB TO SEALING** and adjust the cook time.

Inside the pot, everything will start heating up and boiling until the contents create enough steam to seal the pot.

Once the pot has sealed, the timer will count down. Once the cook time is complete, the Instant Pot will beep, you can then release the pressure according to your recipe.







# INSTANT POT strawberry jam

## INGREDIENTS

- 1 lb strawberries, hulled, quartered
- 1/2 cup sugar
- 2 tsp cornstarch

## INSTRUCTIONS

1. Turn the Instant Pot's Saute function on. Place the strawberries and sugar in the liner and stir until the sugar has dissolved and the strawberries are coated with the strawberry sugary mixture.
2. Lock the lid in place and cook on Manual HIGH for 1 minute then allow for a 10 minute NPR.
3. After the 10 minute NPR, release the rest of the pressure manually.
4. Remove 1/4 cup of liquid and thoroughly mix in the cornstarch to make a cornstarch slurry.
5. Turn the Saute function back on and add the slurry to the pot. Using a whisk, mash and stir the strawberries.
6. Saute for 3-5 minutes or until you've reached desired consistency. If after 5 minutes it still isn't as thick as you'd like, you can add a little extra cornstarch. Remember that the jam will thicken as it cools!
7. Cool completely and then transfer to a jar and refrigerate! This jam will stay fresh refrigerated for 1 week!

## INSTANT POT LESSON 2

### *What liquid is okay to use?*

As we learned in Lesson 1, we need a liquid in order for the Instant Pot to work. Not just any liquid, a thin liquid. If the liquid is too thick it will burn to the bottom of the Instant Pot. So, no, mixing a cream of something soup with some chicken broth doesn't count as a liquid.

A thin liquid is something that has the consistency of water. Water, broth, soda pop, cooking wine.. or **HEAVY CREAM** (or 35% if you live in Canada!).

Heavy Cream is the one and only dairy product that is okay cooking under pressure. Let me explain why.

Heavy Cream has enough fat to stabilize it while cooking under pressure which is why it won't curdle. Milk, half n half, evaporated milk.. **THOSE ONES WILL CURDLE IF COOKED WITH UNDER PRESSURE.**

So what do you do if you want to slim a recipe down and use something lighter than Heavy Cream? First, check to see if there is a Skinny Version of the recipe and if not, post into the [Facebook Group](#)! I'm happy to help!







# INSTANT POT *dump & start chicken alfredo*

## INGREDIENTS

- 1 1/2 cups chicken broth
- 1 1/2 cups heavy cream
- 1 tsp minced garlic, dried
- salt and pepper, to taste
- 4-6 frozen chicken tenders
- 1/2 lb dry linguine noodles, broken in half
- 3/4-1 cup parmesan cheese, shredded

## INSTRUCTIONS

1. Add (in this order) the broth, cream, noodles, garlic, salt, pepper and frozen chicken tenders to the instant pot. **DO NOT STIR**, but make sure all noodles are covered. If you need to move some noodles around, that's okay.
2. Set your Instant Pot to Manual for 6 minutes (I like my noodles with a little bite to them, if you like yours softer I'd recommend cooking for a minute or two longer) and then let it naturally release its pressure for an additional 6 minutes then quick release.
3. Remove the chicken tenders and shred/dice the chicken.
4. Let the noodles and sauce sit for a minute or so. **THIS IS VERY IMPORTANT.** Your cheese will not melt into the sauce if it doesn't cool for a minute or two.
5. Gradually stir in the parmesan cheese. This will thicken the sauce, the sauce will thicken more as it cools.

## NOTES

This recipe can easily be doubled! Leftovers are best when you add a splash of milk in after it is reheated.

# INSTANT POT LESSON 3

## *takes time to build pressure*

When reading a recipe it will indicate a cook time, let's say 6 minutes, for an example.

The 6 minutes is referring to the actual time **UNDER PRESSURE**. The pot will take 10-15 minutes to come to pressure before the 6 minute cook time begins.

You will know your pot has come to pressure when the pin on the top of your Instant Pot pops up, indicating the pot has pressurized. The timer will begin to count down once the inside of the pot has reached the correct pressure.

In order for the pot to come to pressure, the liquid inside needs to boil, create steam which will then seal the pot. If your food is starting out frozen, it will take a lot longer to reach pressure.

Note: some sites recommend turning the Instant Pot onto Saute while prepping ingredients to help the pot come to pressure faster. I **DO NOT RECOMMEND THIS**. Recipes have not been tested this way, and doing this can shorten the cook time which could result in undercooked food.







# INSTANT POT

## creamy tomato tortellini soup

### INGREDIENTS

- 3 cups chicken broth
- 4 cups frozen cheese tortellini
- 28 oz crushed tomatoes
- 1 tsp dried minced garlic
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 cup fresh basil, roughly chopped
- 1 cup heavy whipping cream
- 1/2 cup shredded parmesan cheese

### INSTRUCTIONS

1. Pour the chicken broth and frozen tortellini into the Instant Pot.
2. Pour the can of crushed tomatoes on top of the tortellini, do not stir.
3. Add the garlic, salt, pepper and chopped basil to the pot.
4. Secure the lid, make sure the knob is set to sealing.
5. Cook on Manual HIGH for 1 minute, allow for a 3 minute NPR before quick releasing the pressure.
6. After taking the lid off, turn the Instant Pot onto saute.
7. Stir in the heavy cream.
8. Once the soup is boiling, slowly add in the parmesan cheese.
9. Serve and enjoy!

### NOTES

If using dried, uncooked tortellini I would suggest trying to cook it on Manual HIGH for 5 minutes with a 3 min NPR.

# INSTANT POT LESSON 4

## NPR vs QR

When the cook cycle has finished and the Instant Pot beeps the display will read L0:00. The recipe will tell you to either NPR or QR at this point.

NPR means NATURAL PRESSURE RELEASE, or literally doing nothing for the determined time in the recipe you are using. Remember how the display will read L0:00? Well, that timer is going to count UP. So if your recipe calls for a 6 min NPR, you'll wait 6 minutes, or until the display reads L0:06 before manually releasing the pressure (QR the pressure).

QR means QUICK RELEASE. This means to release the pressure manually, by turning the knob and forcing all of the pressure out of the valve quickly.

Some recipes call for a 'controlled quick release'. This means to open and close the vent, letting the pressure out in little spurts.

Hot steam will shoot out from the valve when quick releasing the pressure, so don't accidentally cover the vent with your hand!







# INSTANT POT *applesauce*

## INGREDIENTS

- 8 apples, your favorite kind!
- 1/2 -1 cup water
- 1/8 cup granulated sugar, optional
- 1/2 tsp cinnamon, optional

## INSTRUCTIONS

1. Wash and cut the apples. You just want the core out of the apple. The slices don't need to be the same size or uniform. Mine usually are quite large.
2. Pour the water into the Instant Pot liner. The more water used the thinner the apple sauce will be. 1/2 cup of water yields a very thick apple sauce.
3. Add the chopped apple to the Instant Pot.
4. Cook on Manual HIGH for 4 minutes, NPR 5 minutes then finish off with a controlled quick release.
5. Use a fork and remove the Apple Peels out of the Instant Pot.
6. Whisk the applesauce and add in sugar and cinnamon if desired.
7. Keeps well in the fridge for up to 1 week.

## INSTANT POT LESSON 5

### *stay near the pot!*

Stay near the pot while quick releasing the pressure. This is very important! Not a lot of people talk about this up front, but I think it is definitely worth noting!

Because we are working with pressure, there is a chance that liquid can come out of the vent along with the hot air and steam. This tends to happen more often with starchy foods or when the Instant Pot is very full. This shouldn't happen with well tested recipes (if followed exactly), that is why some recipes call for an NPR.

If, by chance this does start happening to you, all you'll need to do is turn the vent back from venting to sealing. Let the Instant Pot sit while sealed for another minute or so before trying to release the pressure again.

I don't say this to scare you, I just want you to be aware of this slight possibility.







# INSTANT POT ground beef stew

## INGREDIENTS

- 2 lbs ground beef
- 4 cups beef broth
- 1 pkg au jus seasoning
- 1 1/2 tbsp minced onion, dried
- 2 potatoes, diced, small
- 2 cups frozen mixed peas & carrots
- 2 tbsp butter, room temperature
- 3 tbsp flour

## INSTRUCTIONS

1. Brown the ground beef. This can be done in the Instant Pot on the saute setting or in a separate pan, whatever you prefer.
2. Add the broth (If you used the Instant Pot to brown the meat, make sure to deglaze the pot!) ground beef, au jus seasoning, onion, diced potatoes and the frozen peas and carrots to the liner of the Instant Pot.
3. Cook on Manual HIGH for 0 (yes, ZERO) minutes.
4. While the stew is pressure cooking in the Instant Pot, make a paste with the butter and flour.
5. Quick Release the pressure when the Instant Pot is done.
6. Turn the Instant Pot onto saute. When the stew begins to boil, add the butter and flour paste to the Instant Pot.
7. Stir while the paste is melting and thickening the stew. If after all of the paste has melted, you still want the stew thicker, simply make a little bit more paste and thicken to your liking. The measurements above are exactly the way I eat it.
8. Serve with a crusty dinner roll and enjoy!



## INSTANT POT LESSON 6

### *Use Tested Recipes*

You've probably guessed by now, but cooking in the Instant Pot is like a delicately balanced science experiment. There is definitely a little bit of a learning curve.

In order for your first experiences with the Instant Pot to be successful, it is crucial to use well tested recipes and follow them exactly.

There are a lot of Instant Pot recipes out there, both good and bad. The best way to find out if the recipe is well tested is to read reviews and look to see how many times it has been shared.

Another great source are the Instant Pot specific groups on Facebook. [Instant Pot Community](#), [Instant Pot Recipes Only](#), and [Instant Pot 101 for Beginners](#) are all great places to share links and get feedback or share links to recipes you've had success with.







# INSTANT POT

## mississippi chicken sandwiches

### INGREDIENTS

- 1.5 lbs chicken tenders (either fresh or frozen)
- 1 cup chicken broth
- 1 pkg au jus seasoning
- 1 pkg ranch seasoning
- 4-6 yellow pepperoncini peppers
- 6 sub buns
- 6 slices of cheese

### INSTRUCTIONS

1. Place the chicken, broth, seasonings and peppers into the Instant Pot.
2. For frozen, cook on Manual HIGH for 6 minutes with a 6 minute NPR. For fresh or thawed, cook on Manual HIGH for 3 minutes with a 6 minute NPR.
3. Shred the chicken, return to the liquid.
4. Serve the shredded chicken on a bun with cheese.

### NOTES

We love this chicken served over rice, too.

## INSTANT POT LESSON 7

# doubling The Recipe

‘Can I double this recipe? Do I need to double the cook time also?’ is probably the most frequent question I receive in reference to my **Instant Pot Recipes**. Here is your answer:

Because we are cooking with pressure **THE QUANTITY DOES NOT MATTER**. That means, I can cook 1 chicken tender or 10 chicken tenders and the cook time will stay the same.

For any Instant Pot recipe, you can double or half the recipe without changing the time as long as you use exact ingredients.

For example: If your recipe calls for a 3 lbs roast and you want to double the recipe, you will want to use **TWO 3 LBS ROASTS**, not one 6 lbs roast.







# INSTANT POT *creamy salsa chicken Tacos*

## INGREDIENTS

- 8 chicken tenders, frozen
- 1 (16 oz) jar salsa
- 1 (8 oz) block cream cheese, cubed

## INSTRUCTIONS

1. For the Instant Pot: place the frozen tenders in the Instant Pot and pour the salsa on top.
2. Cook on Manual HIGH for 6 min, allow for a 6 min NPR before quick releasing the pressure.
3. Remove the chicken and place the cream cheese into the Instant Pot. Close the lid and let it sit on warm for 5 minutes.
4. Shred the chicken. Set aside.
5. Either whisk or use a electric hand mixer to mix in the cream cheese until smooth and creamy.
6. For the Crockpot: Place all ingredients into the crockpot. Cook on Low for 6 hours or on High for 4 hours.
7. Remove and shred the chicken, whisk the cream cheese into the salsa.
8. Serve wrapped with the shredded chicken in a tortilla with rice, cheese, beans and pico drizzled with the creamy salsa.

## NOTES

If using fresh chicken tenders, cook on Manual HIGH for 3 minutes with a 6 min NPR.

## INSTANT POT LESSON 8

### *utilizing the yogurt button*

You can use the yogurt button to make yogurt, of course. My favorite way to utilize the yogurt button is by proofing bread dough quickly!

The yogurt button holds the Instant Pot at the perfect temperature to rise dough quickly.

To rise dough in the Instant Pot, you'll pour 1 tbsp of oil into the Instant Pot. Place the dough into the Instant Pot and push the yogurt button, adjust it to the normal setting. Roll the dough in oil so it will not stick to the Instant Pot.

Cover the Instant Pot and let the dough rise until double (or whatever your recipe calls for.).

I have a lot of Instant Pot **Bread recipes** on my website!





# INSTANT POT yogurt

## INGREDIENTS

- 1/2 gal ultra-pasteurized milk, like Fairlife
- 2 tbsp new, unopened yogurt with active cultures
- Vanilla Natural Bliss, optional

## INSTRUCTIONS

1. Pour 1 cup of the milk into a small bowl. Pour remaining milk into the Instant Pot Liner.
2. Whisk 2 tbsp of yogurt into the 1 cup of milk thoroughly.
3. Pour the milk and yogurt mixture into the Instant Pot.
4. Add in the coffee creamer if desired, stir well.
5. Cover the Instant Pot with a glass lid (or take the seal out of your regular lid!).
6. Press the Yogurt button and hit adjust until the 'NORMAL' light is on. The display should read 8:00 hours. Incubate for 8 hours.
7. After the yogurt has incubated for the full 8 hours, transfer the yogurt and the inner liner to the fridge. Refrigerate for 4 hours.

## NOTES

This recipe requires an Instant Pot with the Yogurt Button.

## INSTANT POT LESSON 9

### *cooking one pot meals*

One of my favorite things about the Instant pot is being able to cook an entire meal while only dirtying one dish (and maybe a steamer basket!).

The key to making one pot meals is this: All of the ingredients need to have the same cook time.

There is only 1 exception to this rule.. Mashed Potatoes. It is entirely impossible to overcook mashed potatoes. So if you have a favorite meat and gravy dish that you make in the Instant Pot, you could totally toss diced potatoes into a steamer basket (they make flexible silicone ones!) and cook the potatoes for your mash at the exact same time!

With everything else though, if the cook times for different parts of a meal are the same, you can cook them in the same pot at the same time.

Once you use your Instant Pot more you will start to get the hang of timings and how you like things cooked, you'll be able to improvise with your old recipes or create new ones!!







# INSTANT POT

## one pot shepherd's pie

### INGREDIENTS

- 1 lb ground beef, browned
- 1 small onion, diced
- 2 cups petite carrots
- 2 cups beef broth
- salt and pepper to taste
- 1/2 tsp dried parsley
- 4 medium potatoes (6 small), peeled and cubed
- 2 cups frozen peas
- 1 pkg au jus seasoning mix
- 1/4 cup butter
- 1 tbsp sour cream
- 1 tbsp cornstarch
- 1/2 cup shredded cheese

### INSTRUCTIONS

1. Brown the ground beef. If browning in the Instant Pot, make sure to use the beef broth to deglaze the pot.
2. Add the browned ground beef to the Instant Pot liner along with the onion, carrots and beef broth. Season with parsley, salt and pepper.
3. Peel and cube the potatoes. They should be cut fairly small, approx 1 inch cubes. Add the potatoes to your steamer basket.
4. Place the steamer basket into the Instant Pot, on top of the beef and carrots.
5. Cook on Manual HIGH for 3 minutes. Quick release the pressure.
6. Remove the steamer basket and pour the potatoes into a large bowl. Set aside.

CONTUNUED ON THE NEXT PAGE





# INSTANT POT

## one pot shepherd's pie

### INSTRUCTIONS

#### INSTRUCTIONS CONTINUED:

7. Add the frozen peas and au jus seasoning mix to the Instant Pot. Stir to combine and then place the lid back on. Let the pot sit for 5 minutes.
8. While the pot is resting, add the butter and sour cream to the potatoes and mash. You can add a splash of milk to your potatoes if you'd like, I like mine thick though.
9. Turn your Instant Pot onto saute. Carefully remove about 1/4 cup of liquid from the Instant Pot, mix in the cornstarch and then return the cornstarch slurry to the Instant Pot once the broth is boiling.
10. Stir until thickened. Transfer contents of the Instant Pot to an oven safe dish.
11. Carefully spread the mashed potatoes onto the beef mixture. Top the mashed potatoes with shredded cheese.
12. Broil for a few minutes until the cheese is melted and bubbly.



# Thank you!

I hope after finishing this book you feel more confident with using your Instant Pot and that your family loved these easy Instant Pot recipes!

If this eBook made a difference for you, I would love if you'd recommend it to your friends!  
Sharing is caring. :)

I am always working on and posting new recipes to my website,  
[www.cookingwithkarli.com](http://www.cookingwithkarli.com).

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