



# Instant Pot RECIPES



If you love using your slow cooker then you are going to love the Instant Pot. My Instant pot is a life saver when the kids want to know what is for dinner, but I forgot to thaw something out. You can start with frozen chicken and dinner is still done in 40 minutes!

The Instant pot is a life saver on those crazy busy nights. You are going to love these easy Instant pot recipes. After you make a few you will become an Instant pot expert and will be able to make some of your own slow cooker recipes into delicious Instant pot recipes.

From my kitchen to yours,

Carrie Loper

[www.eatingonadime.com](http://www.eatingonadime.com)

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Instant Pot

# STUFFED PEPPERS SOUP



# STUFFED PEPPERS SOUP RECIPE

## INGREDIENTS

- Turn your Instant pot to the saute setting.
- Add in the ground beef and break it apart and allow it to brown.
- Once brown, cancel the saute setting.
- Place everything else (except the rice) into the instant pot. Stir to combine.
- Add the lid. Make sure the top is set to sealing.
- Then set the pressure to 5 minutes.
- Once finished do a quick release. The peppers will be soft and delicious.
- Stir before serving.
- Spoon into a bowl and top with a spoonful of cooked rice.
- Enjoy!

## INSTRUCTIONS

1. Turn your Instant pot to the saute setting.
2. Add in the ground beef and break it apart and allow it to brown.
3. Once brown, cancel the saute setting.
4. Place everything else (except the rice) into the instant pot. Stir to combine.
5. Add the lid. Make sure the top is set to sealing.
6. Then set the pressure to 5 minutes.
7. Once finished do a quick release. The peppers will be soft and delicious.
8. Stir before serving.
9. Spoon into a bowl and top with a spoonful of cooked rice.
10. Enjoy!

*instant pot*  
**BASLAMIC  
PORK TENDERLOIN**



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# BALSAMIC INSTANT POT PORK TENDERLOIN RECIPE

## INGREDIENTS

- Pork tenderloin (3-4 lbs)
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 cup of water
- For the Glaze:
  - ½ cup brown sugar
  - 1 tablespoon cornstarch
  - ¼ cup balsamic vinegar
  - ½ cup of water
  - 2 tablespoons of soy sauce

## INSTRUCTIONS

1. Place pork tenderloin in the instant pot.
2. Season with salt and pepper.
3. Add in 1 cup of water.
4. Add the lid and set to sealing.
5. Press the manual button and set the pressure to 20 minutes.
6. Once cooking cycle is done, let the pressure release naturally for 10 minutes before releasing the steam.
7. About 20 minutes before the tenderloin is done, combine the ingredients for the glaze in a small saucepan.
8. Heat and stir until the mixture thickens. About 3-4 minutes.
9. Remove the the pork tenderloin from the crock pot and slice.
10. Brush or drizzle the pork tenderloin with the glaze. Serve immediately.

# INSTANT POT CHEESEBURGER SOUP



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# INSTANT POT CHEESEBURGER SOUP RECIPE

## INGREDIENTS

- 4 small potatoes, peeled and diced
- 1 small white onion, chopped
- 1 cup of shredded carrots
- 4 cups of beef broth (2 cans)
- 1 can of cream of mushroom soup
- 1 teaspoon of Italian Seasoning
- 1 teaspoon of minced garlic
- ½ teaspoon of salt
- ½ teaspoon of black pepper
- 1 pound of ground beef
- 2 cups of cheddar cheese (shredded)
- 1 8 oz block of cream cheese

## INSTRUCTIONS

1. Set the Instant pot to browning. Brown the ground beef. Drain any excess grease.
2. Place potatoes, onions, and carrots in the Instant Pot.
3. Pour the beef broth and cream of mushroom soup over the vegetables.
4. Add seasonings and stir.
5. Cover with the lid and set the pressure to high for 5 minutes.
6. Do a quick release and remove the lid.
7. Add the cheddar cheese and the block of cream cheese into the Instant pot.
8. Add the lid again and allow it to sit on low until the cheese is melted
9. Serve with your favorite toppings. We topped ours with tomatoes, onions and cheddar cheese.

# INSTANT POT LASAGNA SOUP



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# INSTANT POT LASAGNA SOUP RECIPE

## INGREDIENTS

- 1 pound of ground beef
- ½ onion, diced
- 1 whole red bell pepper, diced
- 1 14.5 oz petite diced tomatoes
- 1 28 oz can of crushed tomatoes
- 1 teaspoon of minced garlic
- 1 tablespoon of Italian Seasoning
- 4 cups of beef broth (1 carton)
- 12 oz of Lasagna Noodles
- 15 oz of ricotta cheese (You won't need it all)
- 1 cup of mozzarella cheese
- 1 cup of parmesan cheese
- fresh basil (optional)

## INSTRUCTIONS

1. First turn on the Instant pot to the browning setting and brown the ground beef.
2. Next add in diced onion and red bell pepper. Pour in the crushed tomatoes and the diced tomatoes.
3. Add in seasonings.
4. Third, pour in the beef broth.
5. Then Cover and set the sealing to 5 minutes.
6. Remove the lid. Break apart the lasagna noodles into bite size pieces. Add to the pot and stir to combine.
7. Turn the setting to browning mode and bring the soup to a boil.
8. Cook the pasta for about 8 minutes or until soft.
9. Spoon into bowls. Top with a tablespoon of ricotta cheese, and a handful of mozzarella and parmesan cheese. I also like to sprinkle with fresh basil.

instant pot  
**HAM & BEAN SOUP**



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# HAM AND BEAN SOUP INSTANT POT RECIPE

## INGREDIENTS

- 1 package, 16 ozs, dry white beans
- 1 lb cubed ham
- 8 cups chicken broth
- 1 cup sliced carrots
- 1 cup chopped celery
- ½ cup chopped onion
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon Italian seasoning
- ½ teaspoon pepper

## INSTRUCTIONS

1. Combine everything into the Instant Pot.
2. Stir and add lid. Set the vent to sealing.
3. Press the manual button and change the time to 40 minutes. You want it on high pressure.
4. Once it is done do a natural release for 20 minutes.
5. Stir and enjoy!
6. Serves 6-8
7. Note: I do not wash and rinse my beans, but you certainly can do this.

**PRESSURE COOKER**  
**TWICE BAKED POTATOES**  
**CASSEROLE**



# INSTANT POT TWICE BAKED POTATOES CASSEROLE RECIPE

## INGREDIENTS

- 5 pounds of potatoes
- 1½ stick of butter
- salt and pepper to taste
- 1 cup of milk (may need more to make it creamer)
- 1 cup of sour cream
- 1 ranch seasoning mix
- 2 cups of shredded cheese (save some for toppings)
- 1 bundle of green onions chopped
- 4 slices of bacon cooked and crumbled (or use bacon crumbles)

## INSTRUCTIONS

1. Cut your potatoes into chunks. Leave the skin on.
2. Place in the pressure cooker or Instant pot. Add 1 cup of water, one stick of butter, and salt and pepper.
3. Place the lid on top and make sure your knob is set to sealing.
4. Then click the manual button and turn it to 6 minutes.
5. Walk away and wait until it beeps.
6. Do the quick release to relieve the pressure.
7. Add the rest of the butter and milk.
8. Mix well with an electric hand mixer (there is one on sale right now) right in the instant pot or mash with a hand masher.
9. Add in sour cream, ranch mix, and mix well.
10. Fold in Shredded cheese and green onions.
11. Place in a baking dish. Top with remaining cheese, chives, bacon.
12. Baked in 350 degree oven for 20 minutes.
13. Serve and enjoy!

QUICK AND EASY  
**BUTTERY RANCH  
PORK CHOPS**





# INSTANT POT BONELESS PORK CHOPS RECIPE

## INGREDIENTS

- 1 tablespoon of coconut oil
- 4-6 boneless pork chops
- 1 stick of butter (or margarine)
- 1 package of ranch mix
- 1 cup of water

## INSTRUCTIONS

1. Place the pork chops in the Instant pot with a tablespoon of coconut oil. Turn on the saute setting and brown on both sides. Make sure all pork chops are browned. You can skip this step but they look prettier when you brown them first.
2. Place the butter on top and sprinkle the ranch mix packet on top.
3. Pour water (or chicken broth) over the pork.
4. Place the lid on and set to sealing.
5. Push the manual button and set to 5 minutes.
6. Allow it to naturally release pressure for 5 minutes and then do a quick release to remove the rest of the pressure.
7. Once cooked, serve.
8. You can even spoon the buttery sauce over the pork chops and over your veggies when serving.

# INSTANT POT MISSISSIPPI POT ROAST



# MISSISSIPPI POT ROAST PRESSURE COOKER RECIPE

## INGREDIENTS

- 1 3-4 lb roast (any kind will do)
- 1 packet of ranch seasoning mix
- 1 stick of butter (1/2 cup)
- ½ jar of Peppercinis with the juice
- ½ cup of water

## INSTRUCTIONS

1. Place your roast in the bottom of your instant pot.
2. Sprinkle the ranch mix over the roast.
3. Place the stick of butter on top and pour the Peppercinis over it.
4. Pour water around the roast.
5. Add the lid and make sure it is turned to sealing. Click the manual button and change time to 90 minutes.
6. Shred and Serve

# INSTANT POT SPANISH RICE



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# EASY SPANISH RICE PRESSURE COOKER RECIPE

## INGREDIENTS

- 2 cups of brown rice (not instant)
- 2 cups of water (or chicken broth)
- ½ cup of your favorite salsa
- 1 tablespoon of garlic salt
- 1 teaspoon of cumin (you can add more if you want)

## INSTRUCTIONS

1. Place brown rice in the pressure cooker
2. Pour in water and salsa
3. add in seasonings
4. Add lid to pressure cooker and make sure the valve is set to sealing.
5. Press the manual button and move the time to 22 minutes.
6. Allow it to cook.
7. You can do the natural release or the quick release.
8. Remove lid. Fluff with a fork and enjoy!

# INSTANT POT VEGETABLE SOUP

READY IN UNDER 20 MIN.



# INSTANT POT BEEF VEGETABLE SOUP RECIPE

## INGREDIENTS

- 2 pounds ground beef or ground turkey
- ½ medium onion, diced
- 2 cups frozen Lima beans
- 2 cups frozen mixed vegetables
- 2 cups frozen corn
- 3 cans of diced tomatoes
- 2 cups water
- Salt and pepper to taste

## INSTRUCTIONS

1. Set your Instant pot to sauté setting. Cook meat and onions until brown and onions are soft.
2. Add all the other ingredients to the Instant pot.
3. Add lid and set to sealing.
4. Click the manual button and set the time for 4 minutes. Allow it to naturally release the pressure for 5 minutes and then do a quick release
5. Remove lid, stir, and add more salt and pepper to taste.
6. Serve hot with your favorite rolls and enjoy!

A close-up photograph of a white ceramic bowl filled with creamy, light-colored mashed potatoes. The bowl is placed on a wooden surface. In the background, a stainless steel pressure cooker is visible, slightly out of focus. The text 'PRESSURE COOKER MASHED POTATOES' is overlaid in the top right corner, with 'MASHED POTATOES' in a larger, bold font. Below it, the text 'READY IN UNDER 15 MINUTES' is written in a smaller font. At the bottom right, the website 'Eating on a Dime.com' is mentioned.

PRESSURE COOKER  
**MASHED  
POTATOES**  
READY IN UNDER 15 MINUTES

Eating on a Dime.com



# PRESSURE COOKER MASHED POTATOES RECIPE

## INGREDIENTS

- 2 to 3 lbs of potatoes
- 1 cup of water
- ½ stick of butter
- 1 cup of milk
- salt and pepper to taste

## INSTRUCTIONS

1. Peel and Cut your potatoes into chunks.
2. Place in the pressure cooker or Instant pot. Add 1 cup of water.
3. Place the lid on top and make sure your knob is set to sealing.
4. Then click the manual button and turn it to 6 minutes.
5. Walk away and wait until it beeps.
6. Do the quick release to relieve the pressure.
7. Add the butter, milk, salt and pepper.
8. Mix well with an electric hand mixer right in the instant pot or mash with a hand masher.
9. Serve and enjoy!



INSTANT POT  
**HAWAIIAN BBQ**  
CHICKEN

# INSTANT POT HAWAIIAN BBQ CHICKEN SANDWICHES RECIPE

## INGREDIENTS

- 4 to 6 boneless chicken breast (put enough in there for 2 dinners -can be tossed in frozen)
- 1 bottle of BBQ sauce (I used Kraft that we got for FREE)
- 1 can of crushed pineapples (without a coupon, you can get it for about \$1)
- 1 onion chopped finely

## INSTRUCTIONS

1. Place chicken and onions in the pressure cooker. Top with Pineapple (leave in the juice) and then BBQ sauce (the entire bottle).
2. Place lid on top and set to sealing.
3. Click your manual button and set the pressure time to 25 minutes.
4. Allow it to cook and when finished manually remove the pressure.
5. Shred into chunks.
6. Serve on buns for a delicious sandwich.

easy to make  
**WHITE CHICKEN CHILI**  
in the Instant Pot



# INSTANT POT WHITE CHICKEN CHILI RECIPE

## INGREDIENTS

- 2 boneless skinless chicken breast (use 3 if they are really small) -frozen
- 2 Cans of white beans (I used great northern beans) 15 oz each
- 2 cups of water (or you can use beef broth)
- ½ onion chopped
- ¼ cup Salsa Verde (located in the Hispanic aisle)
- 1 tablespoon garlic salt
- 1 teaspoon Cumin
- 1 teaspoon of pepper
- optional toppings: red onion, tomatoes, sour cream, avocados and Monterey jack cheese

## INSTRUCTIONS

1. Place the chicken (can be frozen) at the bottom of the Instant Pot. I used an 8 quart Instant pot but the 6 quart size will work as well.
2. Add everything else except the toppings to the Instant pot.
3. Place lid and lock. Make sure the valve is set to sealing.
4. Set the pressure to high (if you have an 8 quart size) and set the timer for 22 minutes.
5. Once it is finished, you can do a quick release or a natural release.
6. Remove the chicken and shred.
7. Add chicken back into the soup and serve with your favorite toppings.

# **CHICKEN NOODLE SOUP** {in the Instant Pot}



# INSTANT POT CHICKEN NOODLE SOUP RECIPE

## INGREDIENTS

- 2 to 3 boneless, skinless chicken breasts (can be frozen)
- ½ onion finely chopped
- 1 cup of celery chopped
- 1 cup of carrots chopped
- Salt and pepper
- ¼ teaspoon of thyme
- ½ teaspoon of season salt
- 1 teaspoon of minced garlic
- ¼ cup of flour
- 4 cups of chicken broth (1 carton)
- 2 cups of water
- 1 package of Reames frozen noodles (you could use dried pasta if you want)

## INSTRUCTIONS

1. Place the chicken, onions, carrots, and celery in the Instant pot
2. Add seasonings.
3. Take the 2 cup of water and whisk in the ¼ cup of flour.
4. Pour into the Instant pot.
5. Add in the chicken broth.
6. Add the lid and make sure it is set to sealing set the timer for 20 minutes.
7. Do a quick release and shred the chicken.
8. Turn the instant pot to the browning mode and bring the soup to a boil.
9. Add in the frozen reame noodles and cook for 15 to 20 minutes until noodles are cooked through.
10. Enjoy!
11. Also if you want to use dry noodles instead of frozen, you would just cook them for about 6 minutes until they are cooked through.

# INSTANT POT BBQ PORK CHOPS



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# EASY INSTANT POT BBQ PORK CHOPS RECIPE

## INGREDIENTS

- drizzle of olive oil, coconut oil, or vegetable oil
- ½ teaspoon of salt
- ½ teaspoon of pepper
- ½ cup BBQ sauce
- 1 cup water
- 2 pounds pork chops

## INSTRUCTIONS

1. Place the pork chops in the Instant pot with a tablespoon of oil. Turn on the saute setting and brown on both sides.
2. Season with salt and pepper
3. Make sure all pork chops are browned. You can skip this step but they look prettier when you brown them first.
4. Hit cancel to stop the saute setting.
5. Pour the BBQ sauce and the water over the pork.
6. Place the lid on and make sure the valve is set to sealing.
7. Push the manual button and set to 5 minutes.
8. Allow it to naturally release pressure for 5 minutes and then do a quick release to remove the rest of the pressure.
9. Once cooked, serve.
10. You can even spoon the delicious BBQ sauce over the pork chops and over your veggies or even potatoes when serving.