

INSTANT POT

COOKING TIMES



Ground Beef

5 minutes

Meatballs

10-15 minutes

Beef Stew

10-20 minutes

Beef Roast

15 minutes per pound

Whole Chicken

6 minutes per pound

CHICKEN
BREAST

6 minutes

Chicken Thigh
with bone

10 minutes

Chicken Thigh
boneless

8 minutes

Pork Loin

25-30 minutes

PORK
SHOULDER

55 minutes

Pork Chops
with bone

8 minutes

Pork Chops
boneless

5 minutes

Fish

5 minutes

POTATOES

14 minutes

RICE

8 minutes

Meatloaf

25-30 minutes