

Instapot

Instant Pot Chicken & Rice

Servings: 4–6 | **Prep:** 5 min | **Cook:** 10 min + pressure time

Ingredients

Group	Item	Amount
Protein	Boneless chicken thighs	1.5–2 lb
Grains	White rice (long grain)	1.5 cups
Vegetables	Frozen peas & carrots	1.5 cups
	Onion, diced	1 medium
	Garlic, minced	2 cloves
Liquid	Chicken broth	2 cups
Seasoning	Salt & pepper	to taste
	Olive oil or butter	1 Tbsp

Method

1. **Sauté** – Set Instant Pot to sauté mode. Add olive oil, onion, and garlic. Cook 2–3 minutes.
2. **Add Chicken** – Add thighs and brown lightly for 2–3 minutes per side.
3. **Dump & Cook** – Cancel sauté. Add rice, broth, frozen veggies, salt, and pepper. Stir gently.
4. **Seal & Pressure Cook** – Lock lid, cook on HIGH pressure for 10 minutes.
5. **Release & Serve** – Quick release pressure. Stir gently and serve hot.

Grocery List

- **Protein:** 1.5–2 lb boneless chicken thighs
 - **Grains:** 1.5 cups white rice
 - **Vegetables:** 1 medium onion, 1.5 cups frozen peas & carrots, garlic
 - **Liquid:** 2 cups chicken broth
 - **Other:** Olive oil or butter, salt, pepper
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Instant Pot Salmon & Veggies (Steamed)

Servings: 2–4 | **Prep:** 5 min | **Cook:** 3–4 min + pressure time

Ingredients

Group	Item	Amount
Protein	Salmon fillet	1–1.5 lb (cut into 2–4 portions)
Vegetables	Asparagus or green beans	1 bunch or 12 oz
Liquid	Water	1 cup
Flavor	Lemon juice	1 Tbsp
	Garlic powder	½ tsp
	Salt & pepper	to taste
Other	Olive oil	1 Tbsp (optional for brushing)

Method

1. **Prep Pot** – Add 1 cup water to bottom of Instant Pot. Place trivet inside.
2. **Layer Ingredients** – Place salmon fillets skin-side down on trivet. Sprinkle with garlic powder, lemon juice, salt, pepper. Lay veggies on top or beside.
3. **Seal & Cook** – Lock lid. Cook on HIGH pressure for 3–4 minutes (thicker fillets = 4 min).
4. **Quick Release** – Carefully release pressure. Serve immediately.

Grocery List

- **Protein:** 1–1.5 lb salmon fillet
- **Vegetables:** Asparagus or green beans
- **Flavor:** Lemon, garlic powder, salt, pepper
- **Other:** Olive oil (optional)



Instant Pot Chicken Tikka Masala

Servings: 4–6 | **Prep:** 10 min | **Cook:** 10 min + pressure

Ingredients

Group	Item	Amount
Protein	Chicken breast or thighs, cubed	2 lb
Marinade	Plain yogurt	½ cup
	Garlic + ginger	1 Tbsp each
	Garam masala	1 Tbsp
Sauce	Tomato sauce	1 can (15 oz)
	Heavy cream	½ cup
	Butter	2 Tbsp
	Onion, diced	1
	Spices (cumin, paprika, turmeric)	1 tsp each

Method

1. Marinate chicken in yogurt, garlic, ginger, garam masala (optional).
2. Sauté onion and spices, add chicken and tomato sauce.
3. Cook HIGH pressure 10 min. Quick release.
4. Stir in cream and butter. Serve over rice or with naan.

Grocery List

- 2 lb chicken
- Plain yogurt
- Garlic, ginger
- Onion
- Tomato sauce
- Heavy cream
- Butter
- Garam masala, cumin, paprika, turmeric

Instant Pot Jambalaya

Servings: 4–6 | **Prep:** 10 min | **Cook:** 8 min + pressure

Ingredients

Group	Item	Amount
Protein	Chicken breast, cubed	1 lb
	Andouille sausage, sliced	½ lb
	Shrimp, peeled	½ lb
Vegetables	Bell pepper, diced	1
	Celery, diced	2 stalks
	Onion, diced	1
Grains	Long grain rice	1 cup
Liquid	Chicken broth	1.5 cups
Seasoning	Cajun seasoning	2 Tbsp

Method

1. Sauté chicken, sausage, and vegetables.
2. Add rice, broth, Cajun seasoning. Stir.
3. Cook on HIGH pressure for 8 min. Quick release.
4. Stir in shrimp and let sit 5 min until cooked.

Grocery List

- 1 lb chicken breast
- ½ lb andouille sausage
- ½ lb shrimp
- 1 bell pepper, 2 celery stalks, 1 onion
- 1 cup rice
- Chicken broth
- Cajun seasoning



Instant Pot Beef & Broccoli

Servings: 4–6 | **Prep:** 10 min | **Cook:** 10 min + pressure

Ingredients

Group	Item	Amount
Protein	Flank or chuck steak, thin sliced	1.5–2 lb
Sauce	Soy sauce	½ cup
	Brown sugar	¼ cup
	Garlic, minced	3 cloves
	Ginger, grated	1 tsp
	Cornstarch + water	2 Tbsp each
Vegetable	Broccoli florets	2 cups

Method

1. Add steak, soy sauce, sugar, garlic, and ginger to pot.
2. Cook HIGH pressure for 10 min, then quick release.
3. Stir in cornstarch slurry to thicken.
4. Steam or microwave broccoli, then stir in before serving.

Grocery List

- 1.5–2 lb steak
- Soy sauce
- Brown sugar
- Garlic
- Ginger
- Broccoli
- Cornstarch

Instant Pot Butter Chicken

Servings: 4–6 | **Prep:** 10 min | **Cook:** 10 min + pressure

Ingredients

Group	Item	Amount
Protein	Chicken thighs, cut into chunks	2 lb
Sauce	Tomato sauce	1 can (15 oz)
	Heavy cream	$\frac{3}{4}$ cup
	Butter	$\frac{1}{4}$ cup
	Garlic, minced	3 cloves
	Garam masala	1 Tbsp
	Ground cumin	1 tsp
	Ground ginger	1 tsp
	Paprika	1 tsp
	Salt	to taste

Method

1. Sauté garlic in butter using sauté mode.
2. Add chicken and spices, stir.
3. Add tomato sauce, cancel sauté, seal and cook HIGH pressure 10 min.
4. Quick release, stir in cream, and serve with rice or naan.

Grocery List

- 2 lb chicken thighs
- 1 can tomato sauce
- Heavy cream
- Butter
- Garlic
- Garam masala, cumin, ginger, paprika