



Instant Pot Guide

	type	quantity	liquid	pressure setting	cook time	release time	notes
GRAINS (unsoaked)	AMARANTH	1 cup (180g)	2 cups (480ml)	HIGH	5 min	10 min	sub dairy-free milk for creamier/porridge
	BROWN RICE	1 cup (200g)	1 cup (240ml)	HIGH	20 min	10 min	suitable for long and short grain rice
	MILLET	1 cup (180g)	1 ¾ cups (420ml)	HIGH	10 min	10 min	delicious stir fried with vegetables + coconut aminos
	QUINOA	1 cup (184g)	1 ½ cups (360ml)	HIGH	3 min	10 min	fluffy, perfect quinoa!
	ROLLED OATS	1 cup (90g)	2-2 ½ cups (480-600ml)	HIGH	2 min	10 min	2 cups for more texture + 2 ½ cups for more porridge-y
	STEEL CUT OATS	1 cup (176g)	2 ½ cups (600ml)	HIGH	20 min	10 min	use 1 ½ cups water + 1 cup almond milk for creamier texture
	WHITE RICE	1 cup (200g)	1 cup (240ml)	HIGH	4 min	10 min	3 minutes for al dente rice, 5 minutes for more tender rice
	WILD RICE	1 cup (160g)	1 ¼ cup (300ml)	HIGH	28-30 min	10 min	28 min for more firm + 30 min for more tender
LEGUMES (unsoaked)	BLACK EYED PEAS	1 cup (200g)	3 cups (710ml)	HIGH	8-10 min	15 min	8 mins for more firm beans + 10 for softer beans
	BLACK BEANS (Turtle)	1 cup (194g)	3 cups (710ml)	HIGH	30 min	15 min	
	GREEN LENTILS	1 cup (176g)	3 cups (710ml)	HIGH	9-10 min	15 min	9 min for more firm + 10 min for more tender
	GREEN SPLIT PEAS	1 cup (197g)	3 cups (710ml)	HIGH	15 min	15 min	best to include ingredients for soup when adding to Instant Pot
	MUNG BEANS (green)	1 cup (207g)	3 cups (710ml)	HIGH	3-5 min	10 min	3 min for al dente, 5 min for more tender
	PINTO BEANS	1 cup (193g)	3 cups (710ml)	HIGH	35 min	15 min	
	RED KIDNEY BEANS	1 cup (184g)	3 ½ cups (830ml)	HIGH	40-45 min	15 min	40 min for more firm + 45 min for more tender beans
	RED LENTILS	1 cup (192g)	2 ½ cups (600ml)	HIGH	3-4 min	15 min	does not retain firm texture – best for dal and curries
	SMALL RED BEANS	1 cup (184g)	3 cups (710ml)	HIGH	28-30 min	15 min	28 min for more firm + 30 min for more tender
	WHITE BEANS (Great Northern)	1 cup (177g)	3 ½ cups (830ml)	HIGH	30-32 min	15 min	30 min for more firm + 32 min for more tender beans
	YELLOW SPLIT PEAS	1 cup (197g)	3 cups (710ml)	HIGH	15 min	15 min	best to include ingredients for soup when adding to Instant Pot
LEGUMES (soaked)	BABY LIMA BEANS (white, not green)	1 cup (200g)	3 cups (710ml)	HIGH	7 min	15 min	soak at least 6-8 hours before cooking
	CHICKPEAS (Garbanzo Beans)	1 cup (200g)	2 ½ cups (600ml)	HIGH	15 min	15 min	soak at least 6-8 hours before cooking
	WHITE KIDNEY (Cannellini Beans)	1 cup (212g)	3 ½ cups (830ml)	HIGH	5-7 min	15 min	soak at least 6-8 hours before cooking
OTHER	SPAGHETTI SQUASH	1 sm to med (900-1800g)	1 cup (240ml)	HIGH	8 min	Quick Release	place flesh side up on trivet with 1 cup water underneath
	HARD BOILED EGGS	up to 10 large eggs	1 cup (240ml)	HIGH	8-9 min	Quick Release	place on trivet with 1 cup water underneath
	SOFT BOILED EGGS	up to 10 large eggs	1 cup (240ml)	HIGH	4-5 min	Quick Release	place on trivet with 1 cup water underneath
	SWEET POTATOES	3 sm to med (120-150g)	1 cup (240ml)	HIGH	20-25 min (sm to med)	10 min	place on trivet with 1 cup water underneath
	YUKON GOLD POTATOES	5 med (2.5in in diameter)	1 cup (240ml)	HIGH	12-15 min	10 min	place on trivet with 1 cup water underneath

- KEY**
- We recommend using the shorter cook time for firmer beans/grains & the upper end of the range for more tender.
 - Stir grains & beans with water before cooking to ensure they don't stick!
 - We didn't rinse grains/beans, but rinsing doesn't affect cook time or water quantities (as long as well drained).