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The Must-Have INSTANT POT Cookbook

Quick, Easy & Healthy

1001

Instant Pot Recipes
Your Whole Family
Will Love (for Beginners
and Advanced Users)



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**Quick, Easy & Healthy 1001
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Alexia Burns



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Pineapple and Ginger Risotto Dessert

Introduction

You can start a new life today! You can forget about everything you lived before and you can transform into a new person!

Don't worry! You don't need to make significant changes in your life! You don't need to try some magical pills or treatments! You just need to start living healthier!

You only need to adopt a new lifestyle!

We are here to help you make this transformation!

We are here to help you become a happier person!

You might be asking yourself how can we help you in this case.

Well, we providing you 500 recipes based on two amazing diets: Ketogenic and Paleo!

In this cookbook, we gathered best recipes you can make in your Instant Pot!

All these recipes you are about to discover are easy to make at home and they are full of great tastes and flavors! Your meals will maintain all their flavors and textures, and they are cooked in one of the healthiest ways possible. With its simplicity, you will not have to waste all your energy in the kitchen, and you do not need special cooking skills to make healthy and incredibly tasty dishes.

Soon your overall health will improve, your skin will glow and you will be able to lose those extra pounds that bother you so much!

This might sound too good to be true but we can assure you that everything is so simple and real!

Breakfast Recipes

Eggplant Breakfast Spread

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 4 tablespoons olive oil
- 2 pounds eggplants, peeled and roughly chopped
- 4 garlic cloves, minced
- A pinch of salt and black pepper
- 1 cup water
- ¼ cup lemon juice
- 1 tablespoon sesame seeds paste
- ¼ cup black olives, pitted
- A few sprigs thyme, chopped
- A drizzle of olive oil

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add eggplant pieces, stir and sauté for 5 minutes
2. Add garlic, salt, pepper and the water, stir gently, cover and cook on High for 5 minutes.

3. Discard excess water, add sesame seeds paste, lemon juice and olives and blend using an immersion blender.
4. Transfer to a bowl, sprinkle chopped thyme, drizzle some oil and serve for a fancy breakfast.

Enjoy!

Nutrition: calories 163, fat 2, fiber 1, carbs 5, protein 7

Hasbrown Casserole

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 10

Ingredients:

- 48 ounces hashbrowns
- 6 eggs, whisked
- 1 yellow onion, chopped
- ¼ cup milk
- 3 tablespoons olive oil
- ½ cup cheddar cheese, shredded
- 1 pound ham, chopped

Directions:

1. Set your Foodi on sauté mode, add the oil, heat it up, add the onion, stir and cook for 3-4 minutes.
2. Add hashbrowns and the ham, set the Foodi on Air Crisp and cook for 15 minutes, stirring everything halfway.
3. Add eggs mixed with hashbrowns, and cook everything on Air Crisp for 10 minutes more.
4. Sprinkle the cheese on top, divide everything between plates and serve for breakfast.

Nutrition: calories 261, fat 14, fiber 1, carbs 20, protein 14

Chicken Liver Breakfast Spread

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 1 teaspoon olive oil
- $\frac{3}{4}$ pound chicken livers
- 1 yellow onion, chopped
- $\frac{1}{4}$ cup water
- 1 bay leaf
- 2 anchovies
- 1 tablespoons capers
- 1 tablespoon ghee
- A pinch of salt and black pepper

Directions:

1. Put the olive oil in your instant pot, add onion, salt, pepper, chicken livers, water and the bay leaf, stir, cover and cook on High for 10 minutes.
2. Discard bay leaf, add anchovies, capers and the ghee and pulse everything using your immersion blender.
3. Add salt and pepper, blend again, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 152, fat 4, fiber 2, carbs 5, protein
7

Mushroom Spread

Preparation time: 10 minutes

Cooking time: 14 minutes

Servings: 6

Ingredients:

- 1 ounce porcini mushrooms, dried
- 1 pound button mushrooms, sliced
- 1 cup hot water
- 1 tablespoon ghee
- 1 tablespoon olive oil
- 1 shallot, chopped
- ¼ cup cold water
- A pinch of salt and pepper
- 1 bay leaf

Directions:

1. Put porcini mushrooms in a bowl, add 1 cup hot water and leave aside for now.
2. Set your instant pot on Sauté mode, add ghee and oil and heat it up.
3. Add shallot, stir and sauté for 2 minutes
4. Add porcini mushrooms and their liquid, fresh mushrooms, cold, salt, pepper and bay leaf, stir, cover and cook on High for 12 minutes,
5. Discard bay leaf and some of the liquid and blend mushrooms mix using an immersion

blender.

6. Transfer to small bowls and serve as a breakfast spread.

Enjoy!

Breakfast Chia Pudding

Preparation time: 2 hours

Cooking time: 3 minutes

Servings: 4

Ingredients:

- ½ cup chia seeds
- 2 cups almond milk
- ¼ cup almonds
- ¼ cup coconut, shredded
- 4 teaspoons sugar

Directions:

1. Put chia seeds in your instant pot.
2. Add milk, almonds and coconut flakes, stir, cover and cook at High for 3 minutes.
3. Release the pressure quick, divide the pudding between bowls, top each with a teaspoon of sugar and serve.

Enjoy!

Nutrition: calories 130, fat 1 , fiber 4 , carbs 2 , protein 14

Breakfast Sweet Potatoes

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 2

Ingredients:

- 4 sweet potatoes
- 2 teaspoons Italian seasoning
- 1 tablespoon bacon fat
- 1 cup chives, chopped for serving.
- Water
- Salt and pepper to the taste

Directions:

1. Put potatoes in your instant pot, add water to cover them, cover the pot and cook at High for 10 minutes.
2. Release the pressure naturally, transfer potatoes to a working surface and leave them to cool down.
3. Peel potatoes, transfer them to a bowl and mash them a bit with a fork.
4. Set your instant pot on sauté mode, add bacon fat and heat up.
5. Add potatoes, seasoning, salt and pepper to the taste, stir, cover the pot and cook at High for 1 minute.

6. Release the pressure quickly, stir potatoes again, divide them between plates and serve with chives sprinkled on top.

Enjoy!

Nutrition: calories 90, fat 3, fiber 1, carbs 6, protein 7

Delicious Korean Eggs

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 1 and 1/3 cup water
- 1 egg
- A pinch of garlic powder
- A pinch of sea salt and black pepper
- A pinch of sesame seeds
- 1 teaspoon scallions, chopped

Directions:

1. Crack the egg into a bowl, add 1/3 cup water and whisk well.
2. Strain this into a heat proof bowl, add garlic powder, salt, pepper, scallions and sesame seeds and whisk again.
3. Put 1 cup water in your instant pot, add the steamer basket and place the bowl with the egg mixture inside.
4. Cover, cook on High for 5 minutes.
5. Transfer to a plate and serve.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 2, protein
4

Great French Eggs

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 yellow onion, chopped
- 6 eggs
- 1 cup bacon, cooked and crumbled
- 1 cup kale, chopped
- 1 teaspoon herbs de Provence
- 1 cup water
- A pinch of sea salt and black pepper

Directions:

1. In a bowl, mix eggs with onion, kale, bacon, salt, pepper and herbs, whisk really well and pour into a heat proof dish.
2. Put the water in your instant pot, add the steamer basket and put the dish with the eggs inside.
3. Cover, cook on High for 20 minutes, leave aside to cool down a bit, divide among plates and serve.

Enjoy!

Nutrition: calories 132, fat 3, fiber 1, carbs 4, protein
7

Different Eggs Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 tablespoons olive oil
- 1 cup water
- 1 cup sweet potatoes, cubed
- 2 eggs
- 1 jalapeno pepper, chopped
- ½ cup yellow onion, chopped
- 1 tablespoon cilantro, chopped
- A pinch of salt and black pepper

Directions:

1. Put 1 cup water in your instant pot, add the steamer basket, place cubed potatoes inside, cover, cook on High for 3 minutes and transfer to a bowl.
2. Take the steamer basket out, clean instant pot, add the oil and set the pot on Sauté mode.
3. Add onion, jalapeno and return potato cubes, stir and sauté for a couple of minutes.
4. Crack eggs, season with a pinch of salt, black pepper and sprinkle cilantro.

5. Stir gently, cover and cook on High for 2 minutes.
6. Divide this breakfast mix between plates and serve.

Enjoy!

Nutrition: calories 142, fat 2, fiber 1, carbs 3, protein 6

Delicious Breakfast Casserole

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1 and 1/3 cups leek, chopped
- 2 tablespoons coconut oil
- 2 teaspoons garlic, minced
- 8 eggs
- 1 cup kale, chopped
- 2/3 cup sweet potato, grated
- 1 and 1/2 cups sausage, cooked and sliced
- 1 and 1/2 cups water

Directions:

1. Set your instant pot on sauté mode, add oil and heat it up.
2. Add kale, leeks and garlic, stir, cook for 3 minutes, transfer to a bowl and clean the pot.
3. Meanwhile, in a bowl, mix eggs with sausage, sautéed veggies and sweet potato, whisk really well and pour into a heat proof dish.
4. Add the water to your instant pot, add the steamer basket, place the dish with the eggs mix inside, cover and cook on Manual for 25 minutes.

5. Divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 254, fat 4, fiber 1, carbs 4, protein 20

Hearty Breakfast

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 3 pounds pork roast, boneless
- 2 teaspoons cumin, ground
- 1 teaspoon red pepper flakes, crushed
- A pinch of sea salt and black pepper
- 1 teaspoon oregano, dried
- Juice from 1 orange
- Orange peel from 1 orange, grated
- 6 garlic cloves, minced
- 1 yellow onion, chopped
- 1 bay leaf
- 1 tablespoon avocado oil
- 2 teaspoons cilantro, chopped
- 1 butter lettuce head, torn
- 2 radishes, sliced
- 2 avocados, pitted, peeled and sliced
- 1 cup Paleo salsa
- 2 jalapenos, chopped
- 3 limes, quartered

Directions:

1. Put roast in your instant pot.

2. Add cumin, pepper flakes, salt, pepper, oregano, orange juice, orange peel, garlic, yellow onion, bay leaf and oil and rub roast well.
3. Cover instant pot and cook on High for 20 minutes.
4. Transfer roast to a cutting board, leave aside to cool down a bit, shred and divide among plates.
5. Also divide lettuce leaves, radishes, avocado slices, jalapenos and lime wedges.
6. Sprinkle cilantro, divide salsa on top and serve for breakfast.

Enjoy!

Nutrition: calories 275, fat 4, fiber 1, carbs 5, protein 14

Great Egg Casserole

Preparation time: 10 minutes

Cooking time: 3 hours

Servings: 6

Ingredients:

- 32 ounces sweet potatoes, cubed
- 1 cup coconut milk
- 2 cups ham, chopped
- 1 yellow onion, chopped
- 12 eggs
- A pinch of salt and black pepper
- Cooking spray

Directions:

1. In a bowl, mix eggs with salt, pepper, onion, ham, sweet potatoes and milk and whisk well.
2. Spray your instant pot with some cooking spray, add eggs mix, cover and cook on Low for 3 hours.
3. Divide among plates and serve hot.

Enjoy!

Nutrition: calories 253, fat 3, fiber 1, carbs 5, protein 12

Breakfast Quiche

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 cup water
- 6 eggs, whisked
- A pinch of black pepper
- ½ cup coconut milk
- 4 bacon slices, cooked and crumbled
- 1 cup sausage, cooked and ground
- ½ cup ham, chopped
- 2 green onions, chopped

Directions:

1. Put the water in your instant pot and add the steamer basket inside.
2. Put bacon, sausage and ham in a bowl, mix and spread on the bottom of a quiche dish.
3. In a bowl, mix eggs with black pepper, coconut milk and green onions and whisk well.
4. Pour this over meat, spread, place inside the pot, cover and cook on High for 30 minutes.
5. Slice, divide among plates and serve.

Enjoy!

Nutrition: calories 243, fat 3, fiber 1, carbs 6, protein 12

Wonderful Frittata

Preparation time: 10 minutes

Cooking time: 18 minutes

Servings: 4

Ingredients:

- 4 ounces sweet potatoes, cut into medium fries
- 6 eggs
- A pinch of sea salt and black pepper
- 1 tablespoon olive oil
- ¼ cup scallions, chopped
- 1 garlic clove, minced
- ¼ cup coconut milk
- 1 teaspoon Paleo tomato paste
- 1 and ½ cups water
- 1 green bell pepper, chopped

Directions:

1. Grease a heat proof dish with the oil and spread sweet potato fries on the bottom.
2. In a bowl, mix eggs with salt, pepper, scallions, garlic and bell pepper and whisk well.
3. In another bowl, mix coconut milk with tomato paste and stir.

4. Pour this over eggs mix, stir well and spread everything on top of sweet potato fries.
5. Put the water in your instant pot, add the steamer basket inside and place the eggs mix in the basket.
6. Cover, cook on High for 18 minutes, slice, divide among plates and serve hot.

Enjoy!

Nutrition: calories 153, fat 7, fiber 2, carbs 5, protein 15

Pumpkin and Apple Butter

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 3 apples, peeled, cored and chopped
- 30 ounces pumpkin puree
- 1 tablespoon pumpkin pie spice
- 1 cup honey
- 12 ounces apple cider

Directions:

1. Put pumpkin puree in your instant pot.
2. Add apples, pumpkin pie spice, cider and honey, stir well, cover and cook on High for 10 minutes.
3. Divide into jars, seal them and serve for breakfast whenever you want.

Enjoy!

Nutrition: calories 100, fat 3, fiber 1, carbs 4, protein 6

Breakfast Spinach Delight

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 pound mustard leaves
- 1 pound spinach, torn
- 2 tablespoons olive oil
- A small ginger piece, grated
- 2 yellow onions, chopped
- 4 garlic cloves, minced
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- 1 teaspoon garam masala
- A pinch of cayenne pepper
- ½ teaspoon turmeric
- A pinch of black pepper
- A pinch of fenugreek leaves, dried

Directions:

1. Set your instant pot on Sauté mode, add oil and heat it up.
2. Add onion, garlic, ginger, coriander, cumin, garam masala, turmeric, cayenne pepper, black pepper and fenugreek, stir and cook for 5 minutes.

3. Add spinach and mustard leaves, stir gently, cover and cook on High for 15 minutes.
4. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 200, fat 3, fiber 2, carbs 5, protein 7

Delicious Breakfast Cobbler

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 apple, cored and chopped
- 1 pear, chopped
- 2 tablespoons honey
- 1 plum, chopped
- ½ teaspoon cinnamon, ground
- 3 tablespoons coconut oil
- ¼ cup coconut, unsweetened and shredded
- 2 tablespoons sunflower seeds
- 2 tablespoons pecans, chopped

Directions:

1. Put the oil in your instant pot and heat it up on Sauté mode.
2. Add the apple, pear, plum and honey in your instant pot, stir, cover and cook on Steam mode for 10 minutes.
3. Divide among plates, sprinkle sunflower seeds, pecans, coconut, and serve.

Enjoy!

Nutrition: calories 154, fat 2, fiber 2, carbs 5, protein
3

Amazing Bacon And Sweet Potato Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 pounds sweet potatoes, cubed
- A pinch of salt and black pepper
- 3 bacon strips
- 2 tablespoons water
- 2 teaspoons parsley, dried
- 1 teaspoon garlic powder
- 4 eggs, fried for serving

Directions:

1. In your instant pot, mix sweet potatoes with bacon, salt, pepper, water, parsley and garlic powder, stir, cover and cook on High for 10 minutes.
2. Divide among plates next to fried eggs and serve.

Enjoy!

Nutrition: calories 200, fat 2, fiber 2, carbs 6, protein 8

Great Veggie Quiche

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- ½ cup almond milk
- ½ cup almond flour
- 8 eggs
- A pinch of sea salt and black pepper
- 1 red bell pepper, chopped
- 2 green onions, chopped
- 1 cup tomatoes, chopped
- ½ cup zucchinis, chopped
- 1 cup water

Directions:

1. In a bowl, mix eggs with almond flour, almond milk, salt, pepper, red bell pepper, green onions, zucchinis and tomatoes, whisk well, pour this into a round baking dish.
2. Put the water in your instant pot, add the steamer basket, add the baking dish inside, cover and cook on High for 30 minutes.
3. Leave quiche to cool down a bit, slice, divide among plates and serve.

Enjoy!

Nutrition: calories 200, fat 3, fiber 2, carbs 5, protein
7

Tomato And Spinach Breakfast Mix

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 12 eggs
- A pinch of salt and black pepper
- ½ cup coconut milk
- 3 cups baby spinach, chopped
- 1 cup tomato, chopped
- 1 and ½ cups water
- 3 green onions, chopped

Directions:

1. In a bowl, mix eggs with salt, pepper, milk, spinach, tomato and green onions and whisk well.
2. Pour this into a round baking dish.
3. Put the water in your instant pot, add the steamer basket, place the dish inside, cover and cook on High for 20 minutes.
4. Divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 210, fat 3, fiber 3, carbs 4, protein 4

Special Breakfast Egg Muffins

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 green onion, chopped
- 4 eggs
- ¼ teaspoon lemon pepper
- 4 bacon slices, cooked and crumbled
- 1 and ½ cups water

Directions:

1. In a bowl, mix eggs with green onion, bacon and lemon pepper, whisk well and divide this into 4 muffin cups.
2. Put the water in your instant pot, add the steamer basket, place muffin cups inside, cover and cook on High for 8 minutes.
3. Divide egg muffins between plates and serve.

Enjoy!

Nutrition: calories 172, fat 4, fiber 2, carbs 6, protein

7

Breakfast Scotch Eggs

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 pound sausage, ground
- 4 eggs
- 1 tablespoon olive oil
- 2 cups water

Directions:

1. Put 1 cup water in your instant pot, add the steamer basket and put the eggs inside.
2. Cover, cook on High for 6 minutes, transfer eggs to a cutting board, cool them down and peel.
3. Divide sausage mix into 4 pieces, flatten each, add an egg in the center of each and wrap well.
4. Put the oil in your instant pot and set it on Sauté mode.
5. Add scotch eggs, brown them on all sides and transfer to a plate.
6. Add 1 cup water to the pot, add the steamer basket, add scotch eggs, cover and cook on High for 6 minutes.

7. Divide eggs between plates and serve.

Enjoy!

Nutrition: calories 210, fat 3, fiber 5, carbs 6, protein
6

Wonderful Breakfast Omelet

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1 and ½ cups water
- 4 spring onions, chopped
- 6 ounces bacon, chopped
- ½ cup red, green and orange bell peppers, chopped
- A pinch of black pepper
- 6 eggs
- ½ cup coconut milk
- Olive oil spray

Directions:

1. In a bowl, mix eggs with a pinch of black pepper and coconut milk and whisk well.
2. Add mixed bell peppers, bacon and spring onions and whisk again.
3. Spray a round dish with olive oil spray, pour eggs mix and spread.
4. Put the water in your instant pot, add the steamer basket and the baking dish inside, cover and cook on High for 30 minutes.

5. Leave your omelet to cool down a bit, slice, divide among plates and serve.

Enjoy!

Nutrition: calories 182, fat 2, fiber 2, carbs 6, protein 12

Superb Zucchini Breakfast

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 1 and ½ cups yellow onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 12 ounces mushrooms, chopped
- 1 basil spring, chopped
- A pinch of sea salt and black pepper
- 8 cups zucchinis, sliced
- 15 ounces canned tomatoes, crushed

Directions:

1. Put the oil in your instant pot and heat it up on Sauté mode.
2. Add onion and garlic, stir and cook for 2 minutes.
3. Add mushrooms, basil, salt and pepper, stir and cook for 1 minute more.
4. Add zucchinis and tomatoes, stir, cover and cook on High for 2 minutes.
5. Divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 176, fat 2, fiber 3, carbs 5, protein
6

Poached Eggs

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 3

Ingredients:

- A drizzle of olive oil
- 3 tablespoons coconut cream
- 1 tablespoons chives, chopped
- 3 eggs
- 1 cup water
- A pinch of sea salt and black pepper

Directions:

1. Grease 3 ramekins with some olive oil and divide coconut cream in each.
2. Crack an egg into each ramekin, season with a pinch of salt and pepper and sprinkle chives all over.
3. Put the water in your instant pot, add the steamer basket and place all 3 ramekins inside.
4. Cover instant pot and cook on High for 2 minutes.
5. Divide poached eggs between plates and serve.

Enjoy!

Nutrition: calories 200, fat 2, fiber 1, carbs 2, protein
6

Delicious Breakfast Eggs And Sauce

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 2 garlic cloves, minced
- 1 tablespoon coconut oil
- 1 red bell pepper, chopped
- 1 small yellow onion, chopped
- 1 teaspoon chili powder
- ½ teaspoon cumin, ground
- ½ teaspoon paprika
- A pinch of salt and black pepper
- 1 and ½ cups Paleo and sugar free marinara sauce
- A handful parsley, chopped
- 4 eggs

Directions:

1. Set your instant pot on Sauté mode, add the oil and heat it up.
2. Add onion, bell pepper, garlic, paprika, cumin and chili powder, stir and sauté for 5 minutes.
3. Add sauce, stir and cook for 1 minute more.
4. Crack eggs into the sauce, cover the pot and cook on Low for 1 minute.

5. Season with a pinch of salt and black pepper, sprinkle parsley, divide among plates and serve.

Enjoy!

Nutrition: calories 200, fat 2, fiber 1, carbs 3, protein 7

Light Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 2 yellow onions, chopped
- 6 zucchinis, chopped
- 1 pound cherry tomatoes, halved
- 1 cup water
- 2 garlic cloves, minced
- A pinch of sea salt and black pepper
- 1 bunch basil, chopped

Directions:

1. Set your instant pot on Sauté mode, add the oil and heat it up.
2. Add onions, tomatoes, water, zucchini, garlic, salt and pepper, stir, cover and cook on High for 5 minutes.
3. Sprinkle basil, toss gently, divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 120, fat 2, fiber 1, carbs 3, protein 6

Great Zucchini Spread

Preparation time: 20 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 3 pounds zucchinis, peeled and roughly chopped
- 3 garlic cloves, minced
- 2 yellow onions, chopped
- 2 carrots, chopped
- ½ cup water
- 1/3 cup tomatoes, crushed
- 2 bay leaves
- A pinch of cayenne pepper
- A pinch of salt and black pepper

Directions:

1. Put zucchinis in a bowl, add some salt, toss, leave aside for 20 minutes and drain excess water.
2. Put the oil in your instant pot, set on sauté mode and heat it up.
3. Add carrots, zucchinis and onions, stir and sauté for 5 minutes.

4. Add bay leaves, a pinch of salt, pepper, cayenne, tomatoes and water, stir, cover and cook on High for 3 minutes.
5. Transfer to your blender, leave aside to cool down a bit and pulse until you obtain a paste.
6. Transfer to a bowl and serve for breakfast.

Enjoy!

Nutrition: calories 100, fat 2, fiber 1, carbs 3, protein 4

Great Butternut Squash Breakfast

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 7

Ingredients:

- 6 pounds butternut squash, peeled and cut into chunks
- 1 cup water
- 1 cup apple cider
- 2 cinnamon sticks
- 1 teaspoon ginger, grated
- ½ cup honey
- A pinch of nutmeg, ground
- 1 tablespoon apple cider vinegar
- A pinch of cloves, ground

Directions:

1. Put the water in your instant pot, add the steamer basket and put butternut squash inside.
2. Cover, cook on High for 5 minutes, transfer squash to a bowl and leave aside to cool down.
3. Clean instant pot, add squash, apple cider, cinnamon sticks, ginger, cloves, vinegar,

nutmeg and honey, stir, cover and cook on High for 3 minutes more.

4. Discard cinnamon sticks, blend using an immersion blender, transfer to jars and serve cold for breakfast.

Enjoy!

Nutrition: calories 153, fat 3, fiber 1, carbs 5, protein 7

Special Onion And Bacon Jam

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 3 tablespoons bacon fat
- 2 tablespoons garlic olive oil
- 4 pounds yellow onions, sliced
- ½ teaspoon baking soda
- ½ package bacon, cooked and cut into thin strips
- 5 garlic cloves, minced
- ½ cup water
- ¼ cup balsamic vinegar
- 1 teaspoon thyme, dried
- Black pepper to the taste
- 1 teaspoon red pepper flakes
- 2 tablespoons stevia

Directions:

1. Put the bacon fat in your instant pot, set on Sauté mode and heat it up.
2. Add onions, stir and sauté for 3 minutes.
3. Add garlic olive oil, baking soda, bacon, garlic, water, vinegar, thyme, black pepper,

red pepper flakes and stevia, stir, cover and cook on High for 20 minutes.

4. Uncover the pot, set it on Sauté mode again and cook for 2 minutes more.
5. Stir well, divide into jars and serve for breakfast.

Enjoy!

Nutrition: calories 254, fat 3, fiber 2, carbs 5, protein 7

Breakfast Apple Spread

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 10

Ingredients:

- Juice from 1 lemon
- 1 teaspoon allspice
- 1 teaspoon clove, ground
- 3 pounds apples, peeled, cored and chopped
- 1 tablespoon cinnamon, ground
- 1 and ½ cups water
- ¼ teaspoon nutmeg, ground
- 1 cup maple syrup

Directions:

1. In your slow cooker, mix apples with water, lemon juice, allspice, clove, cinnamon, maple syrup and nutmeg.
2. Stir, cover and cook on High for 4 minutes
3. Blend using an immersion blender, pour into small jars and serve for breakfast!

Enjoy!

Nutrition: calories 180, fat 3, fiber 1, carbs 4, protein 3

Simple Breakfast Meatloaf

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 4

Ingredients:

- 1 onion, chopped
- 1 and ½ cups water
- 2 pounds pork, minced
- 1 teaspoon red pepper flakes
- 1 teaspoon olive oil
- 3 garlic cloves, minced
- ¼ cup almond flour
- 1 teaspoon oregano, chopped
- 1 tablespoon sage, minced
- A pinch of sea salt and black pepper
- 1 tablespoon paprika
- 1 teaspoon marjoram, dried
- 2 eggs

Directions:

1. Set your instant pot on sauté mode, add the oil and heat it up.
2. Add onion and garlic, stir and sauté for 3 minutes.
3. Transfer these to a bowl, leave aside to cool down and mix with the meat.

4. Add a pinch of salt, black pepper, pepper flakes, almond flour, sage, oregano, eggs, paprika and marjoram, stir really well and transfer this to a greased meatloaf pan.
5. Add the water to your instant pot, add the steamer basket, add the meatloaf inside, cover and cook on High for 50 minutes.
6. Leave meatball to cool down, slice, divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 210, fat 3, fiber 1, carbs 5, protein 12

Summer Veggie Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 and ½ cups red onion, roughly chopped
- 1 cup cherry tomatoes, halved
- 2 cups okra, sliced
- 1 cup water
- 1 cup mushrooms, sliced
- 2 and ½ cups zucchini, roughly chopped
- 2 cups yellow bell pepper, chopped
- Black pepper to the taste
- 2 tablespoons basil, chopped
- 1 tablespoon thyme, chopped
- ½ cup olive oil
- ½ cup balsamic vinegar

Directions:

1. In a large bowl, mix onion with tomatoes, okra, zucchini, bell pepper, mushrooms, basil, thyme, black pepper, oil and vinegar and toss well.
2. Transfer to your instant pot, add 1 cup water, cover and cook on High for 10 minutes.

3. Divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 120, fat 2, fiber 2, carbs 3, protein 6

Special Breakfast Butter

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 12

Ingredients:

- 5 cups blueberries puree
- 2 teaspoons cinnamon powder
- Zest from 1 lemon
- 1 cup coconut sugar
- ½ teaspoon nutmeg, ground
- ¼ teaspoon ginger, ground

Directions:

1. Put blueberries puree in your instant pot, cover and cook on High for 3 minutes.
2. Add coconut sugar, ginger, nutmeg and lemon zest, stir, cover and cook on High for 3 minutes more.
3. Stir, transfer to jars, cover and serve for breakfast.

Enjoy!

Nutrition: calories 123, fat 2, fiber 3, carbs 3, protein

4

Zucchini And Carrots Delightful Breakfast

Preparation time: 10 minutes

Cooking time: 4

Servings: 4

Ingredients:

- 1 and ½ cups almond milk
- A pinch of nutmeg, ground
- 1 small zucchini, grated
- 1 carrot, grated
- A pinch of cloves, ground
- 2 tablespoons agave nectar
- ½ teaspoon cinnamon powder
- ¼ cup pecans, chopped

Directions:

1. Put the milk, zucchini, carrots, nutmeg, cloves, cinnamon and agave nectar in your instant pot, cover and cook on High for 4 minutes.
2. Add pecans, stir gently, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 5, protein 5

Bacon and Sweet Potatoes

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- ½ cup orange juice
- 4 bacon slices, cooked and crumbled
- 4 pounds sweet potatoes, sliced
- 3 tablespoons agave nectar
- ½ teaspoon thyme, dried
- ½ teaspoon sage, crushed
- A pinch of sea salt and black pepper
- 2 tablespoons olive oil

Directions:

1. Put sweet potato slices, orange juice, agave nectar, thyme, sage, sea salt, black pepper, olive oil and bacon in your instant pot, cover and cook on High for 10 minutes.
2. Transfer to plates and serve for breakfast.

Enjoy!

Nutrition: calories 159, fat 4, fiber 4, carbs 5, protein 4

Acorn Squash Breakfast Surprise

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- ¼ cup raisins
- ¼ teaspoon cinnamon powder
- 14 ounces cranberry sauce, unsweetened
- 2 acorn squash, peeled and cut into medium chunks
- A pinch of sea salt
- Black pepper to the taste

Directions:

1. In your instant pot, mix squash pieces with sauce, raisins, cinnamon, salt and pepper, stir, cover and cook on High for 7 minutes
2. Divide into medium bowls and serve for breakfast.

Enjoy!

Nutrition: calories 160, fat 3, fiber 2, carbs 7, protein 5

Tasty Zucchini And Squash

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2 cups zucchinis, sliced
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- Black pepper to the taste
- 2 cups yellow squash, peeled and cut into wedges
- 1 teaspoon garlic powder
- A pinch of sea salt

Directions:

1. Set your instant pot on sauté mode, add the oil and heat it up.
2. Add squash and zucchinis, stir and sauté for 3 minutes.
3. Add seasoning, garlic powder, salt and black pepper, toss, cover and cook on High for 7 minutes.
4. Divide among plates and serve as a quick breakfast.

Enjoy!

Nutrition: calories 132, fat 2, fiber 4, carbs 3, protein
4

Breakfast Balls

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 8

Ingredients:

- 2 eggs
- 1 teaspoon baking soda
- 1 pound sausage, casings removed and chopped
- ¼ cup almond flour
- 1 cup water
- Black pepper to the taste
- 1 teaspoon smoked paprika

Directions:

1. In your food processor, mix sausage with eggs, baking soda, flour, pepper and paprika, pulse well and shape medium balls from this mix.
2. Put the water in your instant pot, add the steamer basket, place meatballs inside, cover and cook on High for 12 minutes.
3. Divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 150, fat 3, fiber 3, carbs 6, protein
5

Breakfast Muffins

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 10

Ingredients:

- 1 cup water
- ½ teaspoon baking soda
- 2 and ½ cups almond flour
- 1 tablespoon vanilla extract
- ¼ cup coconut oil
- ¼ cup coconut milk
- 2 eggs
- ¼ cup maple syrup
- 3 tablespoons cinnamon, ground
- 1 cup blueberries

Directions:

1. In a bowl, mix almond flour with baking soda, eggs, oil, coconut milk, cinnamon, maple syrup, vanilla and blueberries, stir everything using your mixer and divide this into silicone muffin cups.
2. Put the water in your instant pot, add the steamer basket, add muffin cups, cover and cook on High for 20 minutes.

3. Divide muffins between plates and serve them for breakfast.

Enjoy!

Nutrition: calories 170, fat 3, fiber 1, carbs 3, protein 5

Avocado Muffins

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 12

Ingredients:

- 1 cup water
- 6 bacon slices, chopped
- A drizzle of olive oil
- 1 yellow onion, chopped
- 4 avocados, pitted, peeled and chopped
- 4 eggs
- ½ cup almond flour
- ½ teaspoon baking soda
- 1 cup almond milk
- A pinch of sea salt
- Black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add a drizzle of oil and heat it up.
2. Add onion and bacon, stir, sauté for 3 minutes and transfer to a bowl.
3. Add avocados and mash everything using a fork.
4. Add a pinch of salt, pepper, eggs, baking soda, milk and flour, whisk everything well

and divide into silicon muffin tins.

5. Put the water in your instant pot, add the steamer basket, add the muffins inside, cover and cook on High for 25 minutes.
6. Divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 180, fat 4, fiber 3, carbs 5, protein 7

Chorizo Breakfast

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 1 small avocado, peeled, pitted and chopped
- ½ cup beef stock
- 1 pound chorizo, chopped
- 2 poblano peppers, chopped
- 1 cup kale, chopped
- 8 mushrooms, chopped
- ½ yellow onion, chopped
- 3 garlic cloves, minced
- ½ cup cilantro, chopped
- 4 bacon slices, chopped
- 4 eggs

Directions:

1. Set your instant pot on Brown mode, add bacon and chorizo and cook for a couple of minutes.
2. Add onions, poblano peppers and garlic, stir and sauté for a few more minutes.
3. Add stock, mushrooms and kale and stir.
4. Make holes in this mix, crack an egg in each, cover and cook on High for 3

minutes

5. Divide this mix on plates, sprinkle cilantro and avocado on top and serve for breakfast.

Enjoy!

Nutrition: calories 170, fat 5, fiber 3, carbs 6, protein 6

Eggs, Ham And Mushroom Mix

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

Ingredients:

- 2 tablespoons ghee
- ¼ cup coconut milk
- 3 eggs
- 3.5 ounces smoked ham, chopped
- 3 ounces mushrooms, sliced
- 1 cup arugula, torn
- A pinch of black pepper

Directions:

1. Set your instant pot on Sauté mode, add the ghee and heat it up.
2. Add mushrooms and ham, stir and cook for 3 minutes.
3. Meanwhile, in a bowl, mix eggs with milk and some black pepper and whisk well.
4. Spread this mix over mushrooms and ham, stir gently, cover and cook on Low for 6 minutes.
5. Divide among plates and serve with arugula on top.

Enjoy!

Nutrition: calories 156, fat 2, fiber 2, carbs 6, protein 14

Delicious Nuts And Fruits Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- ½ cup almonds, soaked for 12 hours and drained
- ½ cup walnuts, soaked for 12 hours and drained
- 2 apples, peeled, cored and cubed
- 1 butternut squash, peeled and cubed
- 1 teaspoon cinnamon powder
- 1 tablespoon honey
- ½ teaspoon nutmeg, ground
- 1 cup coconut milk

Directions:

1. Put almonds and walnuts in your blender, add some of the soaking water, blend well, transfer to your instant pot, add apples, squash, cinnamon, honey, nutmeg and coconut milk, stir, cover and cook on High for 10 minutes
2. Mash everything, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 140, fat 1, fiber 2, carbs 2, protein 4

Leek and Kale Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 and 1/3 cups leek, chopped
- 1/2 cup water
- 2 tablespoons coconut oil
- 1 cup kale, chopped
- 2 teaspoons garlic, minced
- 8 eggs
- 2/3 cup sweet potato, grated
- 1 and 1/2 cups beef sausage, casings removed and chopped

Directions:

1. Put the oil in your instant pot, set on Sauté mode and heat it up.
2. Add leeks, stir and cook for 1 minute.
3. Add garlic, sweet potatoes and kale, stir and sauté for 2 minutes more.
4. Add eggs and sausage meat, stir everything, cover and cook on High for 6 minutes.
5. Divide among plates and serve for breakfast.

Enjoy!

Nutrition: calories 170, fat 2, fiber 2, carbs 6, protein 6

Nuts Porridge

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 2

Ingredients:

- ½ cup pecans, soaked overnight and drained
- ½ banana, mashed
- 1 cup hot water
- 2 tablespoons coconut butter
- ½ teaspoon cinnamon
- 2 teaspoons honey

Directions:

1. In a blender, mix pecans, with water, banana, coconut butter, cinnamon and honey, pulse really well, transfer to your instant pot, cover and cook on High for 7 minutes.
2. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 130, fat 4, fiber 2, carbs 6, protein 5

Simple Cherry Breakfast

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 cups almond milk
- 2 cups water
- 2 tablespoons flax meal
- 2 tablespoons cocoa powder
- 1/3 cup cherries, pitted
- 3 tablespoons honey
- 1/2 teaspoon almond extract

For the sauce:

- 2 tablespoons water
- 1 and 1/2 cups cherries, pitted and chopped
- 1/4 teaspoon almond extract

Directions:

1. Put the almond milk, 2 cups water, flax meal, cocoa powder, 1/3 cup cherries, honey and 1/2 teaspoon almond extract, stir, cover and cook on High for 10 minutes.
2. In a small pan, mix 2 tablespoons water with 1 and 1/2 cups cherries and 1/4

teaspoon almond extract, stir well, bring to a simmer over medium heat and cook for 10 minutes until it thickens.

3. Divide cherries mix into bowls, top with the sauce you've just made and serve for breakfast.

Enjoy!

Nutrition: calories 143, fat 1, fiber 2, carbs 5, protein 4

Carrot Breakfast Dish

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 3

Ingredients:

- 2 cups coconut milk
- 3 tablespoons flax meal
- 1 cup carrots, chopped
- 2 tablespoons agave nectar
- 1 teaspoon cardamom, ground
- A pinch of saffron
- Some chopped pistachios for serving

Directions:

1. Put coconut milk in your instant pot, add flax meal, carrots, agave nectar, saffron and cardamom, stir, cover and cook on High for 6 minutes.
2. Divide into bowls and serve for breakfast with chopped pistachios sprinkled all over.

Enjoy!

Nutrition: calories 160, fat 2, fiber 2, carbs 4, protein 5

Cauliflower Rice Pudding

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 6 and ½ cups water
- ¾ cup stevia
- 2 cups cauliflower rice
- 2 cinnamon sticks
- A pinch of salt
- 5 cardamom pods, crushed
- 3 cloves
- ½ cup coconut, grated

Directions:

1. Put the cauliflower rice your instant pot, add a pinch of salt and the water.
2. In a cheesecloth, mix cardamom with cinnamon and cloves, tie, add to the pot, cover and cook on Low for 12 minutes.
3. Add coconut and stevia, set your pot to sauté mode, cook pudding for 10 minutes more, discard spices, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 118 , fat 1 , fiber 1 , carbs 6 ,
protein 8

Breakfast Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 and ½ cups cauliflower rice
- 1 and ½ teaspoons cinnamon powder
- 1/3 cup stevia
- A pinch of salt
- 2 tablespoons ghee, melted
- 2 apples, peeled, cored and sliced
- 1 cup natural apple juice
- 3 cups almond milk
- ½ cup cherries, dried

Directions:

1. Set your instant pot on Sauté mode, add ghee and heat it up
2. Add rice, stir, sauté for 5 minutes and mix with stevia, apples, apple juice, milk, a pinch of salt and cinnamon, stir, cover and cook on High for 6 minutes.
3. Add cherries, stir, cover, leave aside for 5 more minutes, divide into bowls and serve for breakfast

Enjoy!

Nutrition: calories 160, fat 3 , fiber 3 , carbs 7,
protein 5

Strawberries Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 3 tablespoons flax meal
- 2 tablespoon strawberries, dried
- A pinch of salt
- 2 cups water
- 2/3 cup almond milk
- ½ teaspoon honey

Directions:

1. Put the water in your instant pot and mix with strawberries, flax meal, almond milk and honey
2. Cover, cook on High for 10 minutes, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 150, fat 5, fiber 3, carbs 6, protein 8

Colored Cauliflower and Eggs Breakfast

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 1 cauliflower head, florets separated and chopped
- 1 tablespoon olive oil
- 1 small yellow onion, chopped
- ¼ red bell pepper, sliced
- ¼ yellow bell pepper, sliced
- ¼ green bell pepper, sliced
- ¼ teaspoon poultry seasoning
- ¼ teaspoon dill, dried
- A pinch of salt and black pepper
- 2 eggs
- 1 cup water+ 2 tablespoons

Directions:

1. Put the cauliflower in a heatproof bowl, add some water, introduce in your microwave for a couple of minutes, drain and leave aside for now.
2. Set your instant pot on sauté mode, add the oil, heat it up, add onion, red, green and

yellow bell pepper, stir and cook for 2-3 minutes.

3. Add cauliflower and 2 tablespoons water, stir and cook for 2 minutes more.
4. Add dill, salt, pepper, and poultry seasoning, stir cook for 2 minutes more, transfer to a heatproof dish and crack eggs on top.
5. Clean your instant pot, add 1 cup water and the trivet, add dish inside, cover and cook on High for 6 minutes.
6. Divide between 2 plates and serve for breakfast.

Enjoy!

Nutrition: calories 200, fat 3, fiber 4, carbs 7, protein 4

Simple Breakfast Hash Browns

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 1 egg, whisked
- A pinch of salt and black pepper
- 2 cups cauliflower, riced
- 1 teaspoon red bell pepper, chopped
- 1 tablespoon onion, chopped
- 1 teaspoon green bell pepper, chopped
- ½ tablespoon olive oil
- 1 cup water
- 1 small block onion and chives cheese, grated

Directions:

1. Set your instant pot on sauté mode, add the oil heat it up, add onion, stir and cook for 2 minutes.
2. Add cauliflower rice, red and green bell pepper, stir, cook for 1 minute more and transfer everything to a bowl.
3. Cool this down, add salt, pepper and egg and whisk everything.

4. Pour this into a greased baking dish and sprinkle onion and chives cheese all over.
5. Clean your instant pot, add the water, and the trivet, and the dish with the cauliflower mix inside, cover pot and cook on High for 6 minutes.
6. Divide between 2 plates and serve for breakfast.

Enjoy!

Nutrition: calories 100, fat 4, fiber 2, carbs 8, protein 5

Delicious Breakfast Meatloaf

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 pound Italian sausage
- 4 ounces cream cheese
- 6 eggs
- 1 tablespoon ghee
- 2 cups water
- 1 small yellow onion, chopped
- 2 tablespoons scallions, chopped
- 1 cup cheddar cheese, shredded

Directions:

1. In a bowl, mix sausage with half of the cheese, eggs, onion and scallions and stir really well.
2. Grease a loaf pan with the ghee, add sausage mixture and spread evenly.
3. Add the rest of the cream cheese and sprinkle cheddar cheese on top.
4. Add the water to your instant pot, add the steamer basket, add loaf pan inside, cover pot and cook on High for 15 minutes.

5. Take loaf pan out of the instant pot, introduce in preheated broiler and broil for 5 minutes.
6. Slice, divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 200, fat 4, fiber 2, carbs 8, protein 7

Cajun Breakfast Hash Browns

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 tablespoons garlic, minced
- 1 pound cauliflower, riced
- 1 teaspoon Cajun seasoning
- 8 ounces pastrami, shaved
- 2 tablespoons veggie stock
- 1 small green bell pepper, chopped

Directions:

1. Set your instant pot on sauté mode, add the oil and heat it up.
2. Add onion, stir and cook for 2 minutes.
3. Add garlic and cauliflower, stir and cook for 2 minutes more.
4. Add pastrami, green bell pepper and Cajun seasoning, stir and cook for 2 minutes.
5. Add stock, cover and cook on High for 4 minutes.
6. Divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 182, fat 4, fiber 2, carbs 4, protein 7

Eggs and Chives

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 3

Ingredients:

- 3 tablespoons ghee
- 3 tablespoons cream cheese
- 3 eggs
- 1 tablespoon chives, chopped
- A pinch of salt and black pepper
- 1 cup water

Directions:

1. Divide grease 3 ramekins with the ghee and divide cream cheese in each.
2. Crack an egg into each ramekin, season with a pinch of salt and black pepper and sprinkle chives on top.
3. Add the water to your instant pot, add the steamer basket, add ramekins inside, cover and cook on High for 2 minutes.
4. Serve hot.

Enjoy!

Nutrition: calories 163, fat 4, fiber 2, carbs 7, protein 6

Eggs and Cheese Breakfast

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 4

Ingredients:

- 2 cup cauliflower, riced
- 6 bacon slices, chopped
- 6 eggs
- ¼ cup coconut milk
- ½ cup cheddar cheese, shredded
- A pinch of salt and black pepper
- 1 small yellow onion, chopped
- 1 and ½ cups water

Directions:

1. Set your instant pot on sauté mode, add bacon, stir and cook for 2 minutes.
2. Add onion, stir and cook for 2 minutes more.
3. Add cauliflower rice, stir and cook for 2 minutes.
4. In a bowl, mix eggs with cheese, salt, pepper, coconut milk and the veggie mix, stir everything and pour into a heatproof dish.
5. Clean your instant pot, add the water and the trivet, add the baking dish inside, cover and cook on High for 10 minutes.

6. Divide between plates and serve.

Enjoy!

Nutrition: calories 182, fat 3, fiber 6, carbs 7, protein
7

Breakfast Blueberry Cake

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 cups coconut flour
- Zest from 1 lemon, grated
- 2 teaspoons baking powder
- ½ cup ghee
- ¾ cup stevia
- 1 teaspoon vanilla extract
- 1 egg
- ½ cup coconut milk
- 2/3 cup water
- 2 cups blueberries

Directions:

1. In a bowl, mix ghee with flour, baking powder, lemon zest and stevia and stir well.
2. Add egg, vanilla and coconut milk and stir really well.
3. Add blueberries, stir gently and pour into a cake pan.
4. Add the water to your instant pot, add the steamer basket, add cake pan inside, cover pot and cook on Manual for 30 minutes.

5. Divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 172, fat 4, fiber 3, carbs 7, protein 7

Egg Casserole

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 cups water
- 1 yellow onion, chopped
- 1 and ½ cups ham, chopped
- 2 cups cheddar cheese, shredded
- 10 eggs
- 1 cup coconut milk
- A pinch of salt and black pepper
- A drizzle of olive oil

Directions:

1. Spray a baking dish with olive oil.
2. In a bowl, mix onion with ham, cheese, eggs, coconut milk, salt and pepper and stir well.
3. Pour this into the baking dish and spread evenly.
4. Add the water to your instant pot, add the steamer basket, add the baking dish inside, cover and cook on Manual for 25 minutes.
5. Slice, divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 192, fat 4, fiber 2, carbs 6, protein 8

Breakfast Pancake

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 2 cups coconut flour
- 2 tablespoons stevia
- 2 eggs
- 2 teaspoons baking powder
- 1 and ½ cups coconut milk
- A drizzle of olive oil

Directions:

1. In a bowl, mix eggs with stevia and milk and whisk well.
2. Add flour and baking powder and stir everything well again.
3. Grease your instant pot with the oil, add the batter, spread into the pot, cover and cook on Low for 45 minutes.
4. Slice pancake, divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 182, fat 3, fiber 2, carbs 6, protein 8

Tomato and Spinach Eggs

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- ½ cup coconut milk
- A pinch of salt and black pepper
- 12 eggs
- 3 cups spinach, chopped
- 1 cup tomato, chopped
- 3 green onions, chopped
- ¼ cup parmesan, grated
- 1 and ½ cups water
- A drizzle of olive oil

Directions:

1. In a bowl, mix eggs with salt, pepper, milk, green onion, spinach and tomato and stir well.
2. Grease a baking dish with the olive oil, pour eggs mix, spread and sprinkle parmesan on top.
3. Add the water to your instant pot, add the steamer basket, add baking dish inside, cover and cook on High for 20 minutes.

4. Divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 183, fat 4, fiber 4, carbs 7, protein 8

Breakfast Frittata

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 cup coconut cream
- 4 eggs
- 10 ounces canned green chilies
- A pinch of salt and black pepper
- ½ teaspoon cumin, ground
- 1 cup Mexican cheese, shredded
- ¼ cup cilantro, chopped
- 2 cups water

Directions:

1. In a bowl, mix eggs with coconut cream, salt, pepper, chilies, cumin and half of the cheese, stir well and pour this into a round pan.
2. Add the water to your instant pot, add the trivet, place pan inside, cover and cook on High for 20 minutes.
3. Spread the rest of the cheese and the cilantro over frittata, introduce in a preheated broiler for 5 minutes, slice and serve.

Enjoy!

Nutrition: calories 254, fat 6, fiber 1, carbs 6, protein 14

Mexican Breakfast Casserole

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- 1 pound sausage, ground
- 8 eggs, whisked
- 1 red bell pepper, chopped
- 1 red onion, chopped
- ½ cup green onions, chopped
- ½ cup coconut flour
- 1 cup cotija cheese, shredded
- 1 cup mozzarella cheese, shredded
- 1 tablespoon cilantro, chopped

Directions:

1. Set your instant pot on sauté mode, add sausage, stir and cook for 3 minutes.
2. Add eggs, bell pepper, onion, green onions, coconut flour, cotija and mozzarella cheese, stir, cover and cook on High for 20 minutes.
3. Add cilantro, stir your mix gently, divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 265, fat 3, fiber 6, carbs 8, protein 8

Burrito Casserole

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 6

Ingredients:

- 2 pound celeriac, peeled and cubed
- 4 eggs
- ¼ cup yellow onion, chopped
- 1 jalapeno, chopped
- 6 ounces ham, chopped
- A pinch of salt and black pepper
- ¼ teaspoon chili powder
- ¾ teaspoon taco seasoning
- Keto salsa for serving
- 1 cup water+ 1 tablespoon

Directions:

1. In a bowl, mix eggs with onion, jalapeno, celeriac, ham, salt, pepper, chili powder and taco seasoning and stir.
2. Add 1 tablespoon water, stir again and pour everything into a casserole.
3. Add the water to your instant pot, add the trivet, and casserole, cover pot and cook on Manual for 13 minutes.

4. Divide between plates and serve for breakfast with some keto salsa on top.

Enjoy!

Nutrition: calories 213, fat 4, fiber 6, carbs 7, protein 7

Breakfast Oatmeal

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- ¼ cup chia seeds
- ¼ cup coconut, unsweetened and shredded
- 1/3 coconut, flaked
- 1/3 cup almonds, flaked
- ½ cup coconut milk
- 1 teaspoon vanilla extract
- 1 cup water
- 2 tablespoons swerve

Directions:

1. In your instant pot, mix coconut with almonds, coconut milk, vanilla, water and swerve, stir, cover and cook on High for 6 minutes.
2. Add chia seeds, stir, cover the pot and leave it aside for 4 minutes more.
3. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 173, fat 3, fiber 4, carbs 5, protein 6

Chocolate Oatmeal

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cup coconut milk
- 2 and ½ tablespoon cocoa powder
- 4 cups water
- 2 cups coconut, shredded
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon powder
- 10 ounces cherries, pitted

Directions:

1. In your instant pot, mix coconut milk with water, cocoa powder, coconut, vanilla extract, cinnamon and cherries, stir, cover and cook on High for 10 minutes.
2. Stir your chocolate oatmeal once again, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 183, fat 4, fiber 2, carbs 5, protein 7

Blueberry and Yogurt Bowl

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 1

Ingredients:

- 1/3 cup coconut milk
- 1/3 cup coconut, unsweetened and flaked
- 1/3 cup yogurt
- 1/3 cup blueberries
- 1 tablespoon chia seeds
- ½ teaspoon stevia
- ¼ teaspoon vanilla extract
- A sprinkle of cinnamon powder
- 1 and ½ cups water

Directions:

1. In a heatproof jar, mix coconut milk with coconut, yogurt, blueberries, chia, stevia, vanilla and cinnamon, stir well and cover with tin foil.
2. Put the water in your instant pot, add the jar, cover and cook on High for 6 minutes.
3. Transfer blueberry mix to a bowl and serve.

Enjoy!

Nutrition: calories 152, fat 3, fiber 3, carbs 4, protein
6

Breakfast Cauliflower Pudding

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2 cups coconut milk
- 1 and ¼ cups water
- 1 cup cauliflower rice
- ¾ cup coconut cream
- 2 tablespoons swerve
- 1 teaspoon vanilla extract

Directions:

1. In your instant pot, mix coconut milk with water, swerve and cauliflower rice, stir, cover and cook on High for 10 minutes.
2. Add cream and vanilla extract, stir, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 153, fat 3, fiber 2, carbs 6, protein 7

Scotch Eggs

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 pound sausage, ground
- 4 eggs
- 1 tablespoon olive oil
- 2 cups water

Directions:

1. Put 1 cup water in your instant pot, add the steamer basket, add eggs inside, cover, cook on High for 6 minutes, transfer eggs to a bowl filled with ice water, cool them down and peel.
2. Divide sausage mix into 4 pieces, place them on a cutting board and flatten them.
3. Divide eggs on sausage mix, wrap well and shape 4 balls.
4. Add the oil to your instant pot, set on sauté mode, heat it up, add scotch eggs and brown them on all sides.
5. Clean the pot, add 1 cup water, and the steamer basket, and scotch eggs inside, cover the pot and cook on High for 6 minutes.
6. Serve them for breakfast.

Enjoy!

Nutrition: calories 192, fat 4, fiber 2, carbs 4, protein
7

Celeriac and Bacon Breakfast

Preparation time: 10 minutes

Cooking time: 9 minutes

Servings: 6

Ingredients:

- 2 teaspoons parsley, dried
- 3 bacon strips
- 2 pounds celeriac, peeled and cubed
- 4 ounces cheddar cheese, shredded
- 1 teaspoon garlic powder
- A pinch of salt and black pepper
- 2 tablespoons water

Directions:

1. Set your instant pot on sauté mode, add bacon, stir and cook for a couple of minutes.
2. Add garlic powder, salt, pepper, water and parsley and stir.
3. Add celeriac, stir, cover and cook on Manual for 7 minutes.
4. Divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 164, fat 3, fiber 2, carbs 6, protein

Meat Quiche

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- ½ cup coconut milk
- A pinch of salt and black pepper
- 6 eggs, whisked
- 4 bacon slices, cooked and crumbled
- 1 cup sausage, ground and cooked
- ½ cup ham, chopped
- 2 green onions, chopped
- 1 cup cheddar cheese, shredded
- 1 cup water

Directions:

1. In a bowl, mix eggs with salt, pepper, milk, sausage, bacon, ham, green onions and cheese and stir well.
2. Pour this into a soufflé dish and spread.
3. Add the water to your instant pot, add the trivet, add soufflé dish inside, cover pot and cook on High for 30 minutes.
4. Serve hot for breakfast.

Enjoy!

Nutrition: calories 200, fat 3, fiber 3, carbs 6, protein
6

Cinnamon Oatmeal

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 1 and ½ cups water
- ½ cup coconut, unsweetened and flaked
- ½ teaspoon cinnamon powder
- 2 apples, cored, peeled and chopped
- ¼ teaspoon ginger powder
- Stevia to the taste

Directions:

1. In your instant pot, mix water with coconut, cinnamon, apples, ginger and stevia to the taste, stir, cover and cook on High for 5 minutes.
2. Stir again, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 172, fat 4, fiber 2, carbs 6, protein 6

Cauliflower Congee

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 cup cauliflower rice
- 3 cups veggie stock
- 2 cups bok choy, chopped
- 2 tablespoons ginger, grated
- 2 cups shitake mushrooms, chopped
- 2 garlic cloves, minced
- 1 cup water
- 1 tablespoon coconut aminos

Directions:

1. In your instant pot, mix cauliflower rice with veggie stock, bok choy, mushrooms, garlic, water and aminos, stir, cover and cook on Manual for 20 minutes.
2. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 183, fat 3, fiber 2, carbs 6, protein 3

Breakfast Avocado Cups

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 avocados, cut into halves and pitted
- 1 cup water
- A drizzle of olive oil
- 1 tablespoon chives, chopped
- A pinch of salt and black pepper
- 4 eggs

Directions:

1. Arrange all avocado cups on a cutting board and drizzle some olive oil over them.
2. Crack an egg into each avocado cup, season with salt and pepper and sprinkle chives all over.
3. Add the water to your instant pot, add the trivet, add avocado cups inside, cover and cook on High for 5 minutes.
4. Divide avocado cups between plates and serve for breakfast.

Enjoy!

Nutrition: calories 200, fat 3, fiber 3, carbs 7, protein
5

Smoked Salmon and Shrimp Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cup mushrooms, sliced
- 4 ounces salmon, smoked and chopped
- 4 ounces shrimp, deveined
- A pinch of salt and black pepper
- 4 bacon slices, chopped
- ½ cup coconut cream

Directions:

1. Set your instant pot on sauté mode, add bacon, stir and cook for 2 minutes,
2. Add mushrooms, stir and cook for 1 minute more.
3. Add salmon, shrimp, salt, pepper and coconut cream, stir, cover and cook on High for 5 minutes.
4. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 180, fat 3, fiber 1, carbs 5, protein 8

Beef Breakfast Pie

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- ½ onion, chopped
- 1 keto pie crust
- 1 small red bell pepper, chopped
- 1 pound beef, ground
- 8 eggs
- 1 and ½ cups water
- A pinch of salt and black pepper
- 1 tablespoon Italian seasoning
- A handful cilantro, chopped
- 1 teaspoon olive oil
- 1 teaspoon baking soda

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add beef, salt, pepper and Italian seasoning, stir and brown for 2 minutes.
2. Add bell pepper and onion, stir and cook for 2 minutes more.
3. Add baking soda and eggs, stir, cook for 3 minutes more and transfer to a bowl.

4. Fill your piecrust with this mix and spread it well.
5. Add the water to your instant pot, add the steamer basket, add pie inside, cover and cook on High for 20 minutes.
6. Leave the pie to cool down, sprinkle cilantro on top, slice and serve for breakfast.

Enjoy!

Nutrition: calories 258, fat 4, fiber 5, carbs 6, protein 5

Delicious Breakfast Skillet

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 8 ounces mushrooms, chopped
- 2 tablespoons veggie stock
- A pinch of salt and black pepper
- 1 pound pork, minced
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon basil, dried
- 2 tablespoons Dijon mustard
- 2 zucchinis, chopped

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add mushrooms, stir and sauté for 2 minutes.
2. Add zucchini, salt, pepper, pork meat, garlic powder and basil, stir and cook for 3 minutes more.
3. Add mustard and stock, stir, cover and cook on High for 15 minutes.
4. Divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 180, fat 5, fiber 2, carbs 5, protein 6

Pork Sausage Quiche

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

- 12 ounces pork sausage, chopped
- Salt and black pepper to the taste
- 2 teaspoons coconut cream
- 2 tablespoons parsley, chopped
- 10 mixed cherry tomatoes, halved
- 6 eggs
- 2 tablespoons parmesan, grated
- 2 cups water
- 5 eggplant slices

Directions:

1. Spread sausage pieces on the bottom of a baking dish and add eggplant and cherries over them.
2. In a bowl, mix eggs with salt, pepper, parmesan, parsley and cream, whisk well and pour over sausage mixture.
3. Add the water to your instant pot, add the steamer basket, add the baking dish inside, cover and cook on High for 20 minutes.

4. Leave quiche to cool down a bit, slice and serve.

Enjoy!

Nutrition: calories 240, fat 6, fiber 3, carbs 6, protein 7

Sausage, Leeks and Eggs Casserole

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 pound sausage, chopped
- ¼ cup coconut milk
- 4 asparagus stalks, chopped
- 1 leek, chopped
- 8 eggs, whisked
- 1 tablespoon dill, chopped
- A pinch of salt and black pepper
- ¼ teaspoon garlic powder
- 1 tablespoon olive oil
- 1 and ½ cups water

Directions:

1. Set your instant pot on sauté mode, add sausage, stir and brown for 3 minutes.
2. Add asparagus and leek, stir and cook for 2 minutes more.
3. In a bowl, mix eggs with garlic powder, salt, pepper, milk and dill and whisk well.
4. Add sausage and veggie mix and stir.
5. Drizzle the oil in a baking dish and add eggs and sausage mix.

6. Add the water to your instant pot, add the trivet, add baking dish inside, cover and cook on High for 20 minutes.
7. Slice, divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 240, fat 5, fiber 3, carbs 5, protein 14

Almond Porridge

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 2

Ingredients:

- 1 teaspoon cinnamon powder
- A pinch of nutmeg, ground
- A pinch of cloves, ground
- A pinch of cardamom, ground
- ½ cup almonds, ground
- 1 teaspoon stevia
- ¾ cup coconut cream

Directions:

1. In your instant pot, mix almonds with cream, stevia, cardamom, cloves, nutmeg and cinnamon, stir, cover and cook on High for 7 minutes.
2. Divide into 2 bowls and serve for breakfast.

Enjoy!

Nutrition: calories 163, fat 5, fiber 2, carbs 4, protein 8

Almond and Chia Breakfast

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2 tablespoons almonds, chopped
- 1 tablespoon chia seeds
- 2 tablespoon pepitas, roasted
- 1/3 cup coconut milk
- 1/3 cup water
- A handful blueberries

Directions:

1. In your food processor, mix pepitas with almonds and pulse them well.
2. In your instant pot, mix chia seeds with water and coconut milk and stir.
3. Add pepitas mix, stir, cover pot and cook on High for 5 minutes.
4. Add blueberries, toss a bit, divide into 2 bowls and serve for breakfast.

Enjoy!

Nutrition: calories 150, fat 1, fiber 2, carbs 4, protein 2

Nuts Bowl

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 1 teaspoon pecans, chopped
- 1 teaspoon walnuts, chopped
- 1 teaspoon almonds, chopped
- 1 teaspoon pistachios, chopped
- 1 teaspoon pine nuts, chopped
- 1 teaspoon sunflower seeds
- 1 teaspoon stevia
- 1 teaspoon pepitas, raw
- 2 teaspoons raspberries
- 1 cup coconut milk

Directions:

1. In your instant pot, mix pecans with walnuts, almonds, pistachios, pine nuts, sunflower seeds, pepitas and stevia and stir.
2. Add milk, stir, cover pot and cook on High for 5 minutes.
3. Add raspberries, toss a bit, transfer to a bowl and serve for breakfast.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 2, protein
4

Kale and Prosciutto Muffins

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- ½ cup coconut milk
- 6 eggs
- 1 tablespoon olive oil
- Salt and black pepper to the taste
- ¼ cup kale, chopped
- 8 prosciutto slices
- ¼ cup chives, chopped
- 1 and ½ cups water

Directions:

1. In a bowl, mix eggs with milk, chives, salt, pepper and kale and whisk well.
2. Grease a muffin tray with the oil, line with prosciutto slices and pour eggs and kale mix over them.
3. Add the water to your instant pot, add the trivet, add muffin tray inside, cover pot and cook on High for 15 minutes.
4. Leave muffins to cool down a bit, divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 130, fat 1, fiber 1, carbs 2, protein
7

Bacon Muffins

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 12

Ingredients:

- 1 cup bacon, chopped
- A pinch of salt and black pepper
- 1 and ½ cups water
- ½ cup ghee, melted
- 3 cups coconut flour
- 1 teaspoon baking soda
- 4 eggs
- 2 teaspoons lemon zest, grated

Directions:

1. In a bowl, mix flour with baking soda, eggs, lemon zest, ghee, salt, pepper and bacon, stir well and pour into a greased muffin tray.
2. Add the water to your instant pot, add the trivet, add muffin tray inside, cover and cook on High for 20 minutes.
3. Leave muffins to cool down a bit, divide between plates and serve them for breakfast.

Enjoy!

Nutrition: calories 173, fat 3, fiber 2, carbs 5, protein
6

Cheddar and Parmesan Muffins

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 tablespoons olive oil
- 2 cups water
- 2 tablespoon parmesan, grated
- 1 cup cheddar cheese, grated
- 1 egg
- ½ teaspoon oregano, dried
- ¼ teaspoon baking soda
- 1 cup coconut flour
- A pinch of salt and black pepper
- ½ cup coconut milk

Directions:

1. In a bowl, mix flour with oregano, salt, pepper, parmesan, baking soda, milk, oil, egg and cheddar cheese, stir really well and pour into a greased muffin tray.
2. Add the water to your instant pot, add the trivet, and the muffin tray inside, cover and cook on High for 15 minutes.
3. Sprinkle parmesan over muffins, introduce them in a preheated broiler,

broil for 5 minutes, divide them between plates and serve for breakfast.

Enjoy!

Nutrition: calories 160, fat 1, fiber 2, carbs 3, protein 6

Eggs and Turkey

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 avocado slices
- A pinch of salt and black pepper
- 4 bacon slices, cooked
- 4 turkey breast slices, already cooked
- 2 tablespoons olive oil
- 4 eggs, whisked
- 2 tablespoons veggie stock

Directions:

1. Set your instant pot on sauté mode, add bacon, brown on both sides and transfer to a plate.
2. Add the oil to your instant pot, heat it up, add eggs, salt, pepper and veggie stock, stir, cover and cook on High for 5 minutes.
3. Divide turkey and bacon slices among 4 plates.
4. Divide eggs and avocado slices as well and serve for breakfast.

Enjoy!

Nutrition: calories 155, fat 2, fiber 2, carbs 4, protein
6

Chia Pudding

Preparation time: 2 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- ½ cup chia seeds
- 2 cups coconut milk
- ¼ cup almonds, chopped
- ¼ cup coconut, unsweetened and shredded
- 4 teaspoons stevia

Directions:

4. Put chia seeds in your instant pot, add milk, almonds, coconut and stevia, stir, cover and cook on High for 3 minutes.
5. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 140, fat 1 , fiber 1 , carbs 2 , protein 3

Pumpkin Spread

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 apples, peeled, cored and chopped
- 20 ounces pumpkin puree
- 1 tablespoon pumpkin pie spice
- 1 tablespoon stevia
- 10 ounces apple cider

Directions:

4. In your instant pot, mix apples with pumpkin puree, spice, stevia and cider, stir, cover, cook on High for 10 minutes, divide into jars and serve cold for breakfast.

Enjoy!

Nutrition: calories 140, fat 3, fiber 1, carbs 3, protein 4

Mushroom, Tomatoes and Zucchini Mix

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 5

Ingredients:

- 1 and ½ cups yellow onion, chopped
- 12 ounces mushrooms, chopped
- 15 ounces tomatoes, chopped
- 8 cups zucchini, sliced
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 basil sprigs, chopped
- A pinch of sea salt and black pepper

Directions:

6. Set your instant pot on sauté mode add the oil, heat it up, add garlic and onion, stir and cook for 2 minutes.
7. Add salt, pepper, basil and mushrooms, stir and sauté for 30 seconds more.
8. Add tomatoes and zucchini, stir, cover pot, cook on High for 3 minutes, divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 136, fat 2, fiber 3, carbs 3, protein
4

Okra and Zucchini Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 and ½ cups red onion, roughly chopped
- 3 tablespoons olive oil
- 2 cups okra, sliced
- 1 cup mushrooms, sliced
- 1 cup cherry tomatoes, halved
- 1 cup water
- 2 cups zucchini, roughly chopped
- 2 cups yellow bell pepper, chopped
- Black pepper to the taste
- 2 tablespoons basil, chopped
- 1 tablespoon thyme, chopped
- ½ cup balsamic vinegar

Directions:

1. Put onion, tomatoes, okra, mushrooms, zucchini, bell pepper, basil, thyme, vinegar and oil in your instant pot and toss.
2. Add black pepper, toss again well, also add the water, cover pot and cook on High for 10 minutes.

3. Divide between plates and serve for breakfast.

Enjoy!

Nutrition: calories 120, fat 2, fiber 2, carbs 3, protein 6

Squash and Cranberry Sauce

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- ¼ cup raisins
- 2 acorn squash, peeled and roughly chopped
- 14 ounces cranberry sauce, unsweetened
- ¼ teaspoon cinnamon powder
- A pinch of sea salt and black pepper

Directions:

1. In your instant pot, mix squash with cranberry sauce, raisins, cinnamon, salt and pepper, stir, cover, cook on High for 7 minutes, divide into bowls and serve.

Enjoy!

Nutrition: calories 140, fat 3, fiber 2, carbs 3, protein 4

Beef and Radish Hash

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 2

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 cups corned beef, cubed
- 2 garlic cloves, minced
- ½ cup beef stock
- A pinch of salt and black pepper
- 1 pound radishes, cut into quarters

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion, stir and cook for 2 minutes.
2. Add garlic and radishes, stir and sauté them for 4 minutes more.
3. Add beef, stock, salt and pepper, stir, cover and cook on High for 10 minutes.
4. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 160, fat 3, fiber 3, carbs 5, protein 4

Sweet Carrots Breakfast

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 and ½ cups coconut milk
- A pinch of cloves, ground
- A pinch of nutmeg, ground
- 1 small zucchini, grated
- 1 carrot, grated
- 2 tablespoons swerve
- ½ teaspoon cinnamon powder
- ¼ cup pecans, chopped

Directions:

1. In your instant pot, mix milk with cloves, nutmeg, zucchini, carrot, swerve, cinnamon and pecans, stir, cover and cook on High for 4 minutes.
2. Divide into bowls and serve hot.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 3, protein 4

Breakfast Omelet

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

Ingredients:

- 1 ounces rotisserie chicken, shredded
- 1 teaspoon mustard
- 1 tablespoon homemade mayonnaise
- 1 tomato, chopped
- 2 bacon slices, cooked and crumbled
- 3 eggs, whisked
- 1 small avocado, pitted, peeled and chopped
- Salt and black pepper to the taste
- A drizzle of olive oil

Directions:

1. In a bowl, mix eggs with chicken, mustard, mayo, tomato, bacon, avocado, salt and pepper and whisk well.
2. Set your instant pot on sauté mode, add the oil, heat it up, add eggs mix, spread and cook for 2 minutes.
3. Cover your instant pot, cook your omelet on High for 2 minutes, divide it between plates and serve for breakfast.

Enjoy!

Nutrition: calories 150, fat 2, fiber 6, carbs 8, protein 10

Nuts, Squash and Apples Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- ½ cup almonds, soaked for 12 hours and drained
- ½ cup walnuts, soaked for 12 hours and drained
- 2 apples, peeled, cored and cubed
- 1 butternut squash, peeled and cubed
- 1 teaspoon cinnamon powder
- 1 tablespoon stevia
- ½ teaspoon nutmeg, ground
- 1 cup coconut milk

Directions:

1. Put the almonds in your blender, pulse them well and transfer them to your instant pot.
2. Add walnuts, apples, squash, cinnamon, stevia, milk and nutmeg, stir, cover and cook on High for 10 minutes.
3. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 140, fat 1, fiber 2, carbs 6, protein
3

Leek and Beef Breakfast Mix

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 and 1/3 cups leek, chopped
- 1 cup kale, chopped
- 1/2 cup water
- 2 tablespoons olive oil
- 2 teaspoons garlic, minced
- 8 eggs
- 2/3 cup celeriac, peeled and grated
- 1 and 1/2 cups beef sausage, casings removed and chopped

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add leeks, stir and sauté for 1 minutes.
2. Add celeriac, kale, water and garlic, stir and sauté for 1 minute more.
3. Add beef sausage and eggs, stir, cover and cook on High for 6 minutes.
4. Divide this mix on plates and serve for breakfast.

Enjoy!

Nutrition: calories 150, fat 2, fiber 2, carbs 5, protein
6

Strawberries and Coconut Breakfast

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 3 tablespoons coconut flakes, unsweetened
- 2 tablespoon strawberries, chopped
- 1 cup water
- 2/3 cup coconut milk
- 1/2 teaspoon stevia

Directions:

3. In your instant pot, mix strawberries with coconut flakes, water, milk and stevia, stir, cover and cook on High for 10 minutes.
4. Divide into 2 bowls and serve for breakfast.

Enjoy!

Nutrition: calories 110, fat 5, fiber 3, carbs 3, protein 3

Chorizo and Veggies Mix

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 1 pound chorizo, chopped
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 4 bacon slices, chopped
- ½ cup beef stock
- 2 poblano peppers, chopped
- 1 cup kale, chopped
- 8 mushrooms, chopped
- ½ cup cilantro, chopped
- 1 avocado, peeled, pitted and chopped
- 4 eggs

Directions:

1. Set your instant pot on sauté mode, add chorizo and bacon, stir and cook for 2 minutes.
2. Add garlic, onion and poblano peppers, stir and cook for 2 minutes more.
3. Add kale, mushrooms and stock, stir, make 4 holes in this mix, crack an egg in

each, cover pot and cook on High for 4 minutes.

4. Divide this between plates, add avocado and cilantro on top and serve for breakfast.

Enjoy!

Nutrition: calories 160, fat 5, fiber 3, carbs 5, protein 7

Delicious Vanilla and Espresso Oatmeal

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cup coconut milk
- 1 cup coconut flakes
- 2 cups water
- 2 tablespoons stevia
- 1 teaspoon espresso powder
- 2 teaspoons vanilla extract
- Grated dark and bitter chocolate for serving

Directions:

1. In your instant pot, mix coconut flakes with water, stevia, milk and espresso powder, stir, cover and cook on High for 10 minutes.
2. Add vanilla extract, stir, divide into bowls and serve with grated chocolate on top.

Enjoy!

Nutrition: calories 172, fat 2, fiber 4, carbs 7, protein 8

Coconut and Pomegranate Oatmeal

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 2

Ingredients:

- 1 cup coconut, shredded
- 1 cup water
- $\frac{3}{4}$ cup pomegranate juice
- Seeds from 1 pomegranate

Directions:

1. In your instant pot, mix coconut with water and pomegranate juice, stir, cover and cook on High for 2 minutes.
2. Add pomegranate seeds, stir oatmeal, divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 183, fat 3, fiber 6, carbs 9, protein 6

Cauliflower Rice Bowl

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 cup cauliflower, riced
- ½ cup coconut chips
- 1 cup coconut milk
- 3 tablespoons stevia
- ¼ cup raisins
- ¼ cup almonds, chopped
- A pinch of cinnamon powder

Directions:

1. In your instant pot, mix cauliflower rice with coconut, coconut milk, stevia, raisins, almonds and cinnamon, stir, cover and cook on High for 7 minutes.
2. Divide into bowls and serve for breakfast.

Enjoy!

Nutrition: calories 172, fat 2, fiber 3, carbs 7, protein 10

Mushroom Oatmeal

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 small yellow onion, peeled chopped
- 1 cup steel-cut oats
- 2 garlic cloves, peeled and minced
- 2 tablespoons butter
- ½ cup water
- 14 ounces canned chicken stock
- 3 thyme sprigs, chopped
- 2 tablespoons extra virgin olive oil
- ½ cup Gouda, grated
- 8 ounces mushrooms, sliced
- Salt and ground black pepper, to taste

Directions:

Select the Sauté mode on the Instant Pot, add the butter and melt it. Add the onions, stir and cook for 3 minutes. Add the garlic, stir and cook for 1 minute. Add the oats, stir and cook for 1 minute. Add the water, salt, pepper, stock, and thyme, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure and the Instant Pot, set the dish aside. Heat up a pan with the olive oil over medium heat, add the mushrooms and cook for 3 minutes. Add them to the Instant Pot with the cheese and more salt and pepper, stir and divide among plates.

Nutrition:

- Calories: 300
- Fat: 14
- Fiber: 6.7
- Carbs: 30.2
- Protein: 20.5

Delicious Pear Oatmeal

Preparation time: 5 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 cup water
- 2 cups milk
- 1 tablespoon butter, softened
- A pinch of salt
- ¼ cups brown sugar
- ½ teaspoon ground cinnamon
- 1 cup rolled oats
- ½ cup walnuts, chopped
- 2 cups pears, peeled and chopped
- ½ cup raisins

Directions:

In a heatproof dish, mix the milk with sugar, butter, salt, oats, cinnamon, raisins, pears, and walnuts and stir. Place the dish in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 6 minutes. Release the pressure, divide the oatmeal into bowls,, and serve.

Nutrition:

- Calories: 250
- Fat: 10
- Fiber: 11.3
- Carbs: 14
- Protein: 7

Special French Toast

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

For the orange sauce:

- ¼ cup orange juice
- ½ cup sugar
- 2 cups cranberries
- A pinch of salt
- ¼ teaspoon cinnamon, ground

For the toast:

- 2 cups milk
- 3 eggs, whisked
- 4 tablespoons melted butter
- ½ cup sugar
- Zest from 1 orange, grated
- A pinch of salt
- 1 teaspoon vanilla extract
- 1 loaf bread, cubed
- 1 cup water

Directions:

Heat up a small pot over medium heat, add the cranberries, orange juice, ¼ teaspoon cinnamon, a pinch of salt, ½ cup sugar, stir well, and cook for 5 minutes. Pour this into a greased pan and set the dish aside. In a bowl, mix the butter with the milk, ½ cup sugar, eggs, vanilla extract, a pinch of salt, and orange zest and stir. Add the bread cubes and stir again. Pour this onto the cranberry mixture, place pan in the steamer basket of the Instant Pot, add the water on the bottom, cover, and cook on the Manual setting for 25 minutes. Release the pressure, take the pan out, divide the mix among plates, and serve.

Nutrition:

- Calories: 300
- Fat: 14
- Fiber: 2
- Carbs: 80
- Sugar: 12
- Protein: 14

Vanilla Steel-cut Oats

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cup milk
- 1 cup steel-cut oats
- 2½ cups water
- 2 tablespoons sugar
- A pinch of salt
- 1 teaspoon espresso powder
- 2 teaspoons vanilla extract
- Whipped cream, for serving
- Grated chocolate, for serving

Directions:

In the Instant Pot, mix the oats with water, sugar, milk, salt, and espresso powder and stir. Cover the Instant Pot and cook on the Porridge setting for 10 minutes. Release the pressure for 10 minutes, take the lid off, add the vanilla extract, stir and let it rest for 5 minutes. Divide into bowls, and serve with whipped cream and grated chocolate.

Nutrition:

- Calories: 250
- Fat: 3.1
- Fiber: 5.4
- Carbs: 43
- Sugar: 4
- Protein: 5

Cinnamon Steel-cut Oats

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 1 cup steel-cut oats
- 3½ cups water
- A pinch of salt
- 1 tablespoon butter
- ¾ cup raisins
- 1 teaspoon ground cinnamon
- ¼ cup brown sugar
- 2 tablespoons white sugar
- 2 ounces cream cheese, softened
- 1 teaspoon milk

Directions:

Select the Sauté mode on the Instant Pot, add the butter and melt it. Add the oats, stir, and toast for 3 minutes. Add a pinch of salt and the water, cover the Instant Pot, and cook on the Manual setting for 10 minutes. Release the pressure naturally for 5 minutes and uncover the Instant Pot. Add the raisins, stir, and set the dish aside. In a bowl, mix the cinnamon with brown sugar and stir. In another bowl, mix the white sugar with the cream cheese and milk and stir well. Transfer the oats mixture to breakfast bowls and top each with the cinnamon mixture and cream cheese mixture.

Nutrition:

- Calories: 140
- Fat: 3
- Fiber: 3
- Carbs: 26
- Sugar: 4

- Protein: 4

Breakfast Banana Cake

Preparation time: 10 minutes

Cooking time: 55 minutes

Servings: 5

Ingredients:

- 1 cup water
- 1½ cups sugar
- 2 cups flour
- 3 bananas, peeled and mashed
- 2 eggs
- 1 stick butter, softened
- 2 teaspoons baking powder
- A pinch of salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

Directions:

In a bowl, mix the eggs with the butter and sugar and stir well. Add the salt, baking powder, cinnamon, and nutmeg and stir well again. Add the bananas and flour and stir again. Grease a springform pan with some butter, pour the batter into it and cover the pan with a paper towel and aluminum foil. Add the water to the Instant Pot, place the pan in the Instant Pot, cover and cook on the Manual setting for 55 minutes. Release the pressure, remove the pan, let the banana breakfast cake cool briefly, cut, and serve it.

Nutrition:

- Calories: 326
- Fat: 11
- Fiber: 1.1
- Carbs: 55
- Protein: 4.3

Tomato and Spinach Breakfast

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- ½ cup milk
- Salt and ground black pepper, to taste
- 12 eggs
- 3 cups baby spinach, chopped
- 3 green onions, sliced
- 1 cup tomato, diced
- 4 tomato sliced
- ¼ cup Parmesan cheese, grated
- 1½ cups water

Directions:

Put the water into the Instant Pot. In a bowl, mix the eggs with salt, pepper, and milk and stir well. Put the diced tomato, spinach and green onions in a baking dish and stir them. Pour the eggs mixture onto the vegetables, spread tomato slices on top, and sprinkle with the cheese at the end. Place this dish in the steamer basket of the Instant Pot, cover, and cook everything at Manual for 20 minutes. Release the pressure, open the Instant Pot and place the baking dish under a preheated broiler until the mixture is brown on top. Divide among plates and serve.

Nutrition:

- Calories: 200
- Fat: 10.1
- Fiber: 1.8
- Carbs: 16
- Sugar: 1
- Protein: 10

Pumpkin Oats Granola

Preparation time: 20 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 3 cups water
- 1 tablespoon butter, softened
- 1 cup pumpkin puree
- 1 cup steel-cut oats
- ¼ cup maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon pumpkin pie spice
- A pinch of salt

Directions:

Select Sauté mode on the Instant Pot, add the butter and melt it. Add the oats, stir, and cook for 3 minutes. Add the pumpkin puree, water, cinnamon, salt, maple syrup, and pumpkin spice, stir, cover the Instant Pot, and cook on the Manual setting for 10 minutes. Release the pressure naturally for 10 minutes, stir the granola, set it aside for 10 minutes, divide it, and serve.

Nutrition:

- Calories: 200
- Fat: 7
- Fiber: 3
- Carbs: 33
- Sugar: 14
- Protein: 5

Breakfast Cobbler

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 plum, pitted and chopped
- 1 pear, chopped
- 1 apple chopped
- 2 tablespoons honey
- ½ teaspoon ground cinnamon
- 3 tablespoons coconut oil
- ¼ cup pecans, chopped
- ¼ cup coconut, shredded
- 2 tablespoons sunflower seeds

Directions:

Put all the fruits in a heatproof dish, add the coconut oil, cinnamon and honey and toss to coat. Place the dish in the steamer basket of the Instant Pot, cover and cook on the Manual setting for 10 minutes. Release the pressure naturally, take the dish out and transfer all the fruit to a bowl. In the same baking dish, mix the coconut with sunflower seeds and pecans and stir. Transfer these to the Instant Pot, set it on Sauté mode, and toast them for 5 minutes. Add these to the fruit in the bowl, toss to coat, and serve.

Nutrition:

- Calories: 150
- Fat: 7
- Fiber: 3
- Carbs: 12
- Sugar: 7

Protein: 6

Pomegranate Porridge

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 2

Ingredients:

- 1 cup rolled oats
- A pinch of salt
- 1 cup water
- $\frac{3}{4}$ cup pomegranate juice
- Seeds from 1 pomegranate

Directions:

Put the oats into the Instant Pot. Add the water, a pinch of salt, and pomegranate juice, stir, cover the Instant Pot and cook on the Porridge setting for 2 minutes. Release the pressure, add the pomegranate seeds, stir well, divide into bowls, and serve.

Nutrition:

- Calories: 200
- Fat: 2.8
- Fiber: 4.4
- Carbs: 40
- Protein: 7.3

Scotch Eggs

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 pound sausage, ground
- 1 tablespoon vegetable oil
- 4 eggs
- 2 cups water

Directions:

Put the eggs in the Instant Pot, add 1 cup water, cover the Instant Pot and cook on the Manual setting for 6 minutes. Release the pressure slowly, uncover the Instant Pot, remove the eggs, and put them in a bowl filled with ice water. Peel the eggs and place them on a working surface. Divide the sausage mix into 4 balls, flatten them, place 1 egg in the center of each sausage piece, wrap the meat around each egg, and put them all on a plate. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the scotch eggs, brown them on each side and transfer them to a plate. Add the rest of the water to the Instant Pot, arrange the eggs in the steamer basket of the Instant Pot, cover, and cook on the Manual setting for 6 minutes. Release the pressure, divide the eggs among plates, and serve.

Nutrition:

- Calories: 300
- Fat: 21
- Fiber: 0
- Carbs: 16
- Protein: 12

Poached Eggs

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 1 bunch arugula leaves
- 2 eggs
- 2 bell peppers, ends cut off
- 2 slices mozzarella cheese
- 2 slices whole wheat bread, toasted
- 1 cup water

For the sauce:

- 1½ teaspoons mustard
- ⅔ cup mayonnaise
- Salt, to taste
- 1 teaspoon turmeric
- 1 teaspoon lemon juice
- 3 tablespoons orange juice
- 1 tablespoon white wine vinegar

Directions:

In a bowl, mix the mayonnaise with the salt, turmeric, mustard, lemon juice, orange juice, and vinegar, stir well, cover the bowl, and keep in the refrigerator for now. Break an egg into each bell pepper, place them in the steamer basket of the Instant Pot, cover the basket with aluminum foil, add the water to the Instant Pot, and cook on Manual for 5 minutes. Release the pressure naturally and uncover the Instant Pot. Divide the toasted bread into 2 plates, add cheese on each, some arugula and top with pepper tops. Drizzle the sauce all over, and serve.

Nutrition:

- Calories: 129
- Fat: 8
- Fiber: 1
- Carbs: 9
- Protein: 12

Breakfast Quiche

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- ½ cup milk
- 6 eggs, whisked
- Salt and ground black pepper, to taste
- 4 bacon slices, cooked and crumbled
- 1 cup ground sausage, cooked
- ½ cup ham, diced
- 1 cup cheddar cheese, shredded
- 2 green onions, chopped
- 1½ cups water

Directions:

Put the water into the Instant Pot and set it aside for now. In a bowl, mix the eggs with salt, pepper, milk, sausage, ham, bacon, onions, and cheese and stir everything well. Pour this into a baking dish, cover with some aluminum foil, place the dish in the steamer basket of the Instant Pot, cover and cook on the Manual setting for 30 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, take the quiche out and set it aside for a few minutes to cool down. Cut the quiche, arrange it on plates, and serve.

Nutrition:

- Calories: 220
- Fat: 3.4
- Fiber: 1.1
- Carbs: 22
- Protein: 15.3

Carrot Oatmeal

Preparation time: 20 minutes

Cooking time: 13 minutes

Servings: 6

Ingredients:

- 1 cup steel-cut oats
- 4 cups water
- 1 tablespoon butter
- 3 tablespoons maple syrup
- A pinch of salt
- 2 teaspoons ground cinnamon
- 1 teaspoon pie spice
- 1 cup grated carrots
- ¼ cup chia seeds
- ¾ cup raisins

Directions:

Select the Sauté mode on the Instant Pot, add butter and melt it. Add the oats, stir and toast for 3 minutes. Add the carrots, water, maple syrup, cinnamon, spice, and a pinch of salt, stir, cover the Instant Pot and cook on the Manual setting for 10 minutes.

Release the pressure naturally for 10 minutes, add the raisins and chia seeds, stir, leave the oatmeal aside for 10 minutes, divide it between bowls, and serve.

Nutrition:

- Calories: 145
- Fat: 3
- Fiber: 1.3
- Carbs: 25
- Protein: 3.5
- Sugar: 11

Steamed Eggs

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 1½ cup water
- 2 eggs
- Salt and ground black pepper, to taste
- A pinch of garlic powder
- A pinch of sesame seeds
- 2 scallions, diced
- Hot rice, for serving

Directions:

In a bowl, mix the eggs with 1½ cup water and whisk well. Strain this into a heatproof dish. Add the salt, pepper, sesame seeds, garlic powder, and scallions and whisk very well. Put the remaining water into the Instant Pot, place the dish in the steamer basket, cover the Instant Pot and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, divide the rice among plates, and add eggs mixture on the side.

Nutrition:

- Calories: 230
- Fat: 13
- Fiber: 3
- Sugar: 1
- Protein: 21

Special Eggs Breakfast

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 yellow onion, peeled and diced
- 6 eggs
- 1 cup ham, cooked and diced
- 1 cup kale leaves, chopped
- ½ cup heavy cream
- Salt and ground black pepper, to taste
- 1 teaspoon herbs de Provence
- 1 cup cheddar cheese, grated
- 1 cup water

Directions:

In a bowl, mix the eggs with salt, pepper, heavy cream, onion, kale, cheese, and herbs, whisk well and pour into a heatproof dish. Put the water into the Instant Pot, place dish in the steamer basket, cover the Instant Pot and cook on the Manual setting for 20 minutes. Release the pressure, uncover the Instant Pot, remove the dish, divide the eggs between plates, and serve.

Nutrition:

- Calories: 189
- Fat: 12.3
- Fiber: 1
- Carbs: 1
- Protein: 20.3

Egg Muffins

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1½ cups water
- 1 green onion, chopped
- 4 bacon slices, cooked and crumbled
- 4 tablespoons cheddar cheese, shredded
- ¼ teaspoon lemon pepper
- 4 eggs
- A pinch of salt

Directions:

In a bowl, mix the eggs with a pinch of salt, and lemon pepper and whisk well. Divide the green onion, bacon and cheese into muffin cups. Add the eggs and stir a bit. Put the water into the Instant Pot, add the muffin cups to the steamer basket, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure, divide the egg muffins among plates, and serve.

Nutrition:

- Calories: 70
- Fat: 2.4
- Fiber: 1
- Carbs: 1.5
- Protein: 4.6

Breakfast Risotto

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1½ cups Arborio rice
- 1½ teaspoons ground cinnamon
- ⅓ cup brown sugar
- A pinch of salt
- 2 tablespoons butter
- 2 apples, cored and sliced
- 1 cup apple juice
- 3 cups milk
- ½ cup cherries, dried

Directions:

Set the Instant Pot on Sauté mode, add butter and melt it. Add the rice, stir and cook for 5 minutes. Add the sugar, apples, apple juice, milk, a pinch of salt and cinnamon, stir, cover, and cook on the Manual setting for 6 minutes. Release the pressure naturally for 6 minutes, uncover the Instant Pot, add the cherries, stir, cover, and set aside for 5 minutes. Divide into breakfast bowls and serve.

Nutrition:

- Calories: 160
- Fat: 16
- Fiber: 3
- Carbs: 30
- Sugar: 1
- Protein: 11

Amazing Breakfast Quinoa

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2¼ cups water
- 1½ cups quinoa, rinsed
- 2 tablespoons maple syrup
- A pinch of salt
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- Fresh berries, for serving
- Milk, for serving
- Almonds, sliced for serving

Directions:

In the Instant Pot, add the water, quinoa, vanilla, cinnamon, salt, and maple syrup. Stir, cover the Instant Pot, and cook on the Multigrain setting for 10 minutes. Release the pressure naturally, fluff the quinoa with a fork, divide it into breakfast bowls, add the milk and stir. Top with almonds and berries and serve.

Nutrition:

- Calories: 100
- Fat: 3
- Fiber: 1
- Carbs: 4
- Sugar: 3
- Protein: 2

Breakfast Quinoa Salad

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 2 garlic cloves, peeled and minced
- 2¼ cups water
- 1½ cups quinoa, rinsed
- A pinch of salt
- 2 tomatoes, cored and chopped
- 1 cucumber, chopped
- 1 jalapeño pepper, chopped
- 1 cup corn, already cooked
- ½ cup scallions, diced
- 1½ cups chickpeas, already cooked
- ⅔ cup fresh parsley leaves, diced
- ⅓ cup mint leaves, chopped
- 1 avocado, pitted, peeled and diced
- 3 tablespoons vegetable stock
- ¼ cup lime juice
- Ground black pepper, to taste
- ½ teaspoon chipotle pepper

Directions:

In the Instant Pot, mix the quinoa with 1 garlic clove, a pinch of salt, and the water, stir, cover and cook on the Sauté setting for 1 minute. Release the pressure, uncover the Instant Pot, fluff the quinoa with a fork, and let it cool briefly. Transfer the quinoa to a bowl, add the tomatoes, cucumber, jalapeño pepper, corn, scallions, chickpeas, parsley, mint, and avocado. In a bowl, mix the vegetable stock with the pepper, the remaining garlic clove, the lime juice, and chili pepper, and stir very well. Pour this onto the salad, toss to coat, and serve.

Nutrition:

- Calories: 239
- Fat: 6.4
- Fiber: 7.7
- Carbs: 39
- Protein: 9

Breakfast Rice Bowl

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 cup brown rice
- ½ cup coconut chips
- 1 cup coconut milk
- 2 cups water
- ½ cup maple syrup
- ¼ cup raisins
- ¼ cup almonds
- A pinch of ground cinnamon
- A pinch of salt

Directions:

Put the rice in a pot, add the water, place on the stove over medium-high heat, cook according to instructions, drain, and transfer it to the Instant Pot. Add the milk, coconut chips, almonds, raisins, salt, cinnamon and maple syrup, stir well, cover the Instant Pot and cook on the Manual setting for 5 minutes. Release pressure, transfer the rice to breakfast bowls, and serve.

Nutrition:

- Calories: 240
- Fat: 7
- Fiber: 9.5
- Carbs: 45
- Sugar: 13
- Protein: 13

Special Rice Pudding

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 6½ cups water
- ¾ cup sugar
- 2 cups black rice, washed and rinsed
- 2 cinnamon sticks
- A pinch of salt
- 5 cardamom pods, crushed
- 3 cloves
- ½ cup coconut, grated
- Chopped mango, for serving

Directions:

Put the rice into the Instant Pot, add a pinch of salt and the water, and stir. In a cheesecloth bag, mix the cardamom with cinnamon and cloves and tie it. Place this in the Instant Pot with the rice, cover, and cook on Manual for 35 minutes. Release the pressure naturally, uncover the Instant Pot, stir the rice, add coconut, and set the Instant Pot to Sauté mode. Cook for 10 minutes, discard the spices bag, transfer to breakfast bowls, and serve with chopped mango on top.

Nutrition:

- Calories: 118
- Fat: 1
- Fiber: 1
- Carbs: 21
- Protein: 8

Breakfast Bread Pudding

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 cup water
- Vegetable oil cooking spray
- 4 tablespoons butter
- 1 cup onions, peeled and sliced thin
- 1 cup mushrooms, sliced
- 1 cup ham, diced
- ¼ cup sugar
- 3 eggs, whisked
- 2 cups half and half
- ½ teaspoon dry mustard
- Salt and ground black pepper, to taste
- 1 cup Swiss cheese, grated
- ½ teaspoon thyme, dried
- 14 ounces loaf and bread, cubed

For the sauce:

- 1½ teaspoons rice wine vinegar
- ½ cup mustard
- 2 tablespoons maple syrup
- Salt and ground black pepper, to taste

Directions:

Heat up a pan over medium heat, add the butter and melt it. Add the onions, stir and cook for 2 minutes. Add the ham, stir again, cook for 2 minutes, take off the heat and set aside. Spray a pan with some cooking oil. In a bowl, mix eggs with sugar, half and half, thyme, half of the Swiss cheese, salt, pepper, bread cubes, mushroom, and ham and onions mixture, and stir well. Pour this into the greased pan, place it in the steamer basket of the Instant

Pot, add the water in the Instant Pot, cover with aluminum foil, cover the Instant Pot, and cook on Manual for 25 minutes. Heat up a small pot over medium heat, add the dry mustard, salt, pepper, vinegar, and maple syrup, stir well, and cook for 2-3 minutes. Release the pressure from the Instant Pot, uncover, take the pan out, sprinkle the rest of the cheese, place under a preheated broiler and brown for a few minutes. Divide the bread pudding on plates, drizzle the sauce on top, and serve.

Nutrition:

- Calories: 270
- Fat: 12
- Fiber: 2
- Carbs: 14
- Protein: 10

Millet Pudding

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 14 ounces coconut milk
- 7 ounces water
- $\frac{2}{3}$ cup millet
- A pinch of salt
- 4 dates, pitted
- Honey for serving

Directions:

Put the millet into the Instant Pot. Add the milk, dates and a pinch of salt and stir. Add the water, stir again, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure naturally, uncover the Instant Pot, divide the pudding into bowls, top with honey, and serve.

Nutrition:

- Calories: 240
- Fat: 2
- Fiber: 2.6
- Carbs: 25
- Sugar: 33
- Protein: 8

Breakfast Chia Pudding

Preparation time: 2 hours

Cooking time: 3 minutes

Servings: 4

Ingredients:

- ½ cup chia seeds
- 2 cups almond milk
- ¼ cup almonds
- ¼ cup coconut, shredded
- 4 teaspoons sugar

Directions:

Put chia seeds into the Instant Pot. Add milk, almonds and coconut flakes, stir, cover and cook on the Manual setting for 3 minutes. Release the pressure, divide the pudding between bowls, top each with a teaspoon of sugar, and serve.

Nutrition:

- Calories: 130
- Fat: 12
- Fiber: 22
- Carbs: 2
- Protein: 14

Breakfast Hash

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 8 ounces sausage, ground
- 1 package hash browns, frozen
- $\frac{1}{3}$ cup water
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 1 cup cheddar cheese, grated
- Salt and ground black pepper, to taste
- 4 eggs, whisked
- Salsa for serving

Directions:

Set the Instant Pot on Sauté mode, add sausage, stir and cook for 2 minutes. Drain excess fat, add bell pepper and onion, stir and cook for 2 more minutes. Add hash browns, water, eggs, salt and cheese, stir, cover and cook on Low for 4 minutes. Release the pressure, divide hash among plates, and serve with salsa.

Nutrition:

- Calories: 300
- Fat: 16
- Fiber: 4
- Carbs: 30
- Protein: 17

Breakfast Millet Pilaf

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon ghee
- 1 teaspoon cardamom, crushed
- 3 teaspoons cumin seeds
- 1 bay leaf
- 1 inch cinnamon stick
- 2 cups organic millet
- 1 white onion, chopped
- Salt, to taste
- 3 cups water

Directions:

Set the Instant Pot on sauté mode, add ghee and heat it up. Add cumin, cinnamon, cardamom and bay leaf, stir and cook for 1 minute. Add onion, stir and cook for 4 minutes. Add millet, salt and water, stir, cover the Instant Pot and cook on the Manual setting for 1 minute. Release the pressure naturally, fluff the mix with a fork, transfer to bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 3.1
- Fiber: 1.3
- Carbs: 16
- Protein: 2.5

Breakfast Pudding

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1½ cups water
- ⅓ cup tapioca pearls
- 1¼ cup whole milk
- Zest from ½ lemon
- ½ cup sugar

Directions:

Put 1 cup water into the Instant Pot. Put tapioca pearls in a heat proof bowl add milk, ½ cup water, lemon zest and sugar. Stir everything, place the bowl in the steamer basket of the Instant Pot, cover and cook on the Manual setting for 10 minutes. Release the pressure, transfer pudding to cups, and serve.

Nutrition:

- Calories: 122
- Fat: 2
- Fiber: 0
- Carbs: 21
- Sugar: 6
- Protein: 5

Potato Hash

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 1 cup cheddar cheese, shredded
- 6 eggs, whisked
- Salt and ground black pepper, to taste
- 6 potatoes, peeled and roughly chopped
- 1 cup ham, chopped
- A drizzle of olive oil
- ¼ cup water
- Toasted bread for serving

Directions:

Set the Instant Pot on Sauté, add the oil and heat it up. Add potatoes, stir and brown them for 3 minutes. Add ham, eggs, cheese, salt, pepper and the water, stir, cover the Instant Pot and cook on the Manual setting for 5 minutes. Release the pressure, transfer hash to plates, and serve with toasted bread.

Nutrition:

- Calories: 250
- Fat: 12
- Fiber: 2
- Carbs: 20
- Protein: 17

Breakfast Burritos

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 8 ounces pork meat, ground
- Salt and ground black pepper, to taste
- 1 teaspoon thyme, dry
- 1 teaspoon sage, dry
- 1 teaspoon fennel seed, crushed
- 1 teaspoon brown sugar
- A pinch of nutmeg
- ½ teaspoon red pepper flakes, crushed
- 1 tablespoon water
- 1½ cups water
- 6 tortilla shells
- 8 eggs
- A drizzle of olive oil
- ¼ cup milk
- Cheddar cheese, shredded for serving
- Salsa for serving

Directions:

In a bowl, mix pork with salt, pepper, thyme, sage, fennel, pepper flakes, nutmeg, sugar and 1 tablespoon water, stir very well, cover the bowl and keep it in the refrigerator for now. Brush tortilla shells with some olive oil, arrange them on a baking sheet, cover them with aluminum foil and seal edges. In a heat proof dish, mix eggs with salt, pepper, and milk and whisk well. Add meat mix, stir and cover the dish with some aluminum foil. Place dish in the steamer basket of the Instant Pot, add wrapped tortilla shells on top, add 1½ cups water to the Instant Pot, cover and cook on the Manual setting for 15 minutes. Release the pressure and take tortilla shells and eggs and meat mix out of the Instant Pot. Unwrap

tortilla shells, fill them with eggs and meat mix and top with salsa and cheddar cheese. Arrange on plates, and serve.

Nutrition:

- Calories: 380
- Fat: 25
- Fiber: 11
- Carbs: 19
- Protein: 21

Breakfast Tacos

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 pound turkey meat, ground
- 1 tablespoon Worcestershire sauce
- 1 tablespoon extra virgin olive oil
- 1¼ cups beef stock
- 2 teaspoons corn flour
- 1½ teaspoons cumin, ground
- 1 tablespoon chili powder
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon dried onions
- ½ teaspoon paprika
- ¼ teaspoon dried oregano
- A pinch of cayenne pepper
- Salt and ground black pepper, to taste
- Tacos shells, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the meat ½ cup stock, stir, and brown for a few minutes. Discard the excess fat, add the rest of the stock, Worcestershire sauce, flour, cumin, chili powder, garlic powder, onion powder, dried onions, paprika, oregano, salt, pepper, and cayenne pepper, stir, cover the Instant Pot and cook on the Manual setting for 5 minutes. Release the pressure naturally, uncover the Instant Pot, stir the meat mix and divide it in taco shells, and serve.

Nutrition:

- Calories: 240
- Fat: 11.5

- Fiber: 1
- Carbs: 3.4
- Protein: 31.1

Breakfast Jam

Preparation time: 20 minutes

Cooking time: 1 hour and 15 minutes

Servings: 12

Ingredients:

- 16 ounces cranberries
- 16 ounces strawberries, chopped
- Zest from 1 lemon
- 4 ounces raisins
- A pinch of salt
- 3 ounces water
- 2½ pounds sugar

Directions:

In the Instant Pot, mix the strawberries with the cranberries, lemon zest, and raisins. Add the sugar, stir and set aside to 1 hour. Add the water and a pinch of salt, cover the Instant Pot and cook on the Manual setting for 15 minutes. Release the pressure, let the jam rest for 5 minutes, stir, pour into small jars, and serve with toasted bread slices.

Nutrition:

- Calories: 60
- Fat: 0
- Fiber: 0
- Carbs: 12
- Protein: 1
- Sugar: 12

Breakfast Sandwiches

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 8

Ingredients:

- 2 tablespoons brown sugar
- 4-pound beef roast, cut into small chunks
- Salt and ground black pepper, to taste
- 2 teaspoons paprika
- 2½ teaspoons garlic powder
- 2 teaspoons mustard powder
- 2 teaspoons onion flakes
- 3 cups beef stock
- 1 tablespoon balsamic vinegar
- 2 tablespoon Worcestershire sauce
- 4 tablespoons butter, soft
- 8 hoagie rolls
- 8 slices provolone cheese

Directions:

Put the meat into the Instant Pot. Add salt, pepper, paprika, 2 teaspoons garlic powder, mustard powder, onion flakes, stock, vinegar and Worcestershire sauce, stir well, cover the Instant Pot and cook on the Manual setting for 40 minutes. Release the pressure, transfer the meat to a cutting board, strain the liquid, and keep it in a bowl. Shred the meat and divide among rolls after you've buttered them. Add the provolone cheese on top, place the sandwiches under a preheated broiler and broil until the cheese melts. Dip the sandwiches in the sauce from the Instant Pot, and serve them.

Nutrition:

- Calories: 340
- Fat: 21

- Fiber: 2
- Carbs: 12
- Protein: 34

Breakfast Sausages and Peppers

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 5

Ingredients:

- 15 ounces tomato sauce
- 28 ounces canned tomatoes, diced
- 10 Italian sausages
- 4 green bell peppers, cut into thin strips
- 1 cup water
- 4 garlic cloves, peeled and minced
- 1 tablespoon dried basil
- 1 tablespoon Italian seasoning

Directions:

Put the tomatoes, tomato sauce, basil, water, garlic, sausages, bell peppers, and Italian seasoning into the Instant Pot, and stir gently. Cover the Instant Pot and cook on the Manual setting for 25 minutes. Release the pressure, divide the mix between plates, and serve.

Nutrition:

- Calories: 400
- Fat: 31
- Fiber: 1
- Carbs: 8
- Protein: 23

Lemon Marmalade

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 2 pounds lemons, washed, and sliced thin
- 4 pounds sugar
- 1 tablespoon vinegar

Directions:

Put the lemon slices into the Instant Pot. Cover the Instant Pot and cook the marmalade at Manual for 10 minutes. Release the pressure, add the sugar, cover the Instant Pot again, and cook on the Manual setting for 4 more minutes. Release the pressure again, stir the marmalade, pour it into jars, and refrigerate until you serve it.

Nutrition:

- Calories: 60
- Fat: 1
- Fiber: 0
- Carbs: 12
- Sugar: 13

Blackberry Jam

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 pints blackberries
- Juice of 1 small lemon
- 5 cups sugar
- 3 tablespoons pectin powder

Directions:

Put the blackberries into the Instant Pot. Add the sugar, stir, select Sauté mode, and cook for 3 minutes. Transfer the jam to clean jars, close them, and place them in the steamer basket of the Instant Pot. Add the water to cover the jars halfway, select Steam mode on the Instant Pot, cover, and steam for 20 minutes.

Remove the jars, allow them to cool down, and keep the jam in the refrigerator until you serve it with some toasted bread.

Nutrition:

- Calories: 63
- Fat: 6
- Fiber: 7.6
- Carbs: 12
- Protein: 2
- Sugar: 7

Chickpeas Spread

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 1 cup chickpeas, soaked and drained
- 6 cups water
- 1 bay leaf
- 4 garlic cloves, peeled and crushed
- 2 tablespoons tahini paste
- Juice of 1 lemon
- ¼ teaspoon cumin
- Salt, to taste
- ¼ cup fresh parsley, chopped
- A pinch of paprika
- Extra virgin olive oil

Directions:

Put the chickpeas and water into the Instant Pot. Add the bay leaf, 2 garlic cloves, cover the Instant Pot and cook on the Manual setting for 18 minutes. Release the pressure, discard the excess liquid and bay leaf and reserve some of the cooking liquid. Add the tahini paste, the cooking liquid you've reserved, lemon juice, cumin, the remainder of the garlic, and salt. Transfer everything to a food processor and pulse well. Transfer the chickpeas spread to a serving bowl, sprinkle with olive oil and paprika on top and serve.

Nutrition:

- Calories: 270
- Fat: 19
- Fiber: 5.1
- Carbs: 21.5
- Protein: 6.8

Chicken Liver Spread

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 1 teaspoon extra virgin olive oil
- $\frac{3}{4}$ pound chicken livers
- 1 yellow onion, peeled and chopped
- 1 bay leaf
- $\frac{1}{4}$ cup red wine
- 2 anchovies
- 1 tablespoons capers, drained and chopped
- 1 tablespoon butter
- Salt and ground black pepper, to taste

Directions:

Put the olive oil into the Instant Pot, add the onion, salt, pepper, chicken livers, bay leaf and wine. Stir, cover the Instant Pot, and cook on the Manual setting for 10 minutes. Release the pressure, add the anchovies, capers, and butter. Stir, transfer to a blender and pulse several times. Add the salt and pepper, blend again, transfer to a bowl, and serve with toasted bread slices.

Nutrition:

- Calories: 150
- Fat: 12
- Fiber: 0
- Carbs: 5
- Sugar: 2
- Protein: 4

Cheesy Grits

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 tablespoons coconut oil
- 1¾ cup half and half
- 1 cup stone ground grits
- 3 cups water
- 2 teaspoons salt
- 3 tablespoons butter
- 4 ounces cheddar cheese, grated
- Butter, for serving

Directions:

Set the Instant Pot on Sauté mode, add the grits, stir, and toast them for 3 minutes. Add the oil, half and half, water, salt, butter, and cheese, stir, cover and cook on Manual mode for 10 minutes. Release the pressure naturally, set the cheesy grits aside for 15 minutes, transfer to bowls, add the butter on top, and serve.

Nutrition:

- Calories: 280
- Fat: 13
- Fiber: 1
- Carbs: 26
- Sugar: 2
- Protein: 13.2

Tasty Breakfast

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 cups green tea
- 1 tablespoon ground cinnamon
- 1 cup red lentils, soaked for 4 hours and drained
- 2 apples, diced
- 1 teaspoon ground cloves
- 1 teaspoon turmeric
- Maple syrup, for serving
- Coconut milk, for serving

Directions:

Put lentils into the Instant Pot, add the tea and stir, cover, and cook on the Manual setting for 15 minutes. Release the pressure, uncover the Instant Pot, add the cinnamon, apples, turmeric, and cloves, stir, cover and cook on the Manual setting for 15 minutes. Release pressure, divide lentils between bowls and add some maple syrup and coconut milk.

Nutrition:

- Calories: 140
- Fat: 1.2
- Fiber: 8.4
- Carbs: 35
- Sugar: 14
- Protein: 5

Mushroom Pate

Preparation time: 6 minutes

Cooking time: 18 minutes

Servings: 6

Ingredients:

- 1-ounce dried porcini mushrooms
- 1 pound button mushrooms, sliced
- 1 cup boiled water
- 1 tablespoon butter
- 1 tablespoon extra virgin olive oil
- 1 shallot, peeled and diced
- ¼ cup white wine
- Salt and ground black pepper, to taste
- 1 bay leaf
- 1 tablespoon truffle oil
- 3 tablespoons Parmesan cheese, grated

Directions:

Put the porcini mushrooms in a bowl, add 1 cup boiling water over them, and set aside. Set the Instant Pot on Sauté mode, add the butter and olive oil and heat them. Add the shallots, stir and cook for 2 minutes. Add the porcini mushrooms and their liquid, button mushrooms, wine, salt, pepper, and bay leaf. Stir, cover the Instant Pot and cook on the Manual setting for 16 minutes.

Release the pressure, remove the bay leaf and some of the liquid, transfer everything to a blender and pulse until smooth. Add the truffle oil and grated Parmesan cheese, blend again, transfer to a bowl, and serve.

Nutrition:

- Calories: 220
- Fat: 15
- Fiber: 0
- Carbs: 15

- Sugar: 3
- Protein: 5

Ricotta Cheese Spread

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 10 ounces canned diced tomatoes with green chilies
- 1³/₄ cups Italian sausage, ground
- 4 cups processed cheese, cut into chunks
- 4 tablespoons water

Directions:

In the Instant Pot, mix the tomatoes and chilies with the water, ground sausage, and cheese. Stir, cover and cook on the Manual setting for 5 minutes. Release the pressure naturally for 5 minutes, uncover the Instant Pot, stir the spread, transfer to a bowl, and serve.

Nutrition:

- Calories: 294
- Fat: 18
- Fiber: 1
- Carbs: 4
- Protein: 7

Breakfast Salad

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 6 potatoes, peeled and cubed
- 4 eggs
- 1½ cups water
- 1 cup mayonnaise
- ¼ cup onion, peeled and diced
- 1 tablespoon dill pickle juice
- 2 tablespoons parsley, diced
- 1 tablespoon mustard
- Salt and ground black pepper, to taste

Directions:

Put the potatoes, eggs and the water into the steamer basket of the Instant Pot, cover, and cook on Manual mode for 4 minutes. Release the pressure, transfer the eggs to a bowl filled with ice water and set aside to cool. In a bowl, mix the mayonnaise with the pickle juice, onion, parsley, and mustard, and stir well. Add the potatoes and toss to coat. Peel the eggs, chop them, add them to salad, and toss again. Add salt and pepper, stir, and serve your salad with toasted bread slices.

Nutrition:

- Calories: 150
- Fat: 8
- Fiber: 1.3
- Carbs: 11
- Protein: 3

Breakfast Potatoes

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 2

Ingredients:

- 4 Yukon gold potatoes, washed
- 2 teaspoons Italian seasoning
- 1 tablespoon bacon fat
- 1 cup chives, chopped, for serving
- Water
- Salt and ground black pepper, to taste

Directions:

Put the potatoes into the Instant Pot, add enough water to cover them, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure naturally, transfer potatoes to a working surface, and set aside to cool. Peel the potatoes, transfer them to a bowl, and mash them with a fork. Set the Instant Pot on Sauté mode, add the bacon fat and heat. Add the potatoes, Italian seasoning, salt and pepper, stir, cover the Instant Pot and cook on the Manual setting for 1 minute. Release the pressure, stir the potatoes again, divide them between plates, and serve with chives sprinkled on top.

Nutrition:

- Calories: 90
- Fat: 3
- Fiber: 1
- Carbs: 11
- Protein: 1

Pecan Sweet Potatoes

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 1 cup water
- 1 tablespoon lemon peel
- ½ cup brown sugar
- ¼ teaspoon salt
- 3 sweet potatoes, peeled and sliced
- ¼ cup butter
- ¼ cup maple syrup
- 1 cup pecans, chopped
- 1 tablespoon cornstarch
- Whole pecans, for garnish

Directions:

Put the water into the Instant Pot, add the lemon peel, brown sugar, and salt and stir. Add the potatoes, cover the Instant Pot and cook on the Manual setting for 15 minutes. Release the pressure and transfer the potatoes to a serving plate. Select Sauté mode on the Instant Pot, add the butter and melt it. Add the pecans, maple syrup, and cornstarch and stir well. Pour this over the potatoes, garnish with the whole pecans, and serve.

Nutrition:

- Calories: 230
- Fat: 13
- Fiber: 4
- Carbs: 15
- Protein: 6

Barbecue Tofu

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 28 ounces firm tofu, cubed
- 12 ounces barbecue sauce
- 2 tablespoons extra virgin olive oil
- 4 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 1 celery stalk, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- Salt, to taste
- Curry powder

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the bell peppers, garlic, onion and celery, and stir. Add the salt and curry powder, stir, and cook for 2 minutes. Add the tofu, stir, and cook 4 minutes. Add the barbecue sauce, stir, cover the Instant Pot and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, transfer to plates, and serve.

Nutrition:

- Calories: 200
- Fat: 11
- Fiber: 3
- Carbs: 14.1
- Protein: 14.4

Potatoes and Tofu Breakfast

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 3 purple potatoes, cubed
- 1 yellow onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 carrot, peeled and chopped
- 1 ginger root, peeled and grated
- ½ pound firm tofu, cubed
- 3 tablespoons water
- 1 tablespoon tamari
- Mexican spice blend, to taste
- 1½ cups Brussels sprouts

Directions:

Set the Instant Pot on Sauté mode, add the onion and brown it for 1 minute. Add the potatoes, ginger, garlic, tofu, carrots, tamari, spices, Brussels sprouts, and water, cover, and cook on the Manual setting for 2 minutes. Release the pressure, uncover the Instant Pot, uncover the Instant Pot, transfer to plates, and serve.

Nutrition:

- Calories: 156
- Fat: 10
- Fiber: 3
- Carbs: 11.4
- Protein: 13

Pumpkin Butter

Preparation time: 15 minutes

Cooking time: 10 minutes

Servings: 18

Ingredients:

- 30 ounces pumpkin puree
- 3 apples, peeled, cored and chopped
- 1 tablespoon pumpkin pie spice
- 1 cup sugar
- A pinch of salt
- 12 ounces apple cider
- ½ cup honey.

Directions:

In the Instant Pot, mix the pumpkin puree with the pumpkin pie spice, apple pieces, sugar, honey, cider and a pinch of salt. Stir well, cover the Instant Pot, and cook on the Manual setting for 10 minutes. Release the pressure naturally for 15 minutes, transfer the butter to small jars, and keep it in the refrigerator until serving.

Nutrition:

- Calories: 50
- Fat: 1
- Fiber: 0
- Carbs: 10
- Sugar: 9
- Protein: 1

Tofu Breakfast

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 bunch kale leaves, chopped
- 1 leek, cut into halves lengthwise and sliced thin
- 1 teaspoon paprika
- 1 tablespoon olive oil
- ½ cup water
- Salt, to taste
- Cayenne pepper
- 2 teaspoons sherry vinegar
- 3 ounces tofu, cubed and baked
- ¼ cup almonds, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the leeks, stir and sauté them for 5 minutes. Add the paprika, stir and cook for 1 minute. Add the water, kale, salt, and cayenne, cover the Instant Pot and cook on the Manual setting for 2 minutes. Release the pressure, add the tofu and vinegar and more salt, if needed, stir, and transfer to plates. Sprinkle the almonds on top, and serve.

Nutrition:

- Calories: 170
- Fat: 12
- Fiber: 7
- Carbs: 18
- Protein: 16

Tofu Scramble

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and sliced thin
- 1 teaspoon walnut oil
- 3 garlic cloves, peeled and minced
- ¼ cup vegetable stock
- 1 cup carrot, peeled and chopped
- 1 block firm tofu, drained
- 12 ounces canned tomatoes, diced
- 1 teaspoon cumin
- 2 tablespoons red bell pepper, chopped
- 1 tablespoon Italian seasoning
- 1 teaspoon nutritional yeast
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, carrot, and garlic, stir, and cook for 3 minutes. Crumble the tofu, add it to pot, and stir. Add the stock, bell pepper, tomatoes, cumin, Italian seasoning, salt, and pepper, stir, cover the Instant Pot and cook on the Manual setting for 4 minutes.

Release the pressure, transfer to bowls, and serve with nutritional yeast on top.

Nutrition:

- Calories: 144
- Fat: 5.7
- Fiber: 3.1
- Carbs: 11.8
- Protein: 13

Main Dish Recipes

Butternut And Chard Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 3 big carrots, chopped
- 3 celery stalks, chopped
- 4 thyme sprigs
- 8 cups chicken stock
- A pinch of salt and pepper
- 1 teaspoon rosemary, chopped
- 4 cups Swiss chard leaves, chopped
- 2 cups butternut squash, peeled and cubed
- 4 garlic cloves, minced
- 1 cup coconut cream

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add carrots, onion and celery, stir and sauté for a couple of minutes.
2. Add thyme spring, chicken stock, salt, pepper, butternut squash, garlic and rosemary, stir,

cover and cook on High for 18 minutes.

3. Discard thyme, add Swiss chard and coconut cream, stir, set on sauté mode for a couple more minutes, ladle into bowls and serve.

Enjoy!

Nutrition: calories 210, fat 3, fiber 1, carbs 5, protein 8

Tender Pork Chops

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 pork chops, boneless
- 1 cup water
- 2 tablespoons olive oil
- 10 ounces Paleo cream of mushroom soup
- 1 cup coconut cream
- A pinch of sea salt and black pepper
- A handful parsley, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add pork chops, salt and pepper and brown them for a few minutes.
2. Add water, stir, cover and cook on High for 10 minutes.
3. Transfer pork chops to a platter and leave aside.
4. Set the pot on Simmer mode, heat up the cooking liquid, add mushroom soup, stir, cook for 2 minutes and take off heat.
5. Add parsley and coconut cream and stir.

6. Divide pork chops on plates, drizzle the sauce all over and serve.

Enjoy!

Nutrition: calories 244 , fat 8 , fiber 1, carbs 7, protein 22

Asian Style Salmon

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 2

Ingredients:

- 2 salmon fillets, boneless
- 1 cup water
- A pinch of sea salt and black pepper
- 2 tablespoons coconut aminos
- 2 tablespoons maple syrup
- 16 ounces broccoli and cauliflower florets
- 2 tablespoons lemon juice
- 1 teaspoon sesame seeds

Directions:

1. Put the cauliflower, broccoli florets and salmon in a heat proof dish.
2. In a bowl, mix maple syrup with aminos and lemon juice and whisk well.
3. Pour this over salmon and veggies, season with black pepper to the taste and sprinkle sesame seeds on top.
4. Put the water in your instant pot, add the steamer basket, add the dish with the salmon and veggies, cover and cook on High for 4 minutes.

5. Divide everything between plates and serve.

Enjoy!

Nutrition: calories 180, fat 4, fiber 2, carbs 6, protein 5

Creamy Soup

Preparation time: 6 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 6 bacon slices, cooked and chopped
- 1 pound chicken sausage, ground and cooked
- 1 tablespoon ghee, melted
- 1 cup yellow onion, chopped
- 2 garlic cloves, minced
- 14 ounces chicken stock
- A pinch of sea salt and black pepper
- A pinch of red pepper flakes
- 3 sweet potatoes, chopped
- 2 tablespoons arrowroot powder
- 12 ounces coconut milk
- 2 cups spinach, chopped

Directions:

1. Put the ghee, onion, garlic, stock, salt, pepper, red pepper flakes and sausage in your instant pot, stir, cover and cook on High for 10 minutes.
2. In a bowl, mix arrowroot powder with coconut milk, whisk and add to the soup.

3. Add spinach, stir, cover and cook on High for 3 minutes more.
4. Add bacon, stir, ladle into bowls and serve.

Enjoy!

Nutrition: calories 184, fat 3, fiber 3, carbs 6, protein 8

Easy Tomato Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 35 oz tomatoes, chopped
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 2 teaspoons thyme, chopped
- 1 tablespoon ghee, melted
- 1 cup veggie stock
- ½ cup coconut cream
- A pinch of sea salt and black pepper

Directions:

1. Set your instant pot on Sauté mode, add the oil and the ghee and heat up.
2. *Add onion and garlic, stir and sauté for 3 minutes.*
3. *Add tomatoes, thyme, stock, salt and pepper, stir, cover and cook on High for 12 minutes.*
4. *Add cream, stir, ladle into bowls and serve.*

Enjoy!

Nutrition: calories 200, fat 1, fiber 3, carbs 5, protein
7

Carrot And Ginger Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 and ½ pounds carrots, chopped
- 2 tablespoons ginger, grated
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 cup yellow onion, chopped
- 4 cups veggie stock
- 4 ounces coconut milk
- 1 cup water
- 3 tablespoons ghee, melted
- Salt and pepper to the taste

Directions:

1. Put carrots, ginger, olive oil, onion, garlic, veggie stock, water, milk, ghee, salt and pepper in your instant pot, stir, cover and cook on High for 20 minutes.
2. Blend soup using an immersion blender, stir, ladle into bowls and serve.

Enjoy!

Nutrition: calories 178, fat 4, fiber 2, carbs 3, protein
5

Red Peppers Soup

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 6 red bell peppers, sliced
- 2 red onions, chopped
- 2 garlic cloves, minced
- 4 plum tomatoes, sliced
- 1 sweet potato, chopped
- 6 cups chicken stock
- 2 tablespoons olive oil
- A pinch of sea salt and black pepper

Directions:

1. Set your instant pot on Sauté mode, add the oil and heat it up.
 2. Add red peppers, garlic and onion, stir and sauté for 3 minutes
-
1. Add tomatoes, chicken stock and sweet potato, stir, cover and cook on High for 13 minutes more.
 2. Add a pinch of salt and black pepper, stir, ladle into bowls and serve.

Enjoy!

Nutrition: calories 193, fat 3, fiber 1, carbs 5, protein
7

Delicious Fish Stew

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 14 ounces chicken stock
- 4 sweet potatoes, cubed
- 3 carrots, chopped
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- ¼ cup parsley, chopped
- 1 bay leaf
- ¼ teaspoon saffron powder
- 1 pound halibut, boneless and cubed
- 1 red bell pepper, chopped

Directions:

1. Put the chicken stock in your instant pot, add sweet potatoes, carrots, onion, garlic, saffron, parsley and bay leaf, stir, cover and cook on High for 4 minutes
2. Add fish and red bell pepper, cover and cook on High for 6 minutes more.
3. Discard bay leaf, divide fish stew between plates and serve.

Enjoy!

Nutrition: calories 200, fat 3, fiber 1, carbs 5, protein
6

Chicken Stew

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 3 sweet potatoes, cubed
- 1 yellow onion, cut into medium chunks
- 1 whole chicken, cut into 8 pieces
- 2 bay leaves
- 1 cup water
- 4 tomatoes, cut into medium chunks
- A pinch of sea salt and pepper

Directions:

1. Put chicken pieces in your instant pot, add sweet potatoes, onions, tomatoes, bay leaves, water, salt and pepper, stir, cover and cook on High for 20 minutes.
2. Divide among plates and serve hot.

Enjoy!

Nutrition: calories 200, fat 2, fiber 1, carbs 5, protein 8

Veggie Stew

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 eggplant, chopped
- 1 zucchini, chopped
- 1 yellow squash, peeled and cubed
- 1 red bell pepper, chopped
- 1 and ½ cups tomatoes, chopped
- 1 yellow onion, chopped
- 1 bay leaf
- 1 cup water
- 3 garlic cloves, minced
- 3 tablespoons olive oil
- 2 tablespoons thyme, chopped
- 2 tablespoons parsley, chopped
- ½ cup basil, chopped
- A pinch of salt and black pepper

Directions:

1. Set your instant pot on Sauté mode, add oil and heat it up.
2. *Add onion, garlic, eggplant, zucchini, yellow squash, bell pepper, tomatoes and bay leaf, stir and sauté for a couple of minutes.*

3. *Add thyme, basil, parsley, salt, pepper and the water, stir, cover and cook on High for 10 minutes.*
4. *Divide among plates and serve hot.*

Enjoy!

Nutrition: calories 219, fat 2, fiber 2, carbs 6, protein 10

Special Pork And Sauce

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 4

Ingredients:

- 1 and ½ pounds pork shoulder, cubed
- 3 garlic cloves, minced
- 1 yellow onion, chopped
- 1 cinnamon stick
- Juice from 1 orange
- ½ cup water
- A pinch of sea salt and black pepper
- 1 tablespoon ginger, grated
- 2 whole cloves
- 1 teaspoon rosemary, dried
- 1 tablespoon maple syrup
- 2 tablespoons coconut aminos
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 and ½ tablespoons arrowroot powder

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add pork, salt and pepper, brown for 5 minutes on each side and transfer to a plate.

2. Add onions, ginger, salt and pepper to the pot, stir and sauté them for 1 minute.
3. Add garlic and sauté for 1 minute more.
4. Add orange juice, water, aminos, honey, maple syrup, cinnamon, cloves, rosemary and return pork, stir, cover and cook on High for 50 minutes.
5. Discard cinnamon and cloves, add arrowroot powder, stir well, set pot on Sauté mode and cook until it thickens.
6. Divide everything between plates and serve.

Enjoy!

Nutrition: calories 240 , fat 6, fiber 1, carbs 6, protein 16

Beef Stew

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 tablespoon olive oil
- 2 pound beef chuck, cubed
- 1 teaspoon rosemary, chopped
- 1 yellow onion, chopped
- 2 carrots, chopped
- 1 ounce porcini mushrooms, chopped
- 1 celery stalk, chopped
- 1 and ½ cups beef stock
- A pinch of salt and black pepper
- 2 tablespoons coconut flour
- 2 tablespoons ghee, melted

Directions:

1. Set your instant pot on Sauté mode, add oil and beef, stir, brown for 5 minutes and mix with onion, celery, rosemary, salt, pepper, carrots, mushrooms and stock.
2. Cover pot, cook on High for 15 minutes and then transfer to Simmer mode.
3. Heat up a pan with the ghee over medium high heat, add flour and 6 tablespoons

cooking liquid from the stew, stir and pour over beef stew.

4. Simmer for 5 minutes, divide into bowls and serve.

Enjoy!

Nutrition: calories 261, fat 4, fiber 3, carbs 8, protein 18

Cold Veggie Delight

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- ½ cup olive oil
- 1 yellow onion, finely chopped
- 3 tomatoes, chopped
- 1 garlic clove, minced
- ¼ cup parsley, chopped
- ¼ cup dill, chopped
- 1 teaspoon basil, chopped
- 1 cup veggie stock
- 3 sweet potatoes, chopped
- 2 zucchinis, chopped
- 2 carrots, chopped
- 3 celery stalks, chopped
- 1 green bell pepper, thinly sliced
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add onion, stir and cook for 2 minutes.
2. Add parsley, garlic and dill, stir and sauté for 1 minute more.

1. Add stock, basil, tomatoes, zucchinis, sweet potatoes, carrots, green bell pepper, celery, salt and pepper, stir, cover and cook on High for 6 minutes.
2. Divide among plates and serve cold

Enjoy!

Nutrition: calories 140, fat 5, fiber 2, carbs 3, protein 8

Mushroom Stew

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 8 ounces shiitake mushrooms, roughly chopped
- 4 ounces white mushrooms, roughly chopped
- 1 tablespoon ginger, grated
- 1 and $\frac{1}{4}$ cups veggie stock
- $\frac{1}{2}$ cup red onion, finely chopped
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ cup carrot, chopped
- 5 garlic cloves, minced
- Salt and black pepper to the taste
- $\frac{1}{4}$ teaspoon oregano, dry
- 28 ounces canned tomatoes, chopped
- 1 and $\frac{1}{2}$ teaspoons turmeric powder
- $\frac{1}{4}$ cup basil leaves, chopped

Directions:

1. Set your instant pot on sauté mode, add $\frac{1}{4}$ cup stock and heat it up.
2. Add mushrooms, onion, celery, carrot, ginger and garlic, stir and sauté for 5 minutes.

3. Add the rest of the stock, tomatoes, salt, pepper, turmeric and oregano, stir, cover and cook on High for 10 minutes.
4. Add basil, divide among plates and serve right away.

Enjoy!

Nutrition: calories 70, fat 3, fiber 1, carbs 5, protein 3

Different And Special Stew

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 pound beef, cubed
- 2 bacon slices, cooked and crumbled
- 2 tablespoons olive oil
- ½ cup coconut flour
- 2 cups beef stock
- A pinch of sea salt and black pepper
- 1 cup pearl onions, peeled
- 4 carrots, chopped
- 4 garlic cloves, minced
- 1 tablespoon tomato paste
- ½ cup water
- A small bunch thyme, chopped
- A small bunch rosemary, chopped
- 2 bay leaves

Directions:

1. In a bowl, mix coconut flour with a pinch of salt and pepper, dredge beef cubes in this mix and place them on a plate
2. Set your instant pot on Sauté mode, add oil, heat up, add meat, brown on all sides and

transfer to a clean plate.

3. Add garlic, water, stock, thyme, carrots, tomato paste, rosemary and onions, stir and sauté for a couple of minutes.
4. Return beef to pot, add bay leaves and bacon, cover and cook at High for 20 minutes
5. Discard bay leaves, divide into bowls and serve right away.

Enjoy!

Nutrition: calories 298, fat 4, fiber 6, carbs 9, protein 18

Mexican Chicken Soup

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

- 4 chicken breasts, skinless and boneless
- 2 tablespoons olive oil
- 16 ounces Paleo salsa
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 29 ounces canned tomatoes, peeled and chopped
- 29 ounces chicken stock
- A pinch of sea salt and black pepper
- 2 tablespoons parsley, chopped
- 1 teaspoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon chili powder

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion and garlic, stir and sauté for 5 minutes.
2. Add chicken breasts, salsa, tomatoes, stock, salt, pepper, parsley, garlic powder,

onion and chili powder, stir, cover and cook at High for 8 minutes.

3. Transfer chicken breasts to a cutting board, shred, return to pot, stir, and set the pot on Simmer mode, cook soup for 3 minutes more, ladle into bowls and serve.

Enjoy!

Nutrition: calories 210, fat 3, fiber 4, carbs 7, protein 14

Creamy Carrot Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 1 tablespoon ghee
- 1 garlic clove, minced
- 1 pound carrots, chopped
- 1 inch ginger piece, grated
- A pinch of sea salt and black pepper
- ¼ teaspoon stevia
- 2 cups chicken stock
- 14 ounces canned coconut milk
- A handful cilantro, chopped

Directions:

1. Set your instant pot on Sauté mode, add ghee and oil, heat up, add onion, garlic and ginger, stir and sauté for 4 minutes.
2. Add carrots, stevia, salt and pepper, stir and cook 2 minutes more.
3. Add coconut milk and stock, stir, cover and cook at High for 6 minutes.

4. Blend soup using an immersion blender, add cilantro, stir gently, ladle into bowls and serve.

Enjoy!

Nutrition: calories 84, fat 2, fiber 3, carbs 8, protein 9

Cauliflower Soup

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- ½ teaspoon cumin seeds
- 1 tablespoon ginger, grated
- 3 garlic cloves, minced
- 1 yellow onion, chopped
- 1 chili pepper, minced
- A pinch of cinnamon powder
- 4 cups veggie stock
- 3 cups water
- 1 pound sweet potatoes, peeled and cubed
- 1 tablespoon curry powder
- 1 cauliflower head, florets separated
- 15 ounces canned tomatoes, chopped
- A pinch of sea salt and cayenne pepper
- 1 tablespoon cashew butter

Directions:

1. Set your instant pot on sauté mode, add onions, stir and brown for a couple of minutes.
2. Add ginger, cumin seeds, chili and garlic, stir and cook 1 minute more.

3. Add potatoes, stock, curry powder and cinnamon, stir, cover and cook on High for 16 minutes.
4. Add tomatoes, cauliflower, the water, salt and cayenne, stir, cover and cook on High for 10 more minutes.
5. Add cashews butter, stir, ladle into bowls and serve hot.

Enjoy!

Nutrition: calories 113, fat 1, fiber 3, carbs 6, protein 6

Cod Fillets And Orange Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 spring onions, chopped
- 1 inch ginger piece, grated
- 1 tablespoon olive oil
- 4 cod fillets, boneless and skinless
- Juice from 1 orange
- Zest from 1 orange, grated
- A pinch of salt and black pepper
- 1 cup veggie stock

Directions:

1. Season cod with salt and pepper, rub them with oil and leave aside for now.
2. Put ginger, orange juice, orange zest, onions and stock in your instant pot, add the steamer basket, place the fish inside, cover the pot and cook on High for 10 minutes.
3. Divide fish on plates, top with the orange sauce from the pot and serve right away.

Enjoy!

Nutrition: calories 187, fat 3, fiber 2, carbs 4, protein
6

Special Cod Dish

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 cup water
- 17 ounces cherry tomatoes, halved
- 4 cod fillets, boneless and skinless
- 2 tablespoons capers, chopped
- 1 cup black olives, pitted and chopped
- A pinch of sea salt and black pepper
- 1 tablespoon parsley, finely chopped

Directions:

1. In a heat proof dish, mix tomatoes with salt, pepper, parsley, oil, fish, olives, capers and garlic and toss to coat.
2. Put the water in your instant pot, add the steamer basket, place the dish inside, cover and cook on High for 8 minutes.
3. Divide fish mix between plates and serve.

Enjoy!

Nutrition: calories 187, fat 3, fiber 3, carbs 6, protein
7

Light Salmon

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 4 medium salmon fillets, boneless and skin on
- 1 bay leaf
- 1 teaspoon fennel seeds
- 4 scallions, chopped
- Zest from 1 lemon, grated
- 1 teaspoon balsamic vinegar
- 3 peppercorns
- ¼ cup dill, chopped
- 2 cups chicken stock
- A pinch of sea salt and black pepper

Directions:

1. In your instant pot, mix scallions with stock, peppercorns, lemon zest, vinegar, fennel, wine, dill and bay leaf, stir, add the steamer basket and place salmon fillets inside.
2. Season with a pinch of salt and pepper, cover and cook on High for 5 minutes.

3. Divide fish fillets between plates and leave them aside.
4. Set the pot on Simmer more, cook the sauce for a couple more minutes, drizzle over salmon and serve right away.

Enjoy!

Nutrition: calories 187, fat 3, fiber 3, carbs 6, protein 7

Wonderful Salmon And Veggies

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 1 cinnamon stick
- 1 tablespoon olive oil
- 1 cup water
- 2 salmon fillets, boneless and skin on
- 1 bay leaf
- 3 cloves
- 2 cups broccoli florets
- 1 cup baby carrots
- A pinch of sea salt and black pepper
- Some lime wedges for serving

Directions:

1. Put the water in your instant pot and add cinnamon, cloves and bay leaf.
2. Add the steamer basket, place salmon inside, season with salt and pepper, brush it with the oil and mix with carrots and broccoli.
3. Cover instant pot and cook on High for 6 minutes.

4. Divide salmon and veggies on plates, discard bay leaf, cloves and cinnamon, drizzle the sauce from the pot and serve with lime wedges on the side.

Enjoy!

Nutrition: calories 172, fat 3, fiber 1, carbs 2, protein 3

White Fish Delight

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 yellow onion, chopped
- 6 white fish fillets, cut into medium cubes
- A pinch of salt and black pepper
- 13 ounces sweet potatoes, peeled and cubed
- 13 ounces coconut milk
- 14 ounces chicken stock
- 14 ounces coconut cream
- 14 ounces water

Directions:

1. Put potatoes, fish, onion, milk, stock and water in your instant pot, stir, cover and cook on High for 10 minutes
2. Set your instant pot on Simmer more, add coconut cream, salt and pepper, stir and cook for 10 minutes more.
3. Divide this into serving bowls and serve.

Enjoy!

Nutrition: calories 254, fat 3, fiber 2, carbs 5, protein 12

Healthy Mackerel

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 8 shallots, chopped
- 1 teaspoon shrimp powder
- 3 garlic cloves, minced
- 18 ounces mackerel, boneless and chopped
- 1 teaspoon turmeric powder
- 2 lemongrass sticks, halved
- 1 tablespoon chili paste
- 1 inch ginger, grated
- 4 ounces water
- 5 tablespoons olive oil
- 6 laska leaves stalks
- 1 tablespoon stevia
- A pinch of salt

Directions:

1. In a food processor, mix chili paste with shrimp powder, shallots and turmeric and blend well.
2. Set your instant pot on Sauté mode, add the oil, heat it up, add the paste you've made,

mackerel,, lemon grass, laska leaves, ginger, salt and stevia, stir and sauté for 1 minute.

3. Add water, stir, cover and cook on High for 5 minutes
4. Divide fish mix between plates and serve.

Enjoy!

Nutrition: calories 212, fat 2, fiber 1, carbs 3, protein 7

Fast Mussels

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 1 radicchio, chopped
- 2 pounds mussels, scrubbed and debearded
- 1 pound baby spinach
- 1 garlic clove, minced
- 1 cup water
- A drizzle of olive oil
- A pinch of sea salt and black pepper

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add onion and garlic, stir and sauté them for 2 minutes.
2. Add water, salt and pepper, stir, add the steamer basket, place mussels inside, cover and cook on High for 3 minutes
3. Arrange spinach and radicchio on a platter, add mussels, drizzle the juices from the pot and serve.

Enjoy!

Nutrition: calories 192, fat 2, fiber 1, carbs 2, protein
3

Simple Octopus

Preparation time: 5 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 4 sweet potatoes
- 2 pound octopus, head discarded, tentacles separated
- 1 bay leaf
- ½ teaspoon peppercorns
- 3 garlic cloves
- 4 cups water
- 2 tablespoons parsley, chopped
- 2 tablespoons olive oil
- A pinch of sea salt and black pepper
- 5 tablespoons vinegar

Directions:

1. Put 2 cups water in your instant pot, add sweet potatoes, stir, cover and cook on High for 15 minutes.
2. Transfer potatoes to a bowl, cool them down, peeled and chop them.
3. Clean your instant pot, add octopus, 2 cups water, 1 garlic clove, bay leaf, a

pinch of salt and peppercorns, stir, cover and cook on High for 20 minutes.

4. Drain octopus, chop and add this to the bowl with the potatoes.
5. In a separate bowl, mix the rest of the garlic with oil, vinegar, a pinch of salt and pepper and whisk well.
6. Add this to your salad, sprinkle parsley, toss to coat and serve.

Enjoy!

Nutrition: calories 200, fat 2, fiber 2, carbs 3, protein 3

Easy Artichoke Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 5 artichoke hearts, washed and trimmed
- 1 leek, sliced
- 5 garlic cloves, minced
- 4 tablespoons ghee, melted
- ½ cup shallots, chopped
- 8 ounces sweet potatoes, peeled and cubed
- 12 cups chicken stock
- 1 bay leaf
- A pinch of sea salt
- 4 parsley sprigs
- 2 thyme sprigs
- ¼ teaspoon black peppercorns, crushed
- ¼ cup coconut cream

Directions:

1. Set your instant pot on Sauté mode, add ghee, melt it, add artichoke hearts, shallots, leek and garlic, stir and sauté for 3-4 minutes.
2. Add potatoes, stock, bay leaf, thyme, parsley, peppercorns and salt, stir, cover

and cook at High for 15 minutes.

3. Discard herbs, blend using an immersion blender, add cream, stir well, ladle into bowls and serve.

Enjoy!

Nutrition: calories 97, fat 2, fiber 3, carbs 7, protein 4

Incredible Beet Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 red onion, chopped
- 2 carrots, chopped
- 3 beets, chopped
- 3 bay leaves
- 6 cups veggie stock
- ½ teaspoon thyme leaves, chopped
- 1 and ½ tablespoons parsley, chopped
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion, stir and cook for 5 minutes.
2. Add carrots, beets, thyme, bay leaves, stock, salt and pepper, stir, cover and cook at High for 5 minutes.
3. Discard bay leaves, blend using an immersion blender, add parsley, stir, divide into soup bowls and serve.

Enjoy!

Nutrition: calories 100, fat 2, fiber 1, carbs 3, protein
3

Refreshing Fennel Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 3

Ingredients:

- 1 fennel bulb, chopped
- 1 leek, chopped
- 1 tablespoon olive oil
- 1 bay leaf
- 2 cups water
- ½ cube Italian seasoning
- A pinch of sea salt and black pepper
- 2 teaspoons cashew cheese, grated

Directions:

1. In your instant pot, mix fennel with leek, bay leaf, seasoning and water, stir, cover and cook on High for 15 minutes
2. Add cheese, oil, salt and pepper, stir, divide into bowls and serve.

Enjoy!

Nutrition: calories 100, fat 2, fiber 2, carbs 5, protein 6

Unbelievable Chicken

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 tomatoes, chopped
- 2 red onions, chopped
- 2 chicken breasts, boneless and skinless
- 1 tablespoon maple syrup
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- 1 teaspoon basil, dried
- 1 cup water
- 1 teaspoon cloves

Directions:

1. In your instant pot, mix onion with tomatoes, chicken, garlic, maple syrup, chili powder, basil, water and cloves, toss well, cover and cook on High for 10 minutes
2. Shred chicken and divide among plates and serve with a side salad

Enjoy!

Nutrition: calories 200, fat 3, fiber 3, carbs 5, protein
5

Flavored And Delicious Chicken

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 4 chicken breasts, skinless and boneless
- ½ cup water
- 16 ounces Paleo salsa
- 1 and ½ tablespoons parsley, chopped
- ½ tablespoon cilantro, chopped
- ½ tablespoon oregano, dried
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon smoked paprika
- 1 teaspoon chili powder
- ½ teaspoon cumin, ground
- Black pepper to the taste

Directions:

1. Put the water in your instant pot, add chicken breasts, salsa, parsley, garlic powder, cilantro, onion powder, oregano, paprika, chili powder, cumin and black pepper, stir, cover and cook on High for 12 minutes

2. Divide chicken on plates, drizzle the sauces on top and serve.

Enjoy!

Nutrition: calories 200, fat 4, fiber 2, carbs 5, protein 12

Superb Stuffed Tomatoes

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 tomatoes, tops cut off, pulp scooped out and chopped
- 1 tablespoon ghee
- A pinch of salt and black pepper
- 1 yellow onion, chopped
- 2 tablespoons celery, chopped
- ½ cup mushrooms, chopped
- 1 tablespoon flax meal
- 1 cup almond cream cheese
- ¼ teaspoon caraway seeds
- 1 tablespoon parsley, chopped
- ½ cup water

Directions:

1. Set your instant pot on sauté mode, add the ghee, heat it up, add onion and celery, stir and cook for 3 minutes.
2. Add tomato pulp and mushrooms, stir and cook for 1 minute more.
3. Add salt, pepper, flax meal, almond cheese, caraway seeds and parsley, stir,

cook for 4 minutes more and stuff tomatoes with this mix.

4. Clean your instant pot, add the water, also add the steamer basket, place tomatoes inside, cover and cook at High for 2 minutes.
5. Divide stuffed tomatoes on plates and serve.

Enjoy!

Nutrition: calories 142, fat 2, fiber 1, carbs 3, protein 7

Sweet Potato Salad

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1 yellow onion, chopped
- 6 sweet potatoes
- 1 celery stalk, chopped
- 1 cup water
- A pinch of salt and black pepper
- 3 teaspoons dill, chopped
- 1 teaspoon mustard
- 1 teaspoon cider vinegar
- 3 ounces Paleo mayonnaise

Directions:

1. Put potatoes in your instant pot, add the water, cover and cook on High for 3 minutes.
2. Leave potatoes to cool down, peel, chop and put them in a salad bowl.
3. Add onion, celery, salt, pepper and dill and toss.
4. In a small bowl, mix mayo with vinegar and mustard and whisk well.
5. Add this to the salad, toss to coat and serve.

Enjoy!

Nutrition: calories 140, fat 2, fiber 1 carbs 2, protein
4

Beef Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 pound beef, ground
- 3 garlic cloves, minced
- 1 yellow onion, chopped
- 1 tablespoon olive oil
- 1 celery rib, chopped
- 28 ounces beef stock
- 14 ounces canned tomatoes, crushed
- 12 ounces tomato juice
- 1 sweet potato, peeled and cubed
- Salt and black pepper to the taste
- 2 carrots, sliced

Directions:

1. Set your instant pot on Sauté mode, add beef, stir, brown and transfer to a plate.
2. Add the oil to your pot, heat it up, add celery, garlic and onion, stir and sauté for 6 minutes.
3. Add tomato juice, stock, tomatoes, carrots, potatoes, beef, salt and pepper,

stir, cover, cook on High for 5 minutes,
ladle into bowls and serve.

Enjoy!

Nutrition: calories 212, fat 2, fiber 3, carbs 6, protein
3

Rich Beef Stew

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 1 tablespoon olive oil
- 2 pounds beef, cubed
- 1 yellow onion, chopped
- 5 carrots, chopped
- 4 sweet potatoes, peeled cubed
- 2 teaspoons arrowroot powder
- A pinch of sea salt and black pepper
- 2 cups water

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add beef and onion, stir and sauté for a couple of minutes
2. Add carrots, water, potatoes, salt and pepper, stir, cover and cook on Medium for 20 minutes.
3. Add arrowroot powder, set the pot on Simmer mode, cook for a few minutes more, divide into bowls and serve.

Enjoy!

Nutrition: calories 273, fat 4, fiber 2, carbs 6, protein 17

Perfect Chicken Stew

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 6 chicken thighs
- 1 teaspoon olive oil
- A pinch of sea salt and black pepper
- 1 yellow onion, chopped
- ¼ pound baby carrots, sliced
- 1 celery stalk, chopped
- ½ teaspoon thyme, dried
- 2 tablespoons tomato paste
- 2 cups chicken stock
- 15 ounces canned tomatoes, chopped
- 1 pound sweet potatoes, peeled and cubed

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add chicken, salt and pepper, brown for 4 minutes on each side and transfer to a plate.
2. Add celery, onion, tomato paste, carrots, thyme, salt and pepper to your instant pot, stir and sauté for 5 minutes.

3. Add stock, return chicken, add tomatoes and potatoes, stir, cover and cook on High for 15 minutes.
4. Transfer chicken pieces to a cutting board, leave aside to cool down for a few minutes, discard bones, shred meat and return it to the stew.
5. Stir, divide into bowls and serve hot.

Enjoy!

Nutrition: calories 251, fat 2, fiber 3, carbs 7, protein 13

Turkey Stew

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 pound turkey meat, ground
- 5 ounces water
- A pinch of salt and cayenne pepper
- 1 yellow onion, chopped
- 1 yellow bell pepper, chopped
- 3 garlic cloves, minced
- 2 and ½ tablespoons chili powder
- 1 and ½ teaspoons cumin, ground
- 12 ounces veggies stock

Directions:

1. Put turkey meat in your instant pot, add water, stir, cover and cook on High for 5 minutes.
2. Add bell pepper, onion, garlic, chili powder, cumin, salt, cayenne and veggie stock, stir, cover again and cook on High for 5 minutes more.
3. Divide it between plates and serve right away.

Enjoy!

Nutrition: calories 212, fat 3, fiber 4, carbs 6, protein 14

Special Turkey Wings

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 turkey wings
- 2 tablespoons ghee, melted
- 2 tablespoons olive oil
- 1 and ½ cups cranberries, dried
- 1 cup walnuts
- A pinch of sea salt and black pepper
- 1 yellow onion, roughly chopped
- 1 cup orange juice
- 1 bunch thyme, chopped

Directions:

1. Set your instant pot on Sauté mode, add ghee and oil, heat up, add turkey wings, salt and pepper, brown on all sides and transfer to a plate.
2. Add onion, walnuts, cranberries and thyme to the pot, stir and cook for 2 minutes.
3. Add orange juice, return turkey wings to pot, stir, cover and cook on High for 20 minutes.

4. Divide turkey wings between plates and keep warm.
5. Set instant pot on Simmer mode, cook cranberry mix for 5 minutes more, drizzle over turkey wings and serve.

Enjoy!

Nutrition: calories 232, fat 4, fiber 2, carbs 6, protein 15

Flavored Chicken And Veggies

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 3 bird's eye chilies, chopped
- 1 inch piece ginger, grated
- 2 tablespoons green curry paste
- A pinch of cumin, ground
- ¼ teaspoon coriander, ground
- 14 ounces coconut milk
- 6 cups squash, peeled and cubed
- 1 eggplant, cubed
- 8 chicken pieces
- A pinch of sea salt and black pepper
- 1 tablespoon coconut aminos
- 4 cups spinach, chopped
- ½ cup cilantro, chopped
- ½ cup basil, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add garlic, ginger, chilies,

cumin and coriander, stir and cook for 1 minute.

2. Add curry paste and coconut milk, stir and cook 4 minutes.
3. Add chicken, squash, eggplant, salt and pepper, stir, cover and cook at High for 20 minutes.
4. Add spinach, aminos, basil and cilantro, stir, divide among plates and serve.

Enjoy!

Nutrition: calories 152, fat 3, fiber 3, carbs 6, protein 8

Crazy Carrots Casserole

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 3 tablespoons olive oil
- 3 tablespoons flax meal
- 1 teaspoon lemon juice
- 1 and $\frac{3}{4}$ cup water
- 1 tablespoon parsley, chopped
- 1 pound carrots, cut into thin matchsticks
- 1 pound broccoli florets
- A pinch of salt and black pepper

Directions:

1. In a bowl mix, parsley, flax meal and lemon juice, stir well and leave aside for now.
2. Put carrots, broccoli, salt, pepper and the water in your instant pot, cover and cook on High for 10 minutes.
3. Drain veggies, transfer them to plates, sprinkle flax meal mix all over and serve.

Enjoy!

Nutrition: calories 170, fat 2, fiber 2, carbs 7, protein 13

Rich Cabbage Salad

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 cups red cabbage, shredded
- ½ cup water
- A pinch of sea salt and black pepper
- 1 tablespoon olive oil
- ¼ cup white onion, chopped
- 2 teaspoons balsamic vinegar
- ½ teaspoon maple syrup

Directions:

1. Put shredded cabbage and the water in your instant pot, cover and cook on High for 5 minutes.
2. Drain cabbage, transfer it to a salad bowl, add salt, pepper, onion, oil, maple syrup and vinegar, toss to coat and serve right away.

Enjoy!

Nutrition: calories 110, fat 1, fiber 2, carbs 4, protein 1

Tomato Stew

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 pound green beans
- A pinch of sea salt
- 14 ounces canned tomatoes, chopped
- 1 tablespoon basil, chopped

Directions:

1. Set the instant pot on Sauté mode, add oil, heat it up, add garlic, stir and cook for 2 minutes.
2. Add tomatoes, green beans and salt, cover pot and cook on High for 5 minutes.
1. Sprinkle basil, toss, divide among plates and serve.

Enjoy!

Nutrition: calories 60, fat 3, fiber 1, carbs 3, protein 6

Colored Tomato And Zucchini

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 3

Ingredients:

- 1 tablespoon olive oil
- 1 pound colored cherry tomatoes, halved
- 2 yellow onions, chopped
- 1 cup tomato puree
- A pinch of salt and black pepper
- 2 garlic cloves, minced
- 6 zucchinis, roughly chopped
- A drizzle of olive oil
- 1 bunch basil, chopped

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add onions, stir and cook for 5 minutes.
2. Add zucchini, tomatoes, salt, pepper and tomato puree, stir, cover and cook on High for 5 minutes.
1. Add garlic and basil, drizzle some olive oil, toss to coat, divide among plates and serve.

Enjoy!

Nutrition: calories 70, fat 1, fiber 2, carbs 6, protein
7

Easy And Delicious Zucchini Pasta

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

- 15 ounces zucchini noodles
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 12 mushrooms, sliced
- 1 shallot, chopped
- A pinch of basil, dried
- A pinch of oregano, dried
- A pinch of salt and black pepper
- 1 tablespoon olive oil
- 1 cup veggie stock
- 2 cups water
- 5 ounces tomato paste
- 2 tablespoons coconut aminos

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add shallot, garlic, onion, a pinch of salt and pepper, stir and cook for 4 minutes.
2. Add mushrooms, basil and oregano, stir and cook 1 more minute.

3. Add veggie stock, water, tomato paste and aminos, stir, cover and cook on High for 5 minutes
4. Divide zucchini noodles on plates, add mushroom mix on top and serve.

Enjoy!

Nutritional value: calories 150, fat 1, fiber 1, carbs 4, protein 3

Easy And Delicious Salad

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 4 beets
- 1 cup water
- 2 tablespoons balsamic vinegar
- A bunch of parsley, chopped
- A pinch of salt and black pepper
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 2 tablespoons capers, drained

Directions:

1. Put the water in your instant pot, add the steamer basket, place beets inside, cover and cook on High for 15 minutes.
2. Transfer beets to a cutting board, cool them down, peel and cube them.
3. In a bowl, mix parsley with garlic, salt, pepper, olive oil and capers and stir.
4. Add beets and vinegar, toss and serve.

Enjoy!

Nutrition: calories 50, fat 2, fiber 1, carbs 2, protein 1

Shrimp Delight

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 1 cup water
- 1 teaspoon olive oil
- 1 pound shrimp, peeled and deveined
- 1 bunch asparagus spears, trimmed
- ½ tablespoon Italian seasoning

Directions:

1. Put the water in your instant pot, add the steamer basket, add asparagus and shrimp inside, drizzle oil, sprinkle Italian seasoning, cover and cook on High for 3 minutes.
2. Divide everything between plates and serve.

Enjoy!

Nutrition: calories 142, fat 1, fiber 2, carbs 4, protein 6

Easy Asparagus And Prosciutto Dish

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 pound asparagus spears, trimmed
- 8 ounces prosciutto slices
- 2 cups water
- A pinch of salt

Directions:

1. Wrap each asparagus spears in prosciutto slices.
2. Put 2 cups water in your instant pot, add the steamer basket, arrange wrapped asparagus inside, season with a pinch of salt, cover and cook at High for 4 minutes.
3. Divide wrapped asparagus on plates and serve.

Enjoy!

Nutrition: calories 65, fat 1, fiber 1, carbs 2, protein 2

Special Artichokes

Preparation time: 10 minutes

Cooking time: 18 minutes

Servings: 2

Ingredients:

- 2 artichokes, washed and trimmed
- 1 bay leaf
- 1 cup water
- 2 garlic cloves, minced
- 1 lemon, halved

For the sauce:

- ¼ cup coconut oil
- ¼ cup extra virgin olive oil
- 3 anchovy fillets
- 3 garlic cloves

Directions:

1. Put the water in your instant pot, add the steamer basket, place artichokes, lemon halves, 2 minced garlic cloves and bay leaf inside, cover and cook on High for 18 minutes.
1. In your food processor, mix coconut oil with anchovy, 3 garlic cloves and olive oil and

pulse well.

2. Divide artichokes and lemon halves on plates, drizzle the anchovy mix you've just made and serve.

Enjoy!

Nutrition: calories 232, fat 1, fiber 3, carbs 6, protein 12

Shrimp Surprise

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 pound shrimp, cooked, peeled and deveined
- 2 tablespoons olive oil
- 1 garlic clove, minced
- ¼ teaspoon oregano, dried
- 1 tablespoon parsley, chopped
- 1/3 cup water
- 10 ounces canned tomatoes, chopped
- 1/3 cup tomato paste

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add garlic, stir and brown for 2 minutes.
2. Add shrimp, tomato paste, tomatoes, water, oregano and parsley, stir, cover and cook at High for 3 minutes.
3. Divide among plates and serve with a side salad.

Enjoy!

Nutrition: calories 232, fat 3, fiber 0, carbs 0, protein
7

Simple Artichoke Dish

Preparation time: 30 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 big artichokes, washed and trimmed
- 2 cups water
- A pinch of sea salt and black pepper
- 2 tablespoons lemon juice
- ¼ cup olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon oregano, dried
- 2 garlic cloves, minced

Directions:

1. Put 2 cups water in your instant pot, add the steamer basket, add artichokes inside, cover and cook on High for 10 minutes.
2. In a bowl, mix lemon juice with vinegar, oil, salt, pepper, garlic and oregano and whisk very well.
3. Divide artichokes on plates, drizzle the vinegar dressing all over and leave aside for 30 minutes before serving.

Enjoy!

Nutrition: calories 132, fat 2, fiber 1, carbs 2, protein
5

Cauliflower Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- 1 cauliflower head, florets separated and chopped
- 3 cups chicken stock
- 1 teaspoon garlic powder
- 4 ounces cream cheese, cubed
- A pinch of salt and black pepper
- 1 cup cheddar cheese, shredded
- ½ cup coconut milk

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion, stir and cook for 3 minutes.
2. Add cauliflower, stir and cook for 1 minute more.
3. Add stock, mil and garlic powder, stir, cover and cook on High for 6 minutes.
4. Add cream cheese and pulse everything using an immersion blender.

5. Add cheddar cheese, stir soup, ladle into bowls and serve.

Enjoy!

Nutrition: calories 261, fat 4, fiber 4, carbs 7, protein 8

Chicken and Delicious Sauce

Preparation time: 1 hour and 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 chicken breasts, skinless, boneless and chopped
- 1 tablespoon lemon juice
- 1 cup Greek yogurt
- 1 tablespoon garam masala
- ¼ teaspoon ginger, grated
- A pinch of salt and black pepper

For the sauce:

- 4 teaspoons garam masala
- 4 garlic cloves, minced
- 15 ounces canned tomato sauce
- ½ teaspoon paprika
- ½ teaspoon turmeric
- ¼ teaspoon cayenne

Directions:

1. In a bowl, mix chicken with lemon juice, yogurt, 1 tablespoon garam masala, ginger, salt and pepper, toss well and leave aside in the fridge for 1 hour.

2. Set your instant pot on sauté mode, add chicken, stir and cook for 5 minutes.
3. Add 4 teaspoons garam masala, garlic, tomato sauce, paprika, turmeric and cayenne, stir, cover the pot and cook on High for 10 minutes.
4. Divide between plates and serve.

Enjoy!

Nutrition: calories 452, fat 4, fiber 7, carbs 9, protein 12

Different Lasagna

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- 2 garlic cloves, minced
- 1 pound beef, ground
- 1 yellow onion, chopped
- 1 egg
- ½ cup parmesan cheese, grated
- 1 and ½ cups ricotta cheese
- 20 ounces keto marinara sauce
- 8 ounces mozzarella, sliced

Directions:

1. Set your instant pot on sauté mode, add onion, garlic and beef, stir and sauté for 5 minutes.
2. Add marinara sauce, stir and transfer half of this mix to a bowl.
3. In another bowl, mix ricotta with parmesan and egg and whisk well.
4. Add half of the mozzarella to your instant pot and spread.
5. Add half of the ricotta mix and spread.

6. Add the remaining beef and marinara mix, the rest of the mozzarella and the rest of the ricotta mix.
7. Cover this with some tin foil, cover the pot and cook on High for 10 minutes.
8. Slice lasagna, divide between plates and serve.

Enjoy!

Nutrition: calories 339, fat 4, fiber 2, carbs 8, protein 36

Delicious Pork Chops

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 pork chops, boneless
- 1 tablespoon olive oil
- 3 tablespoons ghee, melted
- 1 cup chicken stock
- A pinch of salt and black pepper
- ¼ teaspoon sweet paprika

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add pork chops and brown for a few minutes on each side.
2. Add ghee, salt, pepper, paprika and stock, stir, cover pot and cook on High for 5 minutes.
3. Serve your pork chops with a keto side salad.

Enjoy!

Nutrition: calories 362, fat 4, fiber 8, carbs 10, protein 19

Chili Bowl

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 pounds beef steak strips, cubed
- 1 teaspoon garlic, minced
- 1 tablespoon water
- 2 teaspoon lime juice
- ½ teaspoon chili powder
- 1 tablespoon olive oil
- A pinch of salt and black pepper
- 3 avocados, pitted, peeled and cubed

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add garlic, stir and cook for 1 minute.
2. Add beef, stir and brown for 3 minutes more.
3. Add water, lime juice, chili powder, salt and pepper, stir, cover the pot and cook on High for 10 minutes.
4. Set the pot on sauté mode again, cook beef mix for a couple more minutes, divide into bowls and serve with avocados on top.

Enjoy!

Nutrition: calories 300, fat 5, fiber 4, carbs 8, protein 17

Chicken and Squash Spaghetti

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 spaghetti squash, halved and seedless
- 1 cup water
- 1 cup keto marinara sauce
- 1 pound chicken, cooked and cubed
- 16 ounces mozzarella cheese, shredded

Directions:

1. Put 1 cup water in your instant pot, add the trivet, add squash, cover and cook on High for 20 minutes.
2. Shred squash into spaghetti and transfer to a heatproof bowl.
3. Add marinara sauce, chicken and mozzarella, toss, introduce in preheated broiler and cook for a few minutes.
4. Divide into bowls and serve.

Enjoy!

Nutrition: calories 329, fat 6, fiber 6, carbs 9, protein 10

Easy Pork Roast

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 12

Ingredients:

- ½ cup beef stock
- 1 tablespoon olive oil
- ¼ cup keto Jamaican spice mix
- 4 pounds pork shoulder

Directions:

1. In a bowl, mix pork with oil and spice mix and rub well.
2. Set your instant pot on sauté mode, add pork and brown for a few minutes on each side.
3. Add stock, cover pot and cook pork shoulder on High for 40 minutes.
4. Slice roast and serve.

Enjoy!

Nutrition: calories 400, fat 6, fiber 7, carbs 10, protein 16

Broccoli Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 broccoli head, florets separated and roughly chopped
- 4 cups chicken stock
- A pinch of salt and white pepper
- ¼ teaspoon garlic powder
- 1 cup carrots, chopped
- 2 tablespoons ghee, melted
- 1 yellow onion, chopped
- 2 cups cheddar cheese, shredded
- 1 cup coconut cream

Directions:

1. Set your instant pot on sauté mode, add ghee, heat it up, add onion, stir and cook for 2-3 minutes.
2. Add carrots, broccoli, stock, garlic powder, salt and pepper, stir, cover and cook on High for 5 minutes.
3. Add cream and cheese, stir, ladle into bowls and serve.

Enjoy!

Nutrition: calories 320, fat 6, fiber 7, carbs 9, protein 12

Pork Chops and Gravy

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 bacon slices, chopped
- 3 garlic cloves, minced
- 1 tablespoon olive oil
- 1 small yellow onion, chopped
- 8 ounces mushrooms, sliced
- 4 pork chops, bone in
- 1 cup beef stock
- 1 teaspoon garlic powder
- 1 thyme sprigs, chopped
- 10 ounces cream of mushrooms
- 1 tablespoon parsley, chopped

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add bacon, stir and cook for 2 minutes.
2. Add garlic, onion and mushrooms, stir and cook for 3 minutes more.
3. Add pork chops, garlic powder, stock and thyme, stir, cover and cook on High for 20 minutes.

4. Add cream of mushrooms, stir, set the pot on simmer mode, cook for a few minutes and divide everything between plates.
5. Sprinkle parsley on top and serve.

Enjoy!

Nutrition: calories 400, fat 8, fiber 7, carbs 12, protein 17

Pork Bowls

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 2 pounds pork sirloin roast, cut into thick slices
- A pinch of salt and black pepper
- 2 teaspoons garlic powder
- 2 teaspoons cumin, ground
- 1 tablespoon olive oil
- 16 ounces keto green chili tomatillo salsa

Directions:

1. In a bowl, mix pork with cumin, salt, pepper and garlic powder and rub well.
2. Set your instant pot on sauté mode, add the oil heat it up, add pork and brown on all sides.
3. Add salsa, toss a bit, cover and cook on High for 45 minutes.
4. Divide between plates and serve hot.

Enjoy!

Nutrition: calories 400, fat 7, fiber 6, carbs 10, protein 14

Beef Meatloaf

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 pounds beef, ground
- ¼ cup parmesan, grated
- ¼ cup yellow onion, chopped
- 1 egg, whisked
- A pinch of salt and black pepper
- 1 tablespoon garlic, minced
- ½ teaspoon thyme, dried
- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 1 cup keto ketchup
- ½ cup beef stock

Directions:

1. In a bowl, mix beef with cheese, ¼ cup onion, egg, thyme, salt and pepper and stir really well.
2. Set your instant pot on sauté mode, add the oil, heat it up, and 1 yellow onion, stir and cook for 4 minutes.
3. Add stock and ketchup, stir and cook for 1 minute more.

4. Shape a round meatloaf out of the beef mix, add it to the pot, cover and cook on High for 15 minutes.
5. Divide meatloaf on plates, drizzle the sauce from the pot all over and serve.

Enjoy!

Nutrition: calories 363, fat 6, fiber 3, carbs 8, protein 14

Pork and Veggies

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 pound pork, ground
- 1 tablespoon olive oil
- ½ cup yellow onion, chopped
- 1 cup red bell peppers, chopped
- 2 garlic cloves, minced
- ½ cup parmesan, grated
- 4 cups baby spinach

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add pork, stir and brown for a couple of minutes.
2. Add garlic, onion, spinach and bell peppers, stir, cover and cook on High for 3 minutes.
3. Divide this into bowls, sprinkle cheese on top and serve.

Enjoy!

Nutrition: calories 241, fat 10, fiber 2, carbs 5, protein 15

Chicken and Tasty Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 28 minutes

Servings: 6

Ingredients:

- 3 bacon slices, chopped
- 3 carrots, chopped
- 3 pounds chicken thighs, boneless and skinless
- 1 rhubarb stalk, chopped
- 2 bay leaves
- ¼ cup red wine vinegar
- 4 garlic cloves, minced
- A pinch of salt and black pepper
- ¼ cup olive oil
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 24 ounces cauliflower rice
- 1 teaspoon turmeric powder
- 1 cup beef stock

Directions:

1. Set your instant pot on sauté mode, add bacon, carrots, onion, rhubarb and garlic, stir and cook for 8 minutes.
2. Add chicken, stir and cook for 1 minute more.

3. Add oil, vinegar, turmeric, Italian seasoning, garlic powder and bay leaves, stir, cover and cook on High for 20 minutes.
4. Add cauliflower rice and stock, stir, cover and cook on Low for 3 minutes more.
5. Divide into bowls and serve.

Enjoy!

Nutrition: calories 310, fat 6, fiber 3, carbs 6, protein 10

Chicken Curry

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 3 tomatoes, chopped
- 2 pounds chicken thighs, skinless, boneless and cubed
- 2 tablespoons olive oil
- 1 cup chicken stock
- 14 ounces canned coconut milk
- 2 garlic cloves, minced
- 1 cup white onion, chopped
- 3 red chilies, chopped
- 1 tablespoon water
- 1 tablespoon ginger, grated
- 2 teaspoons coriander, ground
- 1 teaspoon cinnamon, ground
- 1 teaspoon turmeric, ground
- 1 teaspoon cumin, ground
- 1 teaspoon fennel seeds, ground
- 1 tablespoon lime juice
- Salt and black pepper

Directions:

1. In your food processor, mix white onion with garlic, chilies, water, ginger, coriander,

cinnamon, turmeric, cumin, fennel and black pepper, blend until you obtain a paste and transfer to a bowl.

2. Set your instant pot on sauté mode, add the oil, heat it up, add blended paste, stir and cook for 30 seconds.
3. Add chicken, tomatoes and stock, stir, cover pot and cook on High for 15 minutes.
4. Add coconut milk, stir, cover pot again and cook on High for 7 minutes more.
5. Add lime juice, salt and pepper, stir, divide into bowls and serve.

Enjoy!

Nutrition: calories 430, fat 16, fiber 4, carbs 7, protein 38

Shrimp and Zucchini Spaghetti

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 12 ounces zucchini, cut with a spiralizer
- 2 tablespoons veggie stock
- 2 tablespoons ghee
- 2 tablespoons olive oil
- Salt and black pepper to the taste
- 4 garlic cloves, minced
- 1 pound shrimp, raw, peeled and deveined
- Juice of ½ lemon
- ½ teaspoon sweet paprika
- A handful basil, chopped

Directions:

1. Set your instant pot on sauté mode, add ghee and olive oil, heat them up, add garlic, stir and cook for 1 minute.
2. Add shrimp, stock and lemon juice and cook for 1 minute more.
3. Add zucchini pasta, salt, pepper and paprika, stir, cover pot and cook on High for 3 minutes more.

4. Divide this into bowls, sprinkle basil on top and serve.

Enjoy!

Nutrition: calories 300, fat 20, fiber 6, carbs 3, protein 30

Fish and Carrot Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 12 cups chicken stock
- 1 pound carrots, sliced
- 1 tablespoon coconut oil
- Salt and black pepper to the taste
- 2 tablespoons ginger, minced
- 1 cup water
- 1 pound halibut, skinless, boneless and cut into medium chunks

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion, stir and cook for 4 minutes.
2. Add water, stock, ginger and carrots, stir, cover and cook on High for 8 minutes.
3. Blend soup using an immersion blender, add halibut pieces, salt and pepper, stir a bit, cover pot and cook on High for 6 minutes.
4. Ladle into bowls and serve hot.

Enjoy!

Nutrition: calories 170, fat 6, fiber 2, carbs 6, protein 12

Trout Fillet and Sauce

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 4 trout fillets, boneless
- Salt and black pepper to the taste
- 3 teaspoons lemon zest, grated
- 3 tablespoons chives, chopped
- 6 tablespoons ghee
- 2 tablespoons olive oil
- 2 teaspoons lemon juice

Directions:

1. Set your instant pot on sauté mode, add oil and ghee, heat them up, and fish, lemon zest, lemon juice, salt and pepper, stir, cover and cook on Low for 4 minutes.
2. Divide fish and ghee sauce on plates, sprinkle chives on top and serve.

Enjoy!

Nutrition: calories 320, fat 6, fiber 1, carbs 4, protein 18

Shrimp and Mushrooms

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 8 ounces mushrooms, chopped
- 1 pound shrimp, peeled and deveined
- 1 yellow onion, chopped
- 1 asparagus bunch, cut into medium pieces
- Salt and black pepper to the taste
- 1 spaghetti squash, cut into halves
- 2 tablespoons olive oil
- 2 teaspoons Italian seasoning
- 1 teaspoon red pepper flakes, crushed
- ¼ cup ghee
- 1 cup parmesan cheese, grated
- 2 garlic cloves, minced
- 1 cup coconut cream
- 2 cups water

Directions:

1. Put the water in your instant pot, add steamer basket, add spaghetti halves, cover, cook on High for 10 minutes, scoop insides and transfer them to a bowl.

2. Add asparagus to the steamer basket, cover pot again, cook on High for 3 minutes, cool it down in a bowl filled with ice water, drain and leave aside.
3. Clean your instant pot, set it on sauté mode, add oil and ghee, heat it up, add mushrooms and onion, stir and cook for 3-4 minutes.
4. Add pepper flakes, Italian seasoning, salt, pepper, squash and asparagus, stir and cook for a few minutes more.
5. Add coconut cream, parmesan, garlic and shrimp, cover pot and cook on High for 4 minutes.
6. Divide everything between plates and serve.

Enjoy!

Nutrition: calories 465, fat 6, fiber 2, carbs 5, protein 10

Lemon and Garlic Shrimp

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon ghee
- 1 pound shrimp, peeled and deveined
- 2 tablespoons lemon juice
- 2 tablespoons garlic, minced
- 1 tablespoon lemon zest
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on sauté mode, add oil and ghee, heat them up, add garlic, shrimp, lemon juice, lemon zest, salt and pepper, stir, cover and cook on High for 3 minutes.
2. Divide everything between plates and serve.

Enjoy!

Nutrition: calories 159, fat 1, fiber 3, carbs 5, protein 5

Haddock and Mayonnaise

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 pound haddock
- 2 tablespoons mayonnaise
- 3 teaspoons veggie stock
- 2 tablespoons lemon juice
- Salt and black pepper to the taste
- 1 teaspoon dill, chopped
- A drizzle of olive oil
- ¼ teaspoon old bay seasoning

Directions:

1. In your instant pot, mix haddock with stock, lemon juice, mayo, salt, pepper, dill, oil and old bay seasoning, toss a bit, cover and cook on High for 7 minutes.
2. Divide everything between plates and serve.

Enjoy!

Nutrition: calories 164, fat 12, fiber 1, carbs 6, protein 14

Chicken and Mushrooms

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 chicken thighs
- 2 cups mushrooms, sliced
- ¼ cup ghee
- Salt and black pepper to the taste
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ cup water
- 1 teaspoon Dijon mustard
- 1 tablespoon tarragon, chopped

Directions:

1. Set your instant pot on sauté mode, add ghee, melt it, add chicken, salt, pepper, onion powder and garlic powder, stir, cook for 2 minutes on each side and transfer to a bowl.
2. Add mushrooms to your instant pot, stir and sauté them for 2 minutes more.
3. Return chicken to the pot, also add mustard and water, stir well, cover and cook on High for 10 minutes.

4. Add tarragon, stir, divide between plates and serve right away.

Enjoy!

Nutrition: calories 263, fat 16, fiber 4, carbs 6, protein 18

Chicken and Salsa

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 6

Ingredients:

- 6 chicken breasts, skinless and boneless
- 2 cups jarred keto salsa
- Salt and black pepper to the taste
- 1 cup cheddar cheese, shredded
- A drizzle of olive oil

Directions:

1. Set your instant pot on sauté mode, add a drizzle of oil, heat it up, add chicken, stir and cook for 2 minutes on each side.
2. Add salsa, stir, cover and cook on High for 7 minutes.
3. Spread cheese all over, cover pot again and cook on High for 3 minutes more.
4. Divide between plates and serve right away.

Enjoy!

Nutrition: calories 220, fat 7, fiber 2, carbs 6, protein 12

Salsa Chicken Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 and ½ pounds chicken thighs, skinless, boneless and cubed
- 15 ounces chicken stock
- 15 ounces canned keto chunky salsa
- 8 ounces Monterey jack cheese, shredded

Directions:

1. In your instant pot, mix chicken with stock, salsa and cheese, stir, cover and cook on High for 15 minutes.
2. Stir soup, ladle into bowls and serve.

Enjoy!

Nutrition: calories 270, fat 16, fiber 3, carbs 5, protein 22

Hot Beef Stew

Preparation time: 10 minutes

Cooking time: 8 hours

Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 2 and ½ pounds beef, ground
- 15 ounces canned tomatoes and green chilies, chopped
- 6 ounces tomato paste
- 2 jalapenos, chopped
- 4 tablespoons garlic, minced
- 3 celery ribs, chopped
- 2 tablespoons coconut aminos
- 4 tablespoons chili powder
- Salt and black pepper to the taste
- A pinch of cayenne pepper
- 1 bay leaf
- 2 tablespoons cumin, ground
- 1 teaspoon oregano, dried
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Directions:

1. Set your instant pot on sauté mode, add beef, onion, garlic, salt and pepper, stir

and cook for 3-4 minutes.

2. Add celery, jalapenos, tomatoes and chilies mix, tomato paste, tomatoes, aminos, cayenne, cumin, onion powder, garlic powder, bay leaf and oregano, stir, cover and cook on High for 15 minutes.
3. Discard bay leaf, divide stew among bowls and serve.

Enjoy!

Nutrition: calories 327, fat 7, fiber 2, carbs 5, protein 22

Leg of Lamb and Spinach Salad

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 cups veggie stock
- 3 pounds leg of lamb, bone discarded and butterflied
- Salt and black pepper to the taste
- 1 teaspoon cumin, ground
- ¼ teaspoon thyme, dried

For the salad:

- 4 ounces feta cheese, crumbled
- ½ cup pecans, toasted
- 2 cups spinach
- 1 and ½ tablespoons lemon juice
- ¼ cup olive oil
- 1 cup mint, chopped

Directions:

1. Rub lamb with salt, pepper, 1 tablespoon oil, thyme, cumin and garlic.

2. Add the stock to your instant pot, add leg of lamb, cover and cook on High for 40 minutes.
3. Leave leg of lamb aside to cool down, slice and divide between plates.
4. Meanwhile, in a bowl, mix spinach with mint, feta cheese, $\frac{1}{4}$ cup olive oil, lemon juice, pecans, salt and pepper, toss and divide next to lamb slices.
5. Serve right away.

Enjoy!

Nutrition: calories 234, fat 20, fiber 3, carbs 5, protein 12

Lamb Stew

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 2 pounds lamb meat, cubed
- 2 tablespoons ghee
- 3 carrots, chopped
- 2 cups beef stock
- 1 tomato, chopped
- 1 garlic clove, minced
- Salt and black pepper to the taste
- 2 rosemary sprigs, chopped
- 1 teaspoon thyme, chopped

Directions:

1. Set your instant pot on sauté mode, add ghee, heat it up, add lamb meat and brown for 2 minutes on all sides.
2. Add onion, stir and cook for 1 minute more.
3. Add carrots, tomato, garlic, thyme, rosemary, salt, pepper and stock, stir, cover and cook on High for 15 minutes.
4. Divide into bowls and serve.

Enjoy!

Nutrition: calories 260, fat 12, fiber 6, carbs 10,
protein 36

Beef and Mushroom Stew

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

- 2 pounds beef chuck roast, cubed
- 1 cup beef stock
- 1 cup water
- 2 yellow onions, chopped
- 15 ounces canned tomatoes, chopped
- 4 carrots, chopped
- Salt and black pepper to the taste
- ½ pound mushrooms, sliced
- 2 celery ribs, chopped
- 1 tablespoon thyme, chopped
- ½ teaspoon mustard powder
- 2 tablespoons coconut flour

Directions:

1. Set your instant pot on sauté mode, add beef, stir and brown for 2 minutes on each side.
2. Add tomatoes, mushrooms, onions, carrots, celery, salt, pepper mustard, stock, flour and thyme, stir, cover and cook on High for 15 minutes.

3. Divide into bowls and serve.

Enjoy!

Nutrition: calories 275, fat 7, fiber 4, carbs 7, protein 28

Pomegranate and Walnuts Chicken

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 6

Ingredients:

- 12 chicken thighs
- 2 cups walnuts, toasted and chopped
- Salt and black pepper to the taste
- 3 tablespoons olive oil
- 1 yellow onion, chopped
- Juice of ½ lemon
- ¼ teaspoon cardamom, ground
- ½ teaspoon cinnamon, ground
- 1 cup pomegranate molasses
- 2 tablespoons stevia

Directions:

1. Put walnuts in your food processor, blend and transfer to a bowl.
2. Set your instant pot on sauté mode, add 2 tablespoons oil, heat it up, add chicken, salt and pepper, brown for a couple of minutes on each side and transfer to a bowl.
3. Add the rest of the oil to your instant pot, heat it up, add onion, stir and cook for 3

minutes.

4. Add cardamom, cinnamon, walnuts, pomegranate molasses, chicken, stevia and lemon juice, stir, cover and cook on High for 10 minutes.
5. Divide everything between plates and serve.

Enjoy!

Nutrition: calories 265, fat 6, fiber 6, carbs 14, protein 16

Sausages and Mashed Celeriac

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

For the mash

- 2 celeriac, peeled and cut into cubes
- Salt and black pepper to the taste
- 1 teaspoon mustard powder
- 1 tablespoon ghee, melted
- 4 ounces warm coconut milk
- 6 ounces water
- 1 tablespoon cheddar cheese, grated

For the sausages:

- 6 pork sausages
- 2 tablespoons olive oil
- ½ cup keto onion jam
- 2 ounces veggie stock
- 3 ounces water
- Salt and black pepper to the taste

Directions:

1. Put celeriac cubes in your instant pot, add 6 ounces water, salt and pepper, stir, cover, cook on High for 6 minutes, drain,

transfer to a bowl and mash using a potato masher.

2. Add mustard powder, ghee, milk and cheese, stir really well and leave aside for now.
3. Set your instant pot on Sauté mode, add oil, heat it up, add sausages and brown them on all sides.
4. Add onion jam, stock, 3 ounces water, salt and pepper, stir, cover and cook on High for 8 minutes.
5. Divide sausages on plates, add mashed celeriac on the side and serve with some of the cooking juices from the pot drizzled all over.

Enjoy!

Nutrition: calories 421, fat 12, fiber 4, carbs 7, protein 15

Seafood Summer Mix

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 12 shell clams
- 12 mussels
- 1 and ½ pounds shrimp, peeled and deveined
- 1 and ½ pounds fish fillets, cut into medium pieces
- 20 ounces canned tomatoes, chopped
- 5 tablespoons ghee, melted
- 3 garlic cloves, minced
- 2 yellow onions, chopped
- 4 tablespoons parsley, chopped
- 8 ounces clam juice
- 1 and ½ cups veggie stock
- 2 bay leaves
- ½ teaspoon marjoram, dried
- 1 tablespoon basil, dried
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add ghee, heat it up, add onion and garlic, stir and cook for a couple of minutes.

2. Add clam juice, tomatoes, stock, parsley, basil, bay leaves, marjoram, salt and pepper, stir, cover and cook on High for 10 minutes.
3. Add clams and mussels, stir, set the pot on simmer mode and cook for 8 minutes.
4. Add fish and shrimp, stir, cook for 4 minutes, ladle into bowls and serve.

Enjoy!

Nutrition: calories 300, fat 10, fiber 7, carbs 10, protein 17

Mexican Chicken Soup

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 chicken breasts, boneless and skinless and cubed
- 1 and ¼ cup jarred keto enchilada sauce
- 3 cups chicken stock
- 16 ounces canned tomatoes, chopped
- 4 ounces canned green chilies, chopped
- Salt and black pepper to the taste
- 2 garlic cloves, minced
- 1 cup white onion, chopped
- 1 teaspoon cumin, ground
- 1 teaspoon oregano

For serving:

- Chopped cilantro
- Chopped red onion
- Shredded cheddar cheese

Directions:

1. In your instant pot, mix chicken with enchilada sauce, stock, tomatoes, green chilies, salt, pepper, garlic, onion, cumin

and oregano, stir, cover and cook on Manual for 15 minutes.

2. Ladle soup into bowls, serve with chopped cilantro, red onion, and shredded cheese sprinkled all over.

Enjoy!

Nutrition: calories 312, fat 7, fiber 2, carbs 8, protein 14

Okra and Beef Stew

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 1 pound beef, cubed
- 1 garlic clove, minced
- 2 cups chicken stock
- 1 cardamom pod
- 14 ounces okra
- 12 ounces tomato sauce
- Salt and black pepper to the taste
- 5 tablespoons parsley, chopped
- A drizzle of olive oil
- Juice of ½ lemon

For the marinade:

- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- A pinch of salt
- 1 tablespoon 7- spice mix

Directions:

1. In a bowl, mix meat with 7-spice, a pinch of salt, onion and garlic powder, toss to

coat and leave aside.

2. Set your instant pot on Sauté mode, add a drizzle of olive oil, heat it up, add onion, garlic and cardamom, stir and cook for 3 minutes.
3. Add meat, stir, brown for 2 minutes and mix with okra, stock, tomato sauce, salt and pepper, stir, cover and cook on Low for 20 minutes.
4. Add lemon juice and parsley, stir, divide into bowls and serve.

Enjoy!

Nutrition: calories 273, fat 8, fiber 4, carbs 8, protein 17

Beef and Cabbage Stew

Preparation time: 10 minutes

Cooking time: 1 hour and 20 minutes

Servings: 6

Ingredients:

- 2 and ½ pounds beef brisket
- 2 bay leaves
- 4 cups water
- 4 carrots, chopped
- 3 garlic cloves, chopped
- 1 cabbage head, roughly shredded
- Salt and black pepper to the taste
- 3 turnips, cut into quarters
- Horseradish sauce for serving

Directions:

1. Put the beef brisket in your instant pot, add water, salt, pepper, garlic and bay leaves, cover and cook at High for 1 hour.
2. Add carrots, cabbage and turnips, stir, cover the pot again and cook on High for 6 minutes.
3. Divide stew among plates and serve with horseradish sauce on top.

Enjoy!

Nutrition: calories 293, fat 8, fiber 3, carbs 10,
protein 17

Lamb Shanks and Carrots

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 4 lamb shanks
- 2 tablespoons olive oil
- 2 tablespoons coconut flour
- 1 yellow onion, chopped
- 3 carrots, sliced
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 teaspoon oregano, dried
- 1 tomato, chopped
- 2 tablespoons water
- 4 ounces beef stock
- Salt and black pepper to the taste

Directions:

1. In a bowl, mix lamb shanks with flour, salt and pepper and toss.
2. Set your instant pot on Sauté mode, add oil, heat it up, add lamb, brown for a couple of minutes on each side and transfer to a bowl.

3. Add onion, oregano, carrots and garlic to the pot, stir and sauté for 5 minutes.
4. Add tomato, tomato paste, water, stock and return lamb to pot as well.
5. Stir, cover, cook on High for 25 minutes, divide everything between plates and serve.

Enjoy!

Nutrition: calories 400, fat 14, fiber 3, carbs 7, protein 30

Pork with Lemon Sauce

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 4

Ingredients:

- 1 and ½ pounds pork shoulder, chopped
- 3 garlic cloves, minced
- 1 cinnamon stick
- 2 cloves
- 1 yellow onion, chopped
- Juice of 1 lemon
- Salt and black pepper to the taste
- 1 tablespoon ginger, grated
- ½ cup water
- 1 teaspoon rosemary, dried
- 2 tablespoons stevia
- 2 tablespoons coconut aminos
- 1 tablespoon olive oil

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add pork, salt and pepper, stir, brown for 5 minutes on each side and transfer to a plate.
2. Add onions, ginger, garlic, lemon juice, water, stevia, aminos, rosemary,

cinnamon, cloves, pork, salt and pepper to the pot, stir, heat up, cover pot and cook on Manual for 50 minutes.

3. Discard cloves and cinnamon, stir pork mix, divide everything between plates and serve.

Enjoy!

Nutrition: calories 310, fat 4, fiber 2, carbs 12, protein 24

Meatballs and Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 1 and ½ pounds pork meat, ground
- 1 egg
- 2 tablespoons parsley, chopped
- 4 tablespoons coconut flour
- 2 garlic cloves, minced
- Salt and black pepper to the taste
- ¾ cup beef stock
- ½ teaspoon nutmeg, ground
- ½ teaspoon sweet paprika
- 2 tablespoons olive oil
- 2 carrots, chopped
- 1 celeriac, cubed
- 1 bay leaf

Directions:

1. In a bowl, mix ground meat with egg, salt, pepper, parsley, paprika, garlic, 1 tablespoon stock and nutmeg, stir well and dust them with the coconut flour.
2. Set your instant pot on Sauté mode, add oil, heat it up, add meatballs and brown

them on all sides.

3. Add carrots, bay leaf, celeriac and stock, stir, cover the pot and cook on High for 8 minutes.
4. Discard bay leaf, divide meatballs and sauce into bowls and serve.

Enjoy!

Nutrition: calories 383, fat 10, fiber 6, carbs 10, protein 15

Salmon and Veggies

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 salmon fillets, boneless
- 2 cups water
- 3 tablespoons olive oil
- 1 lemon, sliced
- 1 white onion, chopped
- 3 tomatoes, sliced
- 4 thyme sprigs, chopped
- 4 parsley sprigs, chopped
- Salt and black pepper to the taste

Directions:

1. Drizzle the oil on a parchment paper.
2. Add a layer of tomatoes, salt and pepper.
3. Drizzle some oil again, add fish and season with salt and pepper.
4. Drizzle some more oil, add thyme and parsley, onions, lemon slices, salt and pepper and wrap packet.
5. Add the water to your instant pot, add the steamer basket, add packet inside, cover and cook on High for 15 minutes.

6. Unwrap packet, divide fish and veggies between plates and serve.

Enjoy!

Nutrition: calories 200, fat 5, fiber 7, carbs 10, protein 20

Shrimp and Turnips

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 pounds shrimp, peeled and deveined
- 1 pound tomatoes, peeled and chopped
- 1 cup water
- 3 turnips, cut into quarters
- 4 tablespoons olive oil
- 4 onions, chopped
- 1 teaspoon coriander, ground
- 1 teaspoon curry powder
- Juice of 1 lemon
- A pinch of salt and black pepper

Directions:

1. Put the water in your instant pot, add steamer basket, add turnips, cover pot, cook on High for 6 minutes, drain, transfer to a bowl and leave aside for now.
2. Clean your instant pot, set it on sauté mode, add oil, heat it up, add onions, stir and cook for 5 minutes.
3. Add salt, coriander, curry, tomatoes, lemon juice, shrimp and turnips, stir, cover

and cook on High for 6 minutes more.
4. Divide shrimp into bowls and serve.

Enjoy!

Nutrition: calories 183, fat 4, fiber 1, carbs 7, protein
15

Squid and Veggies

Preparation time: 10 minutes

Cooking time: 27 minutes

Servings: 4

Ingredients:

- 1 pound squid, cleaned and chopped
- 10 garlic cloves, minced
- 2-inch ginger piece, grated
- 2 green chilies, chopped
- ½ tablespoon lemon juice
- 2 yellow onions, chopped
- 1 curry leaf
- 1 tablespoon coriander powder
- ¼ cup coconut, shredded
- ¾ tablespoon chili powder
- 1 teaspoon garam masala
- Salt and black pepper to the taste
- A pinch of turmeric
- 1 teaspoon mustard seeds
- ¾ cup water
- 3 tablespoons olive oil

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add mustard seeds and coconut, stir and cook for 2 minutes.

2. Add ginger, onions, garlic, chilies, salt, pepper, curry leaf, coriander powder, chili powder, garam masala, turmeric, water, lemon juice and squid, stir, cover and cook on Low for 25 minutes.
3. Divide into bowls and serve right away.

Enjoy!

Nutrition: calories 193, fat 7, fiber 1, carbs 7, protein 19

Artichokes and Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 artichokes, trimmed
- 2 cups chicken stock
- 1 tablespoon tarragon, chopped
- 4 lemon slices
- Zest from 1 lemon, grated
- Pulp from 1 lemon
- 1 celery stalk, chopped
- ½ cup olive oil
- Salt to the taste

Directions:

1. Put artichokes in your instant pot, add lemon slices on top, add stock, cover, cook on High for 20 minutes and transfer them to a platter.
2. Meanwhile, in your food processor, mix tarragon with lemon zest, lemon pulp, celery, salt and olive oil, pulse very well, drizzle this over artichokes and serve right away.

Enjoy!

Nutrition: calories 192, fat 6, fiber 7, carbs 9, protein
7

Squash and Chicken Cream

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 6

Ingredients:

- 1 and ½ pounds butternut squash, baked, peeled and cubed
- 1 cup chicken meat, cooked and shredded
- ½ cup green onions, chopped
- 3 tablespoons ghee
- 30 ounces chicken stock
- ½ cup carrots, chopped
- ½ cup celery, chopped
- 1 garlic clove, minced
- ½ teaspoon Italian seasoning
- 15 ounces canned tomatoes and their juice, chopped
- Salt and black pepper to the taste
- A pinch of red pepper flakes, dried
- A pinch of nutmeg, grated
- 1 and ½ cup coconut cream

Directions:

1. Set your instant pot on Sauté mode, add ghee, melt it, add celery, carrots and onions, stir and cook for 3 minutes.

2. Add garlic, squash, tomatoes, stock, Italian seasoning, salt, pepper, pepper flakes and nutmeg, stir, cover and cook on High for 10 minutes.
3. Blend soup using an immersion blender, add coconut cream and chicken, stir, set the pot on simmer mode and cook for 3 minutes more.
4. Ladle into bowls and serve.

Enjoy!

Nutrition: calories 182, fat 2, fiber 7, carbs 10, protein 7

Veggie Soup

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 8

Ingredients:

- 1 tablespoon olive oil
- 1 celery stalk, chopped
- 3 pounds tomatoes, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 1 zucchini, chopped
- 4 garlic cloves, minced
- 30 ounces canned chicken stock
- Salt and black pepper to the taste
- 1 teaspoon Italian seasoning
- 2 cups baby spinach
- 1 cup asiago cheese, grated
- 2 tablespoons basil, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion, stir and cook for 5 minutes.
2. Add carrots, garlic, celery, zucchini, tomatoes, stock, Italian seasoning, salt

and pepper, stir, cover and cook on High for 6 minutes

3. Add basil and spinach, stir, ladle into bowls and serve with cheese sprinkled on top.

Enjoy!

Nutrition: calories 172, fat 4, fiber 4, carbs 10, protein 6

Cabbage and Carrot Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cabbage head, shredded
- 1 small yellow onion, chopped
- 12 ounces baby carrots
- 3 celery stalks, chopped
- 2 tablespoons olive oil
- 3 teaspoons garlic, minced
- ¼ cup cilantro, chopped
- 4 cups chicken stock
- Salt and black pepper to the taste

Directions:

1. In your instant pot, mix cabbage with celery, carrots, onion, stock, olive oil and garlic, stir, cover and cook on High for 8 minutes.
2. Add salt, pepper and cilantro, stir well, ladle into soup bowls and serve.

Enjoy!

Nutrition: calories 165, fat 4, fiber 3, carbs 9, protein 10

Asparagus Cream

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 pounds green asparagus, trimmed and cut into medium pieces
- 3 tablespoons ghee
- 6 cups chicken stock
- 1 yellow onion, chopped
- ¼ teaspoon lemon juice
- ½ cup coconut cream
- Salt and white pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add ghee, heat it up, add asparagus, onion, salt and pepper, stir and cook for 5 minutes.
2. Add stock, cover pot, cook on Low for 15 minutes, transfer everything to your blender and pulse well.
3. Return soup to pot, add coconut cream and lemon juice, stir, ladle into bowls and serve.

Enjoy!

Nutrition: calories 100, fat 5, fiber 1, carbs 8, protein
7

Fresh Fennel and Leek Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 1 fennel bulb, chopped
- 2 cups water
- 1 bay leaf
- 1 leek, chopped
- 1 tablespoon olive oil
- Salt and black pepper to the taste
- 2 teaspoons parmesan cheese, grated

Directions:

1. In your instant pot, mix fennel with leek, bay leaf, oil, water, salt and pepper, stir, cover and cook on High for 15 minutes.
2. Add cheese, stir, ladle into bowls and serve.

Enjoy!

Nutrition: calories 126, fat 3, fiber 3, carbs 6, protein 5

Chicken Stew

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- 6 chicken thighs
- 1 teaspoon olive oil
- ¼ pound baby carrots
- Salt and black pepper to the taste
- 1 yellow onion, chopped
- 2 tablespoons tomato paste
- 1 celery stalk, chopped
- ½ teaspoon thyme, dried
- 2 and ½ cups chicken stock
- 15 ounces canned tomatoes, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add chicken, salt and pepper, brown for 4 minutes on each side and transfer to a plate.
2. Add celery, onion, tomato paste, carrots, thyme, salt and pepper, stir and sauté them for 4 minutes more.
3. Add stock, chicken and tomatoes, cover and cook on High for 25 minutes.

4. Transfer chicken pieces to a cutting board, leave aside to cool down for a few minutes, discard bones, shred meat and return it to the stew.
5. Stir, divide into bowls and serve hot.

Enjoy!

Nutrition: calories 182, fat 4, fiber 4, carbs 7, protein 14

Turkey Stew

Preparation time: 10 minutes

Cooking time: 33 minutes

Servings: 4

Ingredients:

- 1 tablespoon avocado oil
- 1 yellow onion, chopped
- 1 teaspoon garlic, minced
- 3 celery stalks, chopped
- 2 carrots, chopped
- Salt and black pepper to the taste
- 3 cups turkey meat, already cooked and shredded
- 15 ounces canned tomatoes, chopped
- 5 cups turkey stock
- 1 tablespoon cranberry sauce

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add carrots, celery and onions, stir and cook for 3 minutes.
2. Add tomatoes, stock, garlic, meat, cranberry sauce, salt and pepper, stir, cover, cook on Low for 30 minutes, divide into bowls and serve.

Enjoy!

Nutrition: calories 200, fat 4, fiber 1, carbs 6, protein 16

Mushroom Stew

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 tablespoon olive oil
- 1 celery stalk, chopped
- 1 and ½ cups beef stock
- 1 red onion, chopped
- 2 pounds beef chuck, cubed
- 1 teaspoon rosemary, chopped
- Salt and black pepper to the taste
- 1 ounce porcini mushrooms, chopped
- 2 carrots, chopped
- 2 tablespoons coconut flour
- 2 tablespoons ghee

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add beef, stir and brown for 5 minutes.
2. Add onion, celery, rosemary, salt, pepper, carrots, mushrooms and stock, stir, cover and cook on High for 15 minutes.
3. Heat up a pan with the ghee over medium high heat, melt it, add flour and 3

tablespoons cooking juices from the stew, stir, add to stew, set the pot on simmer mode and cook everything for 4 minutes more.

4. Divide into bowls and serve.

Enjoy!

Nutrition: calories 283, fat 4, fiber 3, carbs 8, protein 18

Stuffed Bell Peppers

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 4 bell peppers, tops and seeds removed and blanched in hot water for 3 minutes
- Salt and black pepper to the taste
- 16 ounces beef meat, ground
- 1 egg
- ½ cup coconut milk
- 2 onions, chopped
- 8 ounces water
- 10 ounces keto tomato soup

Directions:

1. In a bowl, mix beef with salt, pepper, egg, milk and onions and stir very well.
2. Stuff bell peppers with this mix, place them in your instant pot, add tomato soup and water, cover and cook on High for 12 minutes.
3. Divide stuffed peppers between plates, drizzle cooking juices all over and serve.

Enjoy!

Nutrition: calories 182, fat 2, fiber 3, carbs 7, protein 10

Crab Legs

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 4 pounds crab legs, halved
- 3 lemon wedges
- ¼ cup ghee
- 1 cup water

Directions:

1. Put the water in your instant pot, add steamer basket, add crab legs inside, cover and cook on High for 3 minutes.
2. Transfer crab legs to a bowl, add melted ghee, toss and serve them with lemon wedges on the side.

Enjoy!

Nutrition: calories 100, fat 4, fiber 1, carbs 2, protein 7

Corned Beef

Preparation time: 10 minutes

Cooking time: 60 minutes

Servings: 6

Ingredients:

- 4 pounds beef brisket
- 2 oranges, sliced
- 2 garlic cloves, peeled and minced
- 2 yellow onions, peeled and sliced thin
- 11 ounces celery, sliced thin
- 1 tablespoon dried dill
- 3 bay leaves
- 4 cinnamon sticks, cut into halves
- Salt and ground black pepper, to taste
- 17 ounces water

Directions:

Put the beef in a bowl, add some water to cover, set aside to soak for a few hours, drain and transfer to the Instant Pot. Add the celery, orange slices, onions, garlic, bay leaves, dill, cinnamon, dill, salt, pepper, and water. Stir, cover the Instant Pot and cook on the Meat/Stew setting for 50 minutes. Release the pressure, set the beef aside to cool for 5 minutes, transfer to a cutting board, slice, and divide among plates. Drizzle the juice and vegetables from the Instant Pot over beef, and serve.

Nutrition:

- Calories: 251
- Fat: 3.14
- Fiber: 0
- Carbs: 1
- Protein: 7

Beef Bourguignon

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 10 pounds round steak, cut into small cubes
- 2 carrots, peeled and sliced
- ½ cup beef stock
- 1 cup dry red wine
- 3 bacon slices, chopped
- 8 ounces mushrooms, cut into quarters
- 2 tablespoons white flour
- 12 pearl onions
- 2 garlic cloves, peeled and minced
- ¼ teaspoon dried basil
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the bacon, and brown it for 2 minutes. Add the beef pieces, stir, and brown for 5 minutes. Add the flour and stir very well. Add the salt, pepper, wine, stock, onions, garlic, and basil, stir, cover and cook on the Meat/Stew setting for 20 minutes. Release the pressure, uncover the Instant Pot, add the mushrooms and carrots, cover the Instant Pot again and cook on the Manual setting for 5 minutes. Release the pressure again, divide the beef bourguignon among plates, and serve.

Nutrition:

- Calories: 442
- Fat: 17.2
- Fiber: 3
- Carbs: 16
- Protein: 39

Beef Chili

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- 1½ pounds ground beef
- 1 sweet onion, peeled and chopped
- Salt and ground black pepper, to taste
- 16 ounces mixed beans, soaked overnight and drained
- 28 ounces canned diced tomatoes
- 17 ounces beef stock
- 12 ounces beer
- 6 garlic cloves, peeled and chopped
- 7 jalapeño peppers, diced
- 2 tablespoons vegetable oil
- 4 carrots, peeled and chopped
- 3 tablespoons chili powder
- 1 bay leaf
- 1 teaspoon chili powder

Directions:

Set the Instant Pot on Sauté mode, add half of the oil and heat it up. Add the beef, stir, brown for 8 minutes and transfer to a bowl. Add the rest of the oil to the Instant Pot and heat it up. Add the carrots, onion, jalapeños and garlic, stir, and sauté for 4 minutes. Add the beer and tomatoes and stir. Add the beans, bay leaf, stock, chili powder, chili powder, salt, pepper, and beef, stir, cover and cook on the Bean/Chili setting for 25 minutes. Release the pressure naturally, uncover the Instant Pot, stir chili, transfer to bowls, and serve.

Nutrition:

- Calories: 272
- Fat: 5

- Fiber: 0
- Carbs: 32
- Protein: 25

Chili Con Carne

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 pound ground beef
- 1 yellow onion, peeled and chopped
- 4 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 2 garlic cloves, peeled and minced
- 1 bay leaf
- 4 ounces kidney beans, soaked overnight and drained
- 1 teaspoon tomato paste
- 8 ounces canned diced tomatoes
- 1 tablespoon chili powder
- ½ teaspoon cumin
- 5 ounces water

Directions:

Set the Instant Pot on Sauté mode, add 1 tablespoon oil and heat it up. Add the meat, brown for a few minutes and transfer to a bowl. Add the rest of the oil to the Instant Pot and also heat it up. Add the onion and garlic, stir, and cook for 3 minutes. Return the beef to pot, add the bay leaf, beans, tomato paste, tomatoes, chili powder, cumin, salt, pepper, and water, stir, cover, and cook on the Bean/Chili setting for 18 minutes. Release the pressure, uncover the Instant Pot, discard bay leaf, divide chili among bowls, and serve.

Nutrition:

- Calories: 256
- Fat: 8
- Fiber: 1
- Carbs: 22

- Protein: 25

Beef Curry

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 pounds beef steak, cubed
- 2 tablespoons extra virgin olive oil
- 3 potatoes, diced
- 1 tablespoon Dijon mustard
- 2½ tablespoons curry powder
- 2 yellow onions, peeled and chopped
- 2 garlic cloves, peeled and minced
- 10 ounces canned coconut milk
- 2 tablespoons tomato sauce
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onions and garlic, stir and cook for 4 minutes. Add the potatoes and mustard, stir, and cook for 1 minute. Add the beef, stir and brown on all sides. Add the curry powder, salt and pepper, stir, and cook for 2 minutes. Add the coconut milk and tomato sauce, stir, cover the Instant Pot and cook on the Meat/Stew setting for 10 minutes. Release the pressure, uncover the Instant Pot, divide curry among plates, and serve.

Nutrition:

- Calories: 434
- Fat: 20
- Fiber: 2.9
- Carbs: 14
- Protein: 27.5

Beef Stroganoff

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 10 pounds beef, cut into small cubes
- 1 yellow onion, peeled and chopped
- 2½ tablespoons vegetable oil
- 1½ tablespoons white flour
- 2 garlic cloves, peeled and minced
- 4 ounces mushrooms, sliced
- 1½ tablespoon tomato paste
- Salt and ground black pepper, to taste
- 3 tablespoons Worcestershire sauce
- 13 ounces beef stock
- 8 ounces sour cream
- Egg noodles, already cooked, for serving

Directions:

Put the beef, salt, pepper and flour in a bowl and toss to coat. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the meat and brown it on all sides. Add the onion, garlic, mushrooms, Worcestershire sauce, stock, and tomato paste, stir well, cover the Instant Pot and cook on the Meat/Stew setting for 20 minutes. Release the pressure, uncover the Instant Pot, add the sour cream, more salt and pepper, stir well, divide among plates on top of egg noodles and serve.

Nutrition:

- Calories: 335
- Fat: 18.4
- Fiber: 1.3
- Carbs: 22.5
- Protein: 20.1

Beef Pot Roast

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 6

Ingredients:

- 3 pounds beef roast
- Salt and ground black pepper, to taste
- 17 ounces beef stock
- 3 ounces red wine
- ½ teaspoon chicken salt
- ½ teaspoon smoked paprika
- 1 yellow onion, peeled and chopped
- 4 garlic cloves, peeled and minced
- 3 carrots, peeled and chopped
- 5 potatoes, chopped

Directions:

In a bowl, mix the salt, pepper, chicken, salt, and paprika and stir. Rub the beef with this mixture and put it into the Instant Pot. Add the onion, garlic, stock, and wine, toss to coat, cover the Instant Pot and cook on Meat Stew for 50 minutes. Release the pressure, uncover the Instant Pot, add the carrots and potatoes, cover again, and cook on the Steam setting for 10 minutes. Release the pressure again, uncover the Instant Pot, transfer the roast to a platter, drizzle cooking juices all over, and serve with the vegetables on the side.

Nutrition:

- Calories: 290
- Fat: 20
- Fiber: 0
- Carbs: 2
- Protein: 25

Beef and Vegetables

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1½ pounds, beef chuck roast, cubed
- 4 tablespoons flour
- 1 yellow onion, peeled and chopped
- 2 tablespoons red wine
- 2 garlic cloves, peeled and minced
- 2 cups water
- 2 cups beef stock
- Salt and ground black pepper, to taste
- 1 bay leaf
- ½ teaspoon dried thyme
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 4 potatoes, chopped
- ½ bunch parsley, chopped

Directions:

Season the beef with salt and pepper and mix with half of the flour. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the beef, brown for 2 minutes, and transfer to a bowl. Add the onion to the Instant Pot, stir, and cook for 3 minutes. Add the garlic, stir, and cook for 1 minute. Add the wine, stir well, and cook for 15 seconds. Add the rest of the flour and stir well for 2 minutes. Return the meat to the Instant Pot, add the stock, water, bay leaf, and thyme, stir, cover and cook on the Meat/Stew setting for 12 minutes. Release the pressure, uncover the Instant Pot, add the carrots, celery, and potatoes, stir, cover the Instant Pot and cook on the Steam setting for 5 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, divide among plates, and serve with parsley sprinkled on top.

Nutrition:

- Calories: 221
- Fat: 5.3
- Fiber: 1
- Carbs: 20.2
- Protein: 22.7

Korean Beef

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- ¼ cup soybean paste
- 1 cup chicken stock
- 2 pounds beefsteak, cut into thin strips
- ¼ teaspoon red pepper flakes
- Salt and ground black pepper, to taste
- 1 yellow onion, peeled and sliced thin
- 1 zucchini, cubed
- 1 ounce shiitake mushroom caps, cut into quarters
- 12 ounces extra firm tofu, cubed
- 1 chili pepper, sliced
- 1 scallion, chopped

Directions:

Set the Instant Pot on Sauté mode, add the stock and soybean paste, stir, and simmer for 2 minutes. Add the beef, salt, pepper, and pepper flakes stir, cover the Instant Pot, and cook on the Meat/Stew setting for 15 minutes. Release the pressure, add the tofu, onion, zucchini and mushrooms, stir, bring to a boil, cover the Instant Pot, and cook on the Manual setting for 4 minutes. Release the pressure again, uncover the Instant Pot, add more salt and pepper, add the chili pepper and scallion, stir, divide into bowls, and serve.

Nutrition:

- Calories: 310
- Fat: 9.3
- Fiber: 0.2
- Carbs: 18.4
- Protein: 35.3

Beef and Broccoli

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 3 pounds beef chuck roast, cut into thin strips
- 1 tablespoon peanut oil
- 1 yellow onion, peeled and chopped
- ½ cup beef stock
- 1 pound broccoli florets
- 2 teaspoons toasted sesame oil
- 2 tablespoons potato starch

For the marinade:

- 1 cup soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons fish sauce
- 5 garlic cloves, peeled and minced
- 3 red peppers, dried and crushed
- ½ teaspoon Chinese five spice powder
- White rice, already cooked, for serving
- Toasted sesame seeds, for serving

Directions:

In a bowl, mix the soy sauce with the fish sauce, 1 tablespoon sesame oil, garlic, five spice powder, and crushed red peppers and stir well. Add the beef strips, toss to coat, and set aside for 10 minutes. Set the Instant Pot on Sauté mode, add the peanut oil and heat it up. Add the onions, stir, and cook for 4 minutes. Add the beef and marinade, stir, and cook for 2 minutes. Add the stock, stir, cover the Instant Pot and cook on the Meat/Stew setting for 5 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, add the cornstarch with ¼ cup liquid from the Instant Pot, add the broccoli to the steamer basket,

cover the Instant Pot again, and cook for 3 minutes on Manual mode. Release the pressure, uncover the Instant Pot, divide the beef into bowls on top of rice, add the broccoli on the side, drizzle the toasted sesame oil, sprinkle with sesame seeds, and serve.

Nutrition:

- Calories: 338
- Fat: 18
- Fiber: 5
- Carbs: 50
- Protein: 20

Veal with Mushrooms

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 3.5 ounces button mushrooms, sliced
- 3.5 ounces shiitake mushrooms, sliced
- 2 pounds veal shoulder, cut into medium chunks
- 17 ounces potatoes, chopped
- 16 ounces shallots, peeled and chopped
- 9 ounces beef stock
- 2 ounces white wine
- 1 tablespoon white flour
- 2 garlic cloves, peeled and minced
- 2 tablespoons chives, chopped
- 1 teaspoon dried sage
- 1/8 teaspoon dried thyme
- Salt and ground black pepper, to taste
- 3½ tablespoons extra virgin olive oil

Directions:

Set the Instant Pot on Sauté mode, add 1½ tablespoons oil, and heat it up. Add the veal, season with salt and pepper, stir, brown for 5 minutes, and transfer to a bowl. Add the rest of the oil to the Instant Pot and heat it up. Add the mushrooms, stir, and cook for 3 minutes. Add the garlic, stir, cook for 1 minute, and transfer everything to a bowl. Add the wine and flour to the Instant Pot, stir, and cook for 1 minute. Add the stock, sage, and thyme and return the meat to the Instant Pot. Stir, cover and cook on the Meat/Stew setting for 20 minutes. Release the pressure, uncover the Instant Pot, return the mushrooms and garlic, and stir. Add the potatoes and shallots, stir, cover, and cook on the Manual setting for 4 minutes. Release the pressure again, uncover the Instant Pot, add more salt and pepper, if needed, add the chives, stir, divide among bowls, and serve.

Nutrition:

- Calories: 395
- Fat: 18
- Fiber: 1.4
- Carbs: 7.1
- Protein: 47.8

Beef and Pasta Casserole

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 17 ounces pasta
- 1 pound ground beef
- 13 ounces mozzarella cheese, shredded
- 16 ounces tomato puree
- 1 celery stalk, chopped
- 1 yellow onion, peeled and chopped
- 1 carrot, peeled and chopped
- 1 tablespoon red wine
- 2 tablespoons butter
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the carrot, onion, and celery, stir, and cook for 5 minutes. Add the beef, salt and pepper, and cook for 10 minutes. Add the wine, stir and cook for 1 minute. Add the pasta, tomato puree, and water to cover pasta, stir, cover and cook on the Manual setting for 6 minutes. Release the pressure, uncover the Instant Pot, add the cheese, stir, divide everything among plates, and serve.

Nutrition:

- Calories: 182
- Fat: 1
- Fiber: 1.4
- Carbs: 31
- Protein: 12

Beef and Cabbage

Preparation time: 10 minutes

Cooking time: 1 hour and 20 minutes

Servings: 6

Ingredients:

- 2½ pounds beef brisket
- 4 cups water
- 2 bay leaves
- 3 garlic cloves, peeled and chopped
- 4 carrots, peeled and chopped
- 1 cabbage head, cut into 6 wedges
- 6 potatoes, cut into quarters
- Salt and ground black pepper, to taste
- 3 turnips, cut into quarters
- Horseradish sauce, for serving

Directions:

Put the beef brisket and water into the Instant Pot, add the salt, pepper, garlic, and bay leaves, cover the Instant Pot and cook on the Meat/Stew setting for 1 hour and 15 minutes. Release the pressure, uncover the Instant Pot, add the carrots, cabbage, potatoes, and turnips, stir, cover the Instant Pot, and cook on the Manual setting for 6 minutes. Release the pressure naturally, uncover the Instant Pot, divide among plates, and serve with horseradish sauce on top.

Nutrition:

- Calories: 340
- Fat: 24
- Fiber: 1
- Carbs: 14
- Protein: 26

Lamb Shanks

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 4 lamb shanks
- 2 tablespoons extra virgin olive oil
- 2 tablespoons white flour
- 1 yellow onion, peeled and diced
- 3 carrots, peeled and chopped
- 2 garlic cloves, peeled and minced
- 2 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1 tomato, cored and chopped
- 2 tablespoons water
- 4 ounces red wine
- Salt and ground black pepper, to taste
- 1 beef bouillon cube

Directions:

In a bowl, mix the flour with salt and pepper. Add the lamb shanks and toss to coat. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the lamb, brown on all sides, and transfer to a bowl. Add the onion, oregano, carrots, and garlic to the Instant Pot, stir and cook for 5 minutes. Add the tomato, tomato paste, water, wine, and bouillon cube, stir and bring to a boil. Return the lamb to pot, stir, cover, and cook on Manual mode for 25 minutes. Release the pressure, uncover the Instant Pot, divide the lamb among plates, pour cooking sauce all over, and serve.

Nutrition:

- Calories: 430
- Fat: 17
- Fiber: 2.5

- Carbs: 11.3
- Protein: 50

Lamb Curry

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1½ pounds lamb shoulder, cut into medium chunks
- 2 ounces coconut milk
- 3 ounces dry white wine
- 3 tablespoons pure cream
- 3 tablespoons curry powder
- 2 tablespoons vegetable oil
- 3 tablespoons water
- 1 yellow onion, peeled and chopped
- 1 tablespoon parsley, chopped
- Salt and ground black pepper, to taste

Directions:

In a bowl, mix half of the curry powder with the salt, pepper, and coconut milk, and stir well. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir, and cook for 4 minutes. Add the rest of the curry powder, stir, and cook for 1 minute. Add the lamb, brown them for 3 minutes, and mix with water, salt, pepper, and wine. Stir, cover the Instant Pot and cook on the Meat/Stew setting for 20 minutes. Release the pressure, set the Instant Pot to Manual mode, add the coconut milk mixture, stir, and boil for 5 minutes. Divide among plates, sprinkle parsley on top, and serve.

Nutrition:

- Calories: 378
- Fat: 8
- Fiber: 3
- Carbs: 18
- Protein: 22

Lamb Chops

Preparation time: 15 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 3 pounds lamb chops
- Salt and ground black pepper, to taste
- 2 tablespoons flour
- 2 tablespoons extra virgin olive oil
- 2 yellow onions, peeled and chopped
- 3 ounces red wine
- 2 garlic cloves, peeled and crushed
- 2 carrots, peeled and sliced
- 2 celery sticks, chopped
- 2 tablespoons tomato sauce
- 2 bay leaves
- 1 cup green peas
- 14 ounces canned diced tomatoes
- 4 ounces green beans
- 2 tablespoons fresh parsley, diced
- Beef stock

Directions:

Put the flour in a bowl and mix with salt and pepper. Add the lamb chops and toss to coat. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the lamb, stir, brown for 3 minutes on all sides, and transfer to a plate. Add the garlic and onion, stir, and cook for 2 minutes. Add the wine and cook for 2 minutes. Add the bay leaves, carrots, celery, and return the lamb to the Instant Pot. Add the tomato sauce, tomatoes, green beans, and peas and stir. Add enough stock to cover everything, cover the Instant Pot and cook on the Meat/Stew setting for 20 minutes. Release the pressure, uncover the Instant Pot, add the parsley, more salt and pepper, if needed, divide among plates, and serve.

Nutrition:

- Calories: 435
- Fat: 31
- Fiber: 4
- Carbs: 6
- Protein: 22

Lamb Ribs

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 8 lamb ribs
- 4 garlic cloves, peeled and minced
- 2 carrots, peeled and chopped
 - 13 ounces veggie stock
 - 4 rosemary sprigs
 - 2 tablespoons extra virgin olive oil
 - Salt and ground black pepper, to taste
 - 3 tablespoons white flour

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the lamb, garlic, salt and pepper, and brown it on all sides. Add the flour, stock, rosemary, and carrots, stir well, cover the Instant Pot and cook on the Meat/Stew setting for 20 minutes. Release the pressure, uncover the Instant Pot, discard the rosemary, divide the lamb on plates, and serve with the cooking liquid drizzled on top.

Nutrition:

- Calories: 234
- Fat: 8.4
- Fiber: 1
- Carbs: 3
- Protein: 35

Mediterranean Lamb

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 4

Ingredients:

- 6 pound lamb leg, boneless
- 2 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 1 bay leaf
- 1 teaspoon marjoram
- 1 teaspoon dried sage
- 1 teaspoon ginger, grated
- 3 garlic cloves, peeled and minced
- 1 teaspoon dried thyme
- 2 cups vegetable stock
- 3 pounds potatoes, chopped
- 3 tablespoons arrowroot powder, mixed with $\frac{1}{3}$ cup water

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the lamb leg and brown on all sides. Add the salt, pepper, bay leaf, marjoram, sage, ginger, garlic, thyme, and stock, stir, cover the Instant Pot, and cook on the Meat/Stew setting for 50 minutes. Release the pressure, add the potatoes, arrowroot mix, more salt and pepper, if needed, stir, cover the Instant Pot, and cook on Manual for 10 minutes. Release the pressure, uncover the Instant Pot, divide lamb among plates, and serve.

Nutrition:

- Calories: 238
- Fat: 5
- Fiber: 4
- Carbs: 17
- Protein: 7.3

Moroccan Lamb

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- 2½ pounds lamb shoulder, chopped
- 3 tablespoons honey
- 3 ounces almonds, peeled and chopped
- 9 ounces prunes, pitted
- 8 ounces vegetable stock
- 2 yellow onions, peeled and chopped
- 2 garlic cloves, peeled and minced
- 1 bay leaf
- Salt and ground black pepper, to tastes
- 1 cinnamon stick
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- Sesame seeds, for serving
- 3 tablespoons extra virgin olive oil

Directions:

In a bowl, mix the ground cinnamon with ginger, cumin, turmeric, garlic, and 2 tablespoons olive oil, and stir well. Add the meat and toss to coat. Put the prunes in a bowl, cover them with hot water and set aside. Set the Instant Pot on Sauté mode, add the rest of the oil, and heat it up. Add the onions, stir, cook for 3 minutes, transfer to a bowl and set aside. Add the meat to the Instant Pot, and brown it for 10 minutes. Add the stock, cinnamon stick, and bay leaf, and return the onions, stir, cover the Instant Pot and cook on the Meat/Stew setting for 25 minutes. Release the pressure naturally, uncover the Instant Pot, add the prunes, salt, pepper, and honey, and stir. Set the Instant Pot on Manual mode, cook everything for 5 minutes, and discard the bay leaf and

cinnamon stick. Divide among plates, and serve with almonds and sesame seeds on top.

Nutrition:

- Calories: 434
- Fat: 21
- Fiber: 4
- Carbs: 41
- Protein: 20
- Sugar: 9

Lamb Ragout

Preparation time: 15 minutes

Cooking time: 1 hour

Servings: 8

Ingredients:

- 1½ pounds mutton, bone-in
- 2 carrots, peeled and sliced
- ½ pounds mushrooms, sliced
- 4 tomatoes, cored and chopped
- 1 yellow onion, peeled and chopped
- 6 garlic cloves, peeled and minced
- 2 tablespoons tomato paste
- 1 teaspoon vegetable oil
- Salt and ground black pepper, to taste
- 1 teaspoon dried oregano
- ½ cup parsley, diced

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the meat and brown it on all sides. Add the tomato paste, tomatoes, onion, garlic, mushrooms, oregano, carrots, and water to cover everything. Add the salt and pepper, stir, cover the Instant Pot, and cook on the Meat/Stew setting for 1 hour. Release the pressure, take the meat out of the Instant Pot, discard the bones, and shred it. Return the meat to pot, add the parsley and stir. Add more salt and pepper, if needed, and serve.

Nutrition:

- Calories: 360
- Fat: 14
- Fiber: 3
- Carbs: 15.1
- Protein: 30

Mexican-style Lamb

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 4

Ingredients:

- 3 pounds lamb shoulder, cubed
- 19 ounces enchilada sauce
- 3 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 2 tablespoons extra virgin olive oil
- Salt, to taste
- ½ bunch fresh cilantro, diced
- warm corn tortillas, for serving
- lime wedges, for serving
- refried beans, for serving

Directions:

Put the enchilada sauce in a bowl, add the lamb and marinade for 24 hours. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onions and garlic, stir, and cook for 5 minutes. Add the lamb, salt, and marinade, stir, bring to a boil, cover the Instant Pot, and cook on the Meat/Stew setting for 45 minutes. Release the pressure, take the meat and put it on a cutting board and set aside to cool down for a few minutes. Shred the meat and put it in a bowl. Add the cooking sauce to it and stir. Divide the meat on tortillas, sprinkle cilantro on each, add the beans, sprinkle with lime juice, roll, and serve.

Nutrition:

- Calories: 484
- Fat: 19
- Fiber: 9
- Carbs: 28
- Protein: 44

Goat with Roasted Tomatoes

Preparation time: 10 minutes

Cooking time: 60 minutes

Servings: 4

Ingredients:

- 17 ounces goat meat, cubed
- 1 carrot, peeled and chopped
- 1 celery rib, chopped
- 4 ounces tomato paste
- 1 yellow onion, peeled and chopped
- 3 garlic cloves, peeled and crushed
- Sherry
- ½ cup water
- Salt and ground black pepper, to taste
- 1 cup chicken stock
- 2 tablespoons extra virgin olive oil
- 1 tablespoon cumin
- Dried rosemary
- 2 roasted tomatoes, cored chopped

Directions:

Set the Instant Pot on Sauté mode, add 1 tablespoon oil, and heat it up. Add the goat, salt, and pepper, and brown for a few minutes on each side. Add the cumin and rosemary, stir, cook for 2 minutes, and transfer to a bowl. Add the rest of the oil to the Instant Pot and heat it up. Add onion, garlic, salt, and pepper, stir, and cook for 1 minute. Add the carrot and celery, stir, and cook 2 minutes. Add the sherry, stock, water, goat, tomato paste, more salt and pepper, stir, cover and cook on Meat/Stew for 40 minutes. Release the pressure naturally, uncover the Instant Pot, add the tomatoes, stir, divide among plates, and serve.

Nutrition:

- Calories: 340

- Fat: 3.8
- Fiber: 4.1
- Carbs: 30
- Protein: 12.6

Lamb and Barley Dish

Preparation time: 15 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 6 ounces barley
- 5 ounces peas
- 1 lamb leg, already cooked, boneless and chopped
- 3 yellow onions, peeled and chopped
- 5 carrots, peeled and chopped
- 6 ounces beef stock
- 12 ounces water
- Salt and ground black pepper, to taste

Directions:

In the Instant Pot, mix the stock with water and barley, cover and cook on the Meat/Stew setting for 20 minutes. Release the pressure, uncover the Instant Pot, add the onions, peas, and carrots, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, add the meat, salt, and pepper, stir, divide into bowls, and serve.

Nutrition:

- Calories: 324
- Fat: 9
- Fiber: 4
- Carbs: 21
- Protein: 15

Lamb and White Beans

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 4 lamb chops
- 1½ cups white beans, soaked overnight and drained
- 1 cup onion, peeled and chopped
- 2 cups canned diced tomatoes
- 1 cup leeks, chopped
- 2 tablespoons garlic, minced
- 1 teaspoon herbs de Provence
- Salt and ground black pepper, to taste
- 3 cups water
- 2 teaspoons Worcestershire sauce

Directions:

Put the lamb chops into the Instant Pot. Add the beans, onion, tomatoes, leeks, garlic, salt, pepper, herbs de Provence, Worcestershire sauce and water. Stir, cover and cook on the Meat/Stew setting for 40 minutes. Release the pressure, uncover the Instant Pot, divide among plates, and serve.

Nutrition:

- Calories: 520
- Fat: 17
- Fiber: 7
- Carbs: 35
- Protein: 56

Goat and Potatoes

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 5

Ingredients:

- 2½ pounds goat meat, cut into small cubes
- Salt and ground black pepper, to taste
- 5 tablespoons vegetable oil
- 3 teaspoons turmeric
- 3 potatoes, cut into halves
- 1 teaspoon sugar
- 4 cloves
- 3 cardamom pods
- 3 onions, peeled and chopped
- 2-inch cinnamon stick
- 1-inch piece of ginger, grated
- 2 tomatoes, cored and chopped
- 4 garlic cloves, peeled and minced
- 2 green chilies, chopped
- ¾ teaspoon chili powder
- 2½ cups water
- 1 teaspoon fresh cilantro, chopped

Directions:

Put the goat in a bowl, add the salt, pepper, and turmeric, toss to coat, and set aside for 10 minutes. Set the Instant Pot on Sauté mode, add the oil and half of the sugar, stir, and heat up. Add the potatoes, fry them a bit, and transfer to a bowl. Add the cloves, cinnamon stick, and cardamom to the Instant Pot, and stir. Add the ginger, onion, chilies, and garlic, stir, and cook for 3 minutes. Add the tomatoes and chili powder, stir, and cook for 5 minutes. Add the meat, stir, and cook for 10 minutes. Add the 2 cups water, stir, cover, and cook on the Meat/Stew setting for 15 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper, the rest of the sugar, potatoes and ½ cup

water, cover, and cook on the Manual setting for 5 minutes. Release the pressure again, uncover the Instant Pot, divide among plates, sprinkle the cilantro on top, and serve.

Nutrition:

- Calories: 300
- Fat: 17
- Fiber: 1
- Carbs: 5
- Protein: 30

Apple Cider Pork

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 pounds pork loin
- 2 cups apple cider
- 2 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 1 yellow onion, peeled and chopped
- 2 apples, cored and chopped
- 1 tablespoon dried onion flakes

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the pork loin, salt, pepper, and dried onion, stir, and brown the meat on all sides and transfer to a plate. Add the onion to the Instant Pot, stir, and cook for 2 minutes. Return the meat to Instant Pot, add the cider, apples, more salt and pepper, stir, cover, and cook on Manual mode for 20 minutes. Release the pressure, uncover the Instant Pot, transfer pork to a cutting board, slice it, and divide among plates. Add the sauce and mix from the Instant Pot on the side, and serve.

Nutrition:

- Calories: 450
- Fat: 22
- Fiber: 2.2
- Carbs: 29
- Protein: 37.2

Pulled Pork

Preparation time: 10 minutes

Cooking time: 1 hour and 20 minutes

Servings: 6

Ingredients:

- 3 pounds pork shoulder, boneless and cut into large chinks
- 11 ounces beer
- 8 ounces water
- 3 ounces white sugar
- Salt, to taste
- 2 teaspoons dry mustard
- 2 teaspoons smoked paprika

For the sauce:

- 4 ounces hot water
- 12 ounces apple cider vinegar
- 2 tablespoons brown sugar
- Salt and ground black pepper, to taste
- Cayenne pepper
- 2 teaspoons dry mustard

Directions:

In a bowl, mix the white sugar with smoked paprika, 2 teaspoons dry mustard, and salt. Rub the pork with this mixture and put pieces into the Instant Pot. Add the beer and 3 ounces water, stir, cover the Instant Pot and cook on the Meat/Stew setting for 75 minutes. Release the pressure, uncover the Instant Pot, transfer the pork to a cutting board, shred with 2 forks and set the dish aside. Discard half of the cooking liquid from the Instant Pot. In a bowl, mix the brown sugar with 4 ounces hot water, vinegar, cayenne, salt, pepper, and 2 teaspoons dry mustard, and stir well. Pour this over cooking sauce from the Instant Pot, stir, cover and cook on the Manual setting for 3 minutes. Release the pressure, divide pork among plates, drizzle the sauce all over, and serve.

Nutrition:

- Calories: 440
- Fat: 12
- Fiber: 4
- Carbs: 40
- Protein: 32

Pork Roast with Fennel

Preparation time: 10 minutes

Cooking time: 1 hour and 20 minutes

Servings: 4

Ingredients:

- 2 pounds pork meat, boneless
- 2 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 2 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 5 ounces white wine
- 5 ounces chicken stock
- 1 pound fennel bulbs, sliced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the pork, salt and pepper, stir, brown on all sides, and transfer to a plate. Add the garlic, wine, and stock to the Instant Pot, stir, and cook for 2 minutes. Return pork to pot, cover, and cook on the Manual setting for 40 minutes. Release the pressure, uncover the Instant Pot, add the onion and fennel, stir, cover and cook on the Manual setting for 15 minutes. Release the pressure again, stir your mix, transfer the pork to a cutting board, slice, and divide among plates. Serve with onion and fennel on the side with the cooking sauce all over.

Nutrition:

- Calories: 428
- Fat: 16
- Fiber: 1.1
- Carbs: 29
- Protein: 38

Pork Chops and Onion

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 pork chops
- 2 tablespoons fresh parsley, chopped
- 1 garlic clove, peeled and minced
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- 1 pound onions, peeled and sliced
- ½ cup milk
- Salt and ground black pepper, to taste
- 2 tablespoons butter
- 2 tablespoons cornstarch mixed with 3 tablespoons water
- 1 tablespoon white flour
- ½ cup white wine

Directions:

Set the Instant Pot on Sauté mode, add the oil and butter and heat it up. Add the pork chops, salt, and pepper, brown on all sides, and transfer to a bowl. Add the garlic and onion to pot, stir, and cook for 2 minutes. Add the wine, lime juice, milk, parsley, and return pork chops to pot. Stir, cover and cook on the Manual setting for 15 minutes. Release the pressure, uncover the Instant Pot, add the cornstarch slurry and flour, stir well and cook, on Manual mode for 3 minutes. Divide the pork chops and onions on plates, drizzle the cooking sauce all over, and serve.

Nutrition:

- Calories: 222
- Fat: 7
- Fiber: 3
- Carbs: 9

- Protein: 22.2

Creamy Pork Chops

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 pork chops, boneless
- 1 cup water
- 2 tablespoons extra virgin olive oil
- 2 teaspoons chicken bouillon
- 10 ounces canned cream of mushroom soup
- 1 cup sour cream
- Salt and ground black pepper, to taste
- ½ small bunch fresh parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the pork chops, salt, and pepper, brown them on all sides, transfer to a plate and set the dish aside. Add the water and bouillon to the Instant Pot and stir well. Return the pork chops, stir, cover and cook on the Manual setting for 9 minutes. Release the pressure naturally, transfer the pork chops to a platter and set aside. Set the Instant Pot on Manual mode and heat up the cooking liquid. Add the mushroom soup, stir, cook for 2 minutes, and take off heat. Add the parsley and sour cream, stir, and pour over pork chops.

Nutrition:

- Calories: 284
- Fat: 16
- Fiber: 1
- Carbs: 10.5
- Protein: 23.2

Chinese Barbecue Pork

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 6

Ingredients:

- 2 pounds pork belly
- 4 tablespoons soy sauce
- 2 tablespoons dry sherry
- 1-quart chicken stock
- 8 tablespoons char siu sauce
- 2 teaspoons sesame oil
- 2 tablespoons honey
- 1 teaspoon peanut oil

Directions:

Set the Instant Pot on Manual mode, add the sherry, stock, soy sauce and half of char siu sauce, stir, and cook for 8 minutes. Add the pork, stir, cover and cook on the Meat/Stew setting for 30 minutes. Release the pressure naturally, transfer the pork to a cutting board, set aside to cool down and chop into small pieces. Heat up a pan with the peanut oil over medium-high heat, add the pork, stir, and cook for a few minutes. In a bowl, mix the sesame oil with the rest of the char siu sauce and honey. Brush the pork with the sauce, stir, and cook for 10 minutes. Heat up another pan over medium-high heat, add the cooking liquid from the Instant Pot and bring to a boil. Simmer for 3 minutes and take off the heat. Divide the pork on plates, drizzle the sauce over it, and serve.

Nutrition:

- Calories: 400
- Fat: 23
- Fiber: 1
- Carbs: 15

- Sugar: 14
- Protein: 41

Braised Pork

Preparation time: 10 minutes

Cooking time: 75 minutes

Servings: 6

Ingredients:

- 4 pounds pork butt, chopped
- 16 ounces chicken stock
- 16 ounces red wine
- 4 ounces lemon juice
- 2 tablespoons extra virgin olive oil
- ¼ cup onion, chopped
- ¼ cup garlic powder
- 1 tablespoon paprika
- Salt and ground black pepper, to taste

Directions:

In the Instant Pot, mix the pork with the stock, wine, lemon juice, onion, garlic powder, oil, paprika, salt, and pepper, stir, cover, and cook on the Meat/Stew mode for 45 minutes. Release the pressure naturally for 15 minutes, stir the pork, divide into bowls, and serve.

Nutrition:

- Calories: 454
- Fat: 45
- Fiber: 1
- Carbs: 2
- Protein: 8

Country-style Ribs

Preparation time: 2 hours

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 5 pounds country style ribs, boneless

For the brine:

- ½ cup brown sugar
- ½ cup salt
- 4 cups water
- 2 tablespoons liquid smoke
- 3 garlic cloves, peeled and crushed

For the ribs:

- 2 tablespoons butter
- ½ tablespoons water
- 1 cup onion, peeled and chopped
- 1 pound apples, cored, peeled and sliced
- ½ teaspoon ground cinnamon
- 1 teaspoon chili powder
- Cayenne pepper

For the sauce:

- 1 tablespoons liquid smoke
- 2 tablespoons yellow mustard
- 2 tablespoons Dijon mustard
- 2 tablespoons brown sugar
- 1 teaspoon hot sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- ¼ cup honey
- 2 tablespoons water

- 2 tablespoons cornstarch

Directions:

In a bowl, mix the 4 cups water with ½ cup salt, ½ cup sugar, 2 tablespoons liquid smoke, and garlic. Stir, add the pork ribs and keep in the refrigerator for 2 hours. Set the Instant Pot on Sauté mode, add 2 tablespoons butter and melt it. Add the ribs, brown them on all sides, and transfer to a plate. Add the onions ½ tablespoon water, stir, and cook for 2 minutes. Add the cinnamon, cayenne, chili powder, and apples. Return the ribs, cover the Instant Pot, and cook on the Meat/Stew setting for 15 minutes. Release the pressure, transfer the ribs to a plate and set aside. Puree the onions and apples using a food processor, and set the Instant Pot on Sauté mode again. Add the yellow mustard, Dijon mustard, 1 tablespoon liquid smoke, 2 tablespoons sugar, Worcestershire sauce, hot sauce, soy sauce, and honey and stir well. Add the cornstarch mixed with 2 tablespoons water, stir, and cook for 2 minutes. Divide the ribs on plates, drizzle the gravy all over, and serve.

Nutrition:

- Calories: 470
- Fat: 34
- Fiber: 3
- Carbs: 11
- Protein: 29

Pork Chops and Brown Rice

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 2 cups water
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{3}$ cup salt
- 2 cups ice
- 2 hot peppers, minced
- 1 tablespoon peppercorns, crushed
- 4 garlic cloves, peeled and crushed
- 2 bay leaves
- 2 pounds pork chops
- 2 cups brown rice
- 1 cup onion, peeled and chopped
- 3 tablespoons butter
- $2\frac{1}{2}$ cups beef stock
- Salt and ground black pepper, to taste

Directions:

Heat up a pan over medium-high heat with the water. Add the salt and brown sugar, stir until it dissolves, take off heat, and add the ice. Add the hot peppers, garlic, peppercorns, and bay leaves and stir. Add the pork chops, toss to coat, cover, and keep in the refrigerator for 4 hours. Rinse the pork chops and pat them dry with paper towels. Set the Instant Pot on Sauté mode, add the butter and melt it. Add the pork chops, brown them on all sides, transfer to a plate and set the dish aside. Add the onion to the Instant Pot and cook for 2 minutes. Add the rice, stir, and cook for 1 minute. Add the stock, pork chops, cover the Instant Pot and cook on the Meat/Stew setting for 22 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, add salt and pepper, divide the pork chops and rice among plates, and serve.

Nutrition:

- Calories: 430
- Fat: 12.3
- Fiber: 4.3
- Carbs: 53
- Protein: 30

Pork Chops and Smashed Potatoes

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 6 pork chops, boneless
- 2 pounds potatoes, cut into chunks
- 2 cups chicken stock
- 3 garlic cloves, peeled and chopped
- 1 yellow onion, peeled and cut into chunks
- 1 bunch mixed rosemary, sage, oregano, and thyme
- Salt and ground black pepper, to taste
- 2 tablespoons butter
- 1 teaspoon smoked paprika
- 2 tablespoons white flour

Directions:

Put the potatoes into the Instant Pot. Add the garlic and half of the onion. Add the herbs and stock. Place the pork chops on top, add salt, pepper, and paprika. Cover and cook on the Meat/Stew setting for 15 minutes. Meanwhile, heat up a pan over medium heat, add butter, and heat it up. Add the flour, stir well, cook for 2 minutes, and take off heat. Release the pressure, transfer the pork to a platter and discard the herbs. Transfer the potatoes to a bowl, add some of the cooking liquid, add the salt and pepper, and stir using a hand mixer. Set the Instant Pot on Manual mode, and cook the cooking liquid for 2 minutes. Add the butter mix and stir until it thickens. Divide the pork chops on plates, add the mashed potatoes on the side, and drizzle the gravy from the Instant Pot all over.

Nutrition:

- Calories: 510
- Fat: 22

- Fiber: 5.7
- Carbs: 47
- Protein: 30.2

Ribs and Coleslaw

Preparation time: 15 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 2½ pounds pork baby back ribs
- Salt and ground black pepper, to taste
- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon dry mustard
- ½ teaspoon chili powder
- ½ teaspoon garlic powder

For the sauce:

- 1 small yellow onion, peeled and chopped
- 2 bacon slices, chopped
- 6 ounces tomato paste
- ¾ cup tomato sauce
- 2 garlic cloves, peeled and minced
- Salt and ground black pepper, to taste
- ¼ cup coconut aminos
- ½ teaspoon smoked paprika
- Cayenne pepper
- ⅓ cup apple cider vinegar
- 1 tablespoon vegetable oil
- ½ cup apple juice

For the coleslaw:

- 1 cup red cabbage, shredded
- 3 cups green cabbage, shredded
- 1 cup raisins
- 2½ teaspoons caraway seeds
- ¼ cup apple cider vinegar

- $\frac{3}{4}$ cup mayonnaise
- Salt and ground black pepper, to taste
- 2 carrots, peeled and grated
- 2 green onions, chopped

Directions:

In a salad bowl, mix the cabbage with the green onions, carrots, and raisins. In a small bowl, mix the caraway seeds with the mayonnaise, salt, pepper, ¼ cup vinegar, and stir well. Pour this over the coleslaw, toss to coat and keep in the refrigerator until ready to serve. In a bowl, mix the onion powder with paprika, salt, pepper, dry mustard, garlic powder, and chili powder. Rub the ribs with this mixture and place them into the Instant Pot. Add some water, cover the Instant Pot and cook on the Meat/Stew setting for 15 minutes. Heat up a pan with the oil over medium heat, add the bacon and cook for 2 minutes. Add the onion and garlic, stir, and cook for 5 minutes. Add the tomato sauce and tomato paste, apple juice, coconut aminos, ⅓ cup vinegar, paprika, and a pinch of cayenne pepper, salt, and pepper, stir, and cook for 10 minutes. Release the pressure from the Instant Pot, uncover, and transfer the ribs to a plate. Add some of the sauce to the bottom of the Instant Pot, add a layer of ribs, then a layer of sauce, then another layer of ribs until all of the ribs are in the Instant Pot. Cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure again, divide the ribs and sauce among plates, and serve with the coleslaw.

Nutrition:

- Calories: 360
- Fat: 15
- Fiber: 1
- Carbs: 4
- Sugar: 3
- Protein: 17

Asian Short Ribs

Preparation time: 10 minutes

Cooking time: 60 minutes

Servings: 4

Ingredients:

- 2 green onions, chopped
- 1 teaspoon vegetable oil
- 3 garlic cloves, peeled and minced
- 3 ginger slices
- 4 pounds short ribs
- ½ cup water
- ½ cup soy sauce
- ¼ cup rice wine
- ¼ cup pear juice
- 2 teaspoons sesame oil

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the green onions, ginger, and garlic, stir, and cook for 1 minute. Add the ribs, water, wine, soy sauce, sesame oil, and pear juice, stir, and cook for 2-3 minutes. Cover the Instant Pot and cook on the Meat/Stew setting for 45 minutes. Release the pressure naturally for 15 minutes, uncover the Instant Pot, and transfer the ribs to a plate. Strain the liquid from the Instant Pot, divide the ribs among plates and drizzle the sauce all over.

Nutrition:

- Calories: 300
- Fat: 11
- Fiber: 1
- Carbs: 5
- Protein: 10

Short Ribs and Beer

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 6

Ingredients:

- 4 pounds short ribs, cut into small pieces
- 1 teaspoon vegetable oil
- 1 yellow onion, peeled and chopped
- Salt and ground black pepper, to taste
- ¼ cup tomato paste
- 1 cup dark beer
- 1 cup chicken stock
- 1 thyme sprig
- 1 bay leaf
- 6 thyme sprigs
- 1 Portobello mushroom, dried

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the ribs, salt, and pepper, brown for 3 minutes on each side, and transfer to a bowl. Add the tomato paste and onion to the Instant Pot, stir, and cook for 5 minutes. Add the stock and beer, stir, and cook 30 seconds. Add the mushroom, bay leaves, thyme, and ribs, stir, cover the Instant Pot and cook on the Meat/Stew setting for 35 minutes. Release the pressure naturally for 15 minutes, uncover the Instant Pot, discard the thyme, mushroom, and bay leaves and strain the sauce. Divide the ribs among plates, and serve with beer sauce drizzled all over.

Nutrition:

- Calories: 240
- Fat: 8.1
- Fiber: 1
- Carbs: 11

- Protein: 24

Pork Tamales

Preparation time: 10 minutes

Cooking time: 1 hour and 35 minutes

Servings: 24 pieces

Ingredients:

- 8 ounces dried corn husks, soaked for 1 day and drained
- 4 cups water
- 3 pounds pork shoulder, boneless and chopped
- 1 yellow onion, peeled and chopped
- 2 garlic cloves, peeled and crushed
- 3 tablespoons chili powder
- Salt and ground black pepper, to taste
- 1 teaspoon cumin
- 4 cups masa
- ¼ cup corn oil
- ¼ cup shortening
- 1 teaspoon baking powder

Directions:

In the Instant Pot, mix 2 cups of the water with the salt, pepper, onion, garlic, chili powder, and cumin. Add the pork, stir, cover the Instant Pot, and cook on the Meat/Stew setting for 75 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, transfer meat to a cutting board, and shred it with 2 forks. Put the pork in a bowl, add 1 tablespoon of the cooking liquid and more salt and pepper, stir and set aside. In a bowl, mix the masa with salt, pepper, baking powder, shortening, and oil and combine using a hand mixer. Add the cooking liquid from the Instant Pot and blend again well. Add 2 cups of water to the Instant Pot and place the steamer basket inside. Unfold 2 of the corn husks, place them on a work surface, add ¼ cup of the masa mixture near the top of the husk, press into a square and leaves 2 inches at the bottom. Add 1 tablespoon pork in the center of the masa, wrap the husk around the dough and place standing up in the steamer basket. Repeat with the rest of the

husks, cover the Instant Pot and cook on the Steam setting for 20 minutes. Release the pressure for 15 minutes, uncover the Instant Pot, transfer the tamales to plates, and serve.

Nutrition:

- Calories: 150
- Fat: 7.2
- Fiber: 2
- Carbs: 11
- Protein: 7

Pork Tostadas

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 4 pounds pork shoulder, boneless and cubed
- Salt and ground black pepper, to taste
- 2 cups cola
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{2}$ cup picante sauce
- 2 teaspoons chili powder
- 2 tablespoons tomato paste
- $\frac{1}{4}$ teaspoon cumin
- 1 cup enchilada sauce
- Corn tortillas, for serving
- Mexican cheese, shredded for serving
- Shredded lettuce, for serving
- Salsa, for serving
- Guacamole, for serving

Directions:

In the Instant Pot, mix 1 cup of the cola with picante sauce, salsa, sugar, tomato paste, chili powder, and cumin and stir. Add the pork, stir, cover, and cook on Meat/Stew mode for 25 minutes. Release the pressure for 15 minutes, uncover the Instant Pot, drain juice from the Instant Pot, transfer the meat to a cutting board and shred it. Return the meat to Instant Pot, add the rest of the cola and enchilada sauce, stir, set the Instant Pot on Sauté mode and heat thoroughly. Brown tortillas in the oven at 350°F for 5 minutes and place them on a working surface. Add the lettuce leaves, cheese and guacamole, fold, and serve.

Nutrition:

- Calories: 160

- Fat: 3
- Fiber: 3
- Carbs: 13
- Protein: 9

Pork Carnitas

Preparation time: 10 minutes

Cooking time: 1 hour and 10 minutes

Servings: 8

Ingredients:

- 2 tablespoons extra virgin olive oil
- 3 pounds pork shoulder, chopped
- Salt and ground black pepper, to taste
- 1 jalapeño pepper, chopped
- 1 poblano pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 3 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 1 pound tomatillos, cut into quarters
- 1 teaspoon dried oregano
- 1 teaspoon cumin
- 2 cups chicken stock
- 2 bay leaves
- Flour tortillas, for serving
- 1 red onion, chopped, for serving
- Shredded cheddar cheese, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the pork, salt, and pepper and brown them for 3 minutes. Add the bell pepper, jalapeño pepper, poblano pepper, tomatillos, onion, garlic, oregano, cumin, bay leaves, and stock. Stir, cover, and cook on the Meat/Stew setting for 55 minutes. Release the pressure naturally for 10 minutes, uncover and transfer meat to a cutting board. Puree the mix from the Instant Pot using an immersion blender. Shred the meat with a fork and mix with the puree. Divide the pork mixture onto flour tortillas, add the onion and cheese, and serve.

Nutrition:

- Calories: 355
- Fat: 23
- Fiber: 1
- Carbs: 10
- Protein: 23

Pork with Orange and Honey

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 4

Ingredients:

- 1½ pounds pork shoulder, chopped
- 3 garlic cloves, peeled and minced
- 1 cinnamon stick
- Juice from 1 orange
- Salt and ground black pepper, to taste
- 1 yellow onion, peeled and sliced
- 1 tablespoon ginger, sliced
- 2 cloves
- ½ cup water
- 1 teaspoon dried rosemary
- 1 tablespoon maple syrup
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 1 tablespoon honey
- 1 tablespoon water
- 1½ tablespoons cornstarch

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the pork, salt and pepper, stir, brown for 5 minutes on each side, and transfer to a plate. Add the onions, ginger, salt, and pepper to the Instant Pot, stir, and cook for 1 minute. Add the garlic and cook for 30 seconds. Add the orange juice, water, soy sauce, honey, maple syrup, cinnamon, cloves, rosemary, and pork pieces. Cover the Instant Pot, cook on the Meat/Stew setting for 50 minutes and release the pressure naturally. Uncover the Instant Pot, discard the cinnamon and cloves, add the cornstarch mixed with water, stir, set the Instant Pot on Sauté mode, and cook until the sauce thickens. Divide the pork and sauce among plates, and serve.

Nutrition:

- Calories: 300
- Fat: 7.4
- Fiber: 1
- Carbs: 33
- Protein: 20

Pork with Hominy

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1¼ pounds pork shoulder, boneless and cut into medium pieces
- 2 tablespoons vegetable oil
- Salt and ground black pepper, to taste
- 2 tablespoons chili powder
- 1 white onion, peeled and chopped
- 4 garlic cloves, peeled and minced
- 30 ounces canned hominy, drained
- 4 cups chicken stock
- Avocado slices, for serving
- Lime wedges, for serving
- ¼ cup water
- 2 tablespoons cornstarch

Directions:

Set the Instant Pot on Sauté mode, add 1 tablespoon oil and heat it up. Add the pork, salt, and pepper, brown on all sides, and transfer to a bowl. Add the rest of the oil to the Instant Pot and heat it up. Add the garlic, onion, and chili powder, stir, and sauté for 4 minutes. Add half of the stock, stir, and cook for 1 minute. Add the rest of the stock and return pork to pot, stir, cover, and cook on the Manual setting for 30 minutes. Release the pressure naturally for 10 minutes, transfer the pork to a cutting board, and shred with 2 forks. Add the cornstarch mixed with water to the Instant Pot and set on Sauté mode. Add the hominy, more salt and pepper, and shredded pork, stir, and cook for 2 minutes. Divide among bowls, and serve with avocado slices on top and lime wedges on the side.

Nutrition:

- Calories: 250
- Fat: 8.7
- Fiber: 7.7
- Carbs: 29
- Protein: 12

Kalua Pork

Preparation time: 10 minutes

Cooking time: 90 minutes

Servings: 5

Ingredients:

- 4 pounds pork shoulder, cut into half
- ½ cup water
- 2 tablespoons vegetable oil
- Salt and ground black pepper, to taste
- 1 tablespoon liquid smoke
- Steamed green beans, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the pork, salt, and pepper, brown for 3 minutes on each side, and transfer to a plate. Add the water and liquid smoke to the Instant Pot and stir. Return the meat, stir, cover the Instant Pot and cook on the Meat/Stew setting for 90 minutes. Release the pressure for 15 minutes, transfer the meat to a cutting board and shred it with 2 forks. Divide the pork on plates, add some of the sauce on top, and serve with steamed green beans on the side.

Nutrition:

- Calories: 243
- Fat: 15
- Fiber: 1
- Carbs: 1
- Protein: 26

Meatloaf

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- 1/3 cup milk
- 1/2 cup panko breadcrumbs
- 1 yellow onion, peeled and grated
- Salt and ground black pepper, to taste
- 2 eggs, whisked
- 2 pounds ground meat (beef, pork, veal)
- 2 cups water
- 1/4 cup ketchup

Directions:

In a bowl, mix the breadcrumbs with the milk, stir and set aside for 5 minutes. Add the onion, salt, pepper, and eggs and stir. Add the ground meat and stir well. Place this on a greased aluminum foil and shape a loaf. Add the ketchup on top. Put the water into the Instant Pot, arrange meatloaf in the steamer basket of the Instant Pot, cover, and cook on the Meat/Stew setting for 35 minutes. Release the pressure for 10 minutes, uncover, take the meatloaf out, let it cool briefly for 5 minutes, slice, and serve it.

Nutrition:

- Calories: 300
- Fat: 18
- Fiber: 1
- Carbs: 10
- Protein: 24

Beef Meatloaf

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- 2 pounds ground beef
- 3 bread slices
- ½ cup milk
- ¾ cup Parmesan cheese, grated
- Salt and ground black pepper, to taste
- 2 tablespoons dried parsley
- 2 cups water
- 8 bacon slices
- 3 eggs, whisked
- ½ cup barbecue sauce

Directions:

In a bowl, mix the bread slices with milk and set aside for 5 minutes. Add the meat, cheese, salt, pepper, eggs, and parsley and stir well. Shape into a loaf, place on aluminum foil, arrange bacon slices on top, tuck them underneath, and spread half of the barbecue sauce all over. Put the water in the Instant Pot, place the meatloaf in the steamer basket of the Instant Pot, cover and cook on Meat/Stew mode for 20 minutes. Release the pressure, uncover the Instant Pot, transfer meatloaf to a pan and spread the rest of the sauce over it. Introduce under a preheated broiler for 5 minutes, transfer to a platter, and slice.

Nutrition:

- Calories: 227
- Fat: 14.5
- Fiber: 1
- Carbs: 8.8
- Protein: 15

Sausage and Red Beans

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 1 pound smoked sausage, sliced
- 1 pound red beans, dried, soaked overnight and drained
- 1 bay leaf
- 2 tablespoons Cajun seasoning
- 1 celery stalk, chopped
- Salt and ground black pepper, to taste
- ½ green bell pepper, seeded and chopped
- 1 teaspoon dried parsley
- 5 cups water
- ¼ teaspoon cumin
- 1 garlic clove, peeled and chopped
- 1 small yellow onion, peeled and chopped

Directions:

In the Instant Pot, mix the beans with the sausage, bay leaf, Cajun seasoning, celery, salt, pepper, bell pepper, parsley, cumin, garlic, onion, and water, stir, cover, and cook on the Bean/Chili setting for 30 minutes. Release the pressure, uncover the Instant Pot, divide mix into bowls, and serve.

Nutrition:

- Calories: 248
- Fat: 5
- Fiber: 12.3
- Carbs: 40
- Protein: 15.4

Meatballs and Tomato Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1 onion, peeled and chopped
- $\frac{1}{3}$ cup Parmesan cheese, grated
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{2}$ teaspoon dried oregano
- Salt and ground black pepper, to taste
- $\frac{1}{2}$ cup milk
- 1 pound ground meat
- 1 tablespoon extra virgin olive oil
- 1 egg, whisked
- 1 carrot, peeled and chopped
- $\frac{1}{2}$ celery stalk, chopped
- $2\frac{3}{4}$ cups tomato puree
- 2 cups water

Directions:

In a bowl, mix the bread crumbs with cheese, half of the onion, oregano, salt, and pepper, and stir. Add the milk and meat and stir well. Add the egg and stir again. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, stir, and cook for 3 minutes. Add the celery and carrot, tomato puree, water, and salt and stir again. Shape the meatballs and add them to the Instant Pot, toss them to coat, cover, and cook on the Meat/Stew setting for 5 minutes. Release the pressure naturally for 10 minutes, and serve with your favorite spaghetti.

Nutrition:

- Calories: 150
- Fat: 3
- Fiber: 1

- Carbs: 4
- Protein: 8

Pork Sausages and Mashed Potatoes

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

For the potatoes:

- 4 potatoes, peeled and cut into cubes
- Salt and ground black pepper, to taste
- 1 teaspoon dry mustard
- 1 tablespoon butter
- 4 ounces milk, warmed
- 6 ounces water
- 1 tablespoon cheddar cheese, grated

For the sausages:

- 6 pork sausages
- 2 tablespoons extra virgin olive oil
- ½ cup onion jam
- 3 ounces red wine
- 3 ounces water
- Salt and ground black pepper, to taste
- 1 tablespoon cornstarch mixed with 1 tablespoon water

Directions:

Put potatoes into the Instant Pot, add 6 ounces water, salt and pepper, stir, cover, and cook on Steam mode for 5 minutes. Release the pressure, drain the potatoes and put them in a bowl. Add the milk, butter, mustard, and more salt and pepper, and mash well. Add the cheese, stir again and set the dish aside. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the sausages and brown them on all sides. Add the onion jam, wine, 3 ounces water, and salt and pepper. Cover the Instant Pot and cook on the Meat/Stew mode setting for 8 minutes. Release the pressure quickly and divide sausages among plates. Add the

cornstarch mixture to the Instant Pot and stir well. Drizzle the sauce over sausages, and serve them with mashed potatoes.

Nutrition:

- Calories: 435
- Fat: 23
- Fiber: 5
- Carbs: 44.2
- Protein: 15

Meatball Delight

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 1½ pounds ground pork
- 2 tablespoons fresh parsley, chopped
- 1 egg
- 2 bread slices, soaked in water
- 2 garlic cloves, peeled and minced
- Salt and ground black pepper, to taste
- ¾ cup beef stock
- ½ teaspoon ground nutmeg
- ¼ cup flour
- 1 teaspoon Worcestershire sauce
- ½ teaspoon paprika
- 2 tablespoons extra virgin olive oil
- 2 carrots, peeled and chopped
- ¾ cup fresh peas
- 2 potatoes, cubed
- 1 bay leaf
- ¼ cup white wine

Directions:

In a bowl, mix the ground meat with the bread, egg, salt, pepper, parsley, paprika, garlic, and nutmeg, and stir well. Add 1 tablespoon of stock and Worcestershire sauce and stir again. Shape meatballs and dust them with flour. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the meatballs and brown them on all sides. Add the carrots, peas, potatoes, bay leaf, stock and wine, cover the Instant Pot and cook on the Meat/Stew setting for 6 minutes. Release the pressure, uncover the Instant Pot, discard the bay leaf, divide the meatballs into bowls, and serve.

Nutrition:

- Calories: 400
- Fat: 13
- Fiber: 7
- Carbs: 24
- Protein: 17

Lemongrass Chicken

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

- 1 bunch lemongrass, bottom removed and trimmed
- 1-inch piece ginger root, peeled and chopped
- 4 garlic cloves, peeled and crushed
- 2 tablespoons fish sauce
- 3 tablespoons coconut aminos
- 1 teaspoon Chinese five spice powder
- 10 chicken drumsticks
- 1 cup coconut milk
- Salt and ground black pepper, to taste
- 1 teaspoon butter
- ¼ cup cilantro, diced
- 1 yellow onion, peeled and chopped
- 1 tablespoon lime juice

Directions:

In a food processor, mix the lemongrass with the ginger, garlic, aminos, fish sauce, and five spice powder, and pulse well. Add the coconut milk and pulse again. Set the Instant Pot on Sauté mode, add the butter and melt it. Add the onion, stir, and cook for 5 minutes. Add the chicken, salt, and pepper, stir, and cook for 1 minute. Add the coconut milk and lemongrass mix, stir, cover, set on Poultry mode, and cook for 15 minutes. Release the pressure, uncover, add more salt and pepper and lime juice, stir, divide among plates, and serve with cilantro sprinkled on top.

Nutrition:

- Calories: 400
- Fat: 18
- Fiber: 2

- Carbs: 6
- Protein: 20

Chicken Sandwiches

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 6 chicken breasts, skinless and boneless
- 12 ounces orange juice
- 2 tablespoons lemon juice
- 15 ounces canned peaches with juice
- 1 teaspoon soy sauce
- 20 ounces canned pineapple with juice, chopped
- 1 tablespoon cornstarch
- ¼ cup brown sugar
- 8 hamburger buns
- 8 grilled pineapple slices, for serving

Directions:

In a bowl, mix the orange juice with the soy sauce, lemon juice, canned pineapple, peaches, and sugar and stir well. Pour half of this mixture into the Instant Pot, add the chicken and pour the rest of the sauce over meat. Cover the Instant Pot and cook on the Poultry setting for 12 minutes. Release the pressure, take out the chicken and put it on a cutting board. Shred the meat and set the dish aside. In a bowl, mix the cornstarch with 1 tablespoon cooking juice and stir well. Transfer the sauce to a pot, add the cornstarch mix and chicken, stir, and cook for a few minutes. Divide this chicken mix onto hamburger buns, top with grilled pineapple pieces, and serve.

Nutrition:

- Calories: 240
- Fat: 4.6
- Fiber: 4
- Carbs: 21

- Protein: 14

Moroccan Chicken

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 6 chicken thighs
- 2 tablespoons extra virgin olive oil
- 10 cardamom pods
- 2 bay leaves
- ½ teaspoon coriander
- 1 teaspoon cloves
- ½ teaspoon cumin
- ½ teaspoon ground ginger
- ½ teaspoon turmeric
- ½ teaspoon ground cinnamon
- 1 teaspoon paprika
- 2 yellow onions, peeled and chopped
- 2 tablespoons tomato paste
- 5 garlic cloves, peeled and chopped
- ¼ cup white wine
- 1 cup green olives
- 1 cup chicken stock
- ¼ cup dried cranberries
- Juice of 1 lemon
- ½ cup parsley, diced

Directions:

In a bowl, mix the bay leaf with the cardamom, cloves, coriander, ginger, cumin, cinnamon, turmeric, and paprika and stir. Set the Instant Pot on Sauté mode, add the oil and heat up. Add the chicken thighs, brown for a few minutes, and transfer to a plate. Add the onion to the Instant Pot, stir, and cook for 4 minutes. Add the garlic, stir and cook for 1 minute. Add the wine, tomato paste, spices from the bowl, stock, and chicken. Stir, cover and cook on the Poultry setting for 15 minutes. Release the pressure, discard

bay leaf, cardamom, and cloves, add the olives, cranberries, lemon juice, and parsley, stir, divide the chicken mixture among plates, and serve.

Nutrition:

- Calories: 381
- Fat: 10.2
- Fiber: 7.8
- Carbs: 4
- Fiber: 32

Salsa Chicken

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 5

Ingredients:

- 1 pound chicken breast, skinless and boneless
- $\frac{3}{4}$ teaspoon cumin
- Salt and ground black pepper, to taste
- Dried oregano
- 1 cup chunky salsa

Directions:

Season the chicken with salt and pepper to taste and add it to the Instant Pot. Add the oregano, cumin, and the salsa, stir, cover, set the Instant Pot on Poultry mode and cook for 25 minutes.

Release the pressure, transfer the chicken and salsa to a bowl, shred meat with a fork, and serve with some tortillas on the side.

Nutrition:

- Calories: 125
- Fat: 3
- Fiber: 1
- Carbs: 3
- Protein: 22

Chicken and Potatoes

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 pounds chicken thighs, skinless and boneless
- $\frac{3}{4}$ cup chicken stock
- $\frac{1}{4}$ cup lemon juice
- 2 pounds red potatoes, peeled, and cut into quarters
- 3 tablespoons Dijon mustard
- 2 tablespoons Italian seasoning
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the chicken thighs, salt, and pepper, stir, and brown for 2 minutes. In a bowl, mix the stock with mustard, Italian seasoning, and lemon juice, and stir well. Pour this over the chicken, add the potatoes, stir, cover the Instant Pot and cook on the Poultry setting for 15 minutes. Release the pressure, uncover the Instant Pot, stir the chicken, divide among plates, and serve.

Nutrition:

- Calories: 190
- Fat: 6
- Fiber: 3.3
- Carbs: 23
- Protein: 18

Cacciatore Chicken

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 cup chicken stock
- Salt, to taste
- 8 chicken drumsticks
- 1 bay leaf
- 1 teaspoon garlic powder
- 1 yellow onion, peeled chopped
- 28 ounces canned crushed tomatoes
- 1 teaspoon dried oregano
- ½ cup black olives, pitted and sliced

Directions:

Set the Instant Pot on Sauté mode, add the stock, bay leaf, and salt and stir. Add the chicken, garlic powder, onion, oregano, and crushed tomatoes, stir, cover the Instant Pot and cook on the Poultry setting for 15 minutes. Release the pressure naturally, uncover the Instant Pot, discard the bay leaf, divide the cacciatore chicken among plates, drizzle cooking liquid on top, sprinkle with the olives, and serve.

Nutrition:

- Calories: 210
- Fat: 2.9
- Fiber: 2.4
- Carbs: 9.5
- Protein: 25.9

Honey Barbecue Chicken Wings

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 pounds chicken wings
- Salt and ground black pepper, to taste
- $\frac{3}{4}$ cup honey barbecue sauce
- Cayenne pepper
- $\frac{1}{2}$ cup apple juice
- 1 teaspoon red pepper flakes
- 2 teaspoons paprika
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{2}$ cup brown sugar

Directions:

Put the chicken wings into the Instant Pot. Add the barbecue sauce, apple juice, salt, pepper, red pepper, paprika, basil, sugar, and water. Stir, cover, and cook on the Poultry setting for 10 minutes. Release the pressure, uncover the Instant Pot, transfer chicken to a baking sheet, add the sauce all over, place under a preheated broiler, broil for 7 minutes, turn the chicken wings, broil for 7 minutes, divide among plates, and serve.

Nutrition:

- Calories: 147.5
- Fat: 2.2
- Fiber: 1
- Carbs: 8
- Protein: 21.8

Chicken Romano

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 6 chicken thighs, boneless and skinless and cut into medium chunks
- Salt and ground black pepper, to taste
- ½ cup white flour
- 2 tablespoons vegetable oil
- 10 ounces tomato sauce
- 1 teaspoon white wine vinegar
- 4 ounces mushrooms, sliced
- 1 tablespoon sugar
- 1 tablespoon dried oregano
- 1 teaspoon garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon chicken bouillon granules
- 1 yellow onion, peeled and chopped
- 1 cup Romano cheese, grated

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chicken pieces, stir, and brown them for 2 minutes. Add the onion and garlic, stir, and cook for 3 minutes. Add the salt, pepper, flour, and stir well. Add the tomato sauce, vinegar, mushrooms, sugar, oregano, basil and bouillon granules, stir, cover, and cook on the Poultry setting for 10 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, add the cheese, stir, divide among plates, and serve.

Nutrition:

- Calories: 450
- Fat: 11

- Fiber: 1
- Carbs: 24.2
- Protein: 61.2

Filipino Chicken

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 5 pounds chicken thighs
- Salt and ground black pepper, to taste
- ½ cup white vinegar
- 1 teaspoon black peppercorns, crushed
- 4 garlic cloves, minced
- 3 bay leaves
- ½ cup soy sauce

Directions:

Set the Instant Pot on Poultry mode, add the chicken, vinegar, soy sauce, salt, pepper, garlic, peppercorns, and bay leaves, stir, cover, and cook for 15 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, discard the bay leaves, stir, divide the chicken between plates, and serve.

Nutrition:

- Calories: 430
- Fat: 19.2
- Fiber: 1
- Carbs: 2.4
- Protein: 76

Sweet and Tangy Chicken

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 pounds chicken thighs, boneless and skinless
- ½ cup fish sauce
- 1 cup lime juice
- 2 tablespoons coconut nectar
- ¼ cup extra virgin olive oil
- 1 teaspoon ginger, grated
- 2 teaspoons cilantro, diced
- 1 teaspoon fresh mint, chopped

Directions:

Put chicken thighs into the Instant Pot. In a bowl, mix the lime juice with the fish sauce, olive oil, coconut nectar, ginger, mint, and cilantro and whisk well. Pour this over the chicken, cover the Instant Pot and cook on the Poultry setting for 10 minutes.

Release the pressure, divide the chicken among plates, and serve.

Nutrition:

- Calories: 300
- Fat: 5
- Fiber: 4
- Carbs: 23
- Protein: 32

Turkey Chili

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 pound turkey meat, ground
- Salt and ground black pepper, to taste
- 5 ounces water
- 15 ounces chickpeas, already cooked
- 1 yellow onion, peeled and chopped
- 1 yellow bell pepper, seeded and chopped
- 3 garlic cloves, peeled and chopped
- 2½ tablespoons chili powder
- 1½ teaspoons cumin
- Cayenne pepper
- 12 ounces vegetable stock

Directions:

Put the turkey meat into the Instant Pot. Add the water, stir, cover and cook on the Poultry setting for 5 minutes. Release the pressure, uncover the Instant Pot and add the chickpeas, bell pepper, onion, garlic, chili powder, cumin, salt, pepper, cayenne pepper, and stock. Stir, cover the Instant Pot, and cook on the Bean/Chili setting for 5 minutes. Release the pressure for 10 minutes, uncover the Instant Pot again, stir the chili, divide it among plates, and serve.

Nutrition:

- Calories: 224
- Fat: 7.7
- Fiber: 6.1
- Carbs: 18
- Protein: 19.7

Chicken in Tomatillo Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 pound chicken thighs, skinless and boneless
- 2 tablespoons extra virgin olive oil
- 1 yellow onion, peeled and sliced thinly
- 1 garlic clove, peeled and crushed
- 4 ounces canned chopped green chilies
- ½ cup cilantro, diced
- Salt and ground black pepper, to taste
- 15 ounces canned tomatillos, chopped
- 5 ounces canned garbanzo beans, drained
- 15 ounces rice, already cooked
- 5 ounces tomatoes, cored and chopped
- 15 ounces cheddar cheese, grated
- 4 ounces black olives, pitted and chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onions, stir, and cook for 5 minutes. Add the garlic, stir, and cook for 15 seconds. Add the chicken, chilies, salt, pepper, cilantro, and tomatillos, stir, cover the Instant Pot, and cook on Poultry mode for 8 minutes. Release the pressure, uncover the Instant Pot, take the chicken out and shred it. Return the chicken to pot, add rice, beans, set the Instant Pot on Sauté mode, and cook for 1 minute. Add the cheese, tomatoes, and olives, stir, cook for 2 minutes, divide among plates, and serve.

Nutrition:

- Calories: 245
- Fat: 11.4
- Fiber: 1.3

- Carbs: 14.2
- Protein: 20

Braised Duck and Potatoes

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 duck breasts, boneless, skinless, and cut into small chunks
- Ground black pepper, to taste
- 1 potato, cut into cubes
- 1-inch ginger root, peeled and sliced
- 4 garlic cloves, peeled and minced
- 4 tablespoons sugar
- 4 tablespoons soy sauce
- 2 green onions, roughly chopped
- 4 tablespoons sherry wine
- Salt, to taste
- ¼ cup water

Directions:

Set the Instant Pot on Sauté mode, add the duck, stir, and brown it for a few minutes. Add the garlic, ginger, green onions, soy sauce, sugar, wine, water, and a pinch of salt and black pepper, stir, cover, set the Instant Pot to Poultry mode, and cook for 18 minutes. Release the pressure, uncover the Instant Pot, add the potatoes, stir, cover, and cook on the Steam setting for 5 minutes. Release the pressure, divide the braised duck among plates, and serve.

Nutrition:

- Calories: 238
- Fat: 18
- Fiber: 0
- Carbs: 1
- Protein: 19

Turkey Mix and Mashed Potatoes

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 3

Ingredients:

- 2 turkey quarters
- 1 yellow onion, peeled and chopped
- 1 carrot, peeled and chopped
- 3 garlic cloves, peeled and minced
- 1 celery stalk, chopped
- 1 cup chicken stock
- Salt and ground black pepper, to taste
- White wine
- 2 tablespoons extra virgin olive oil
- Dried rosemary
- 2 bay leaves
- Dried sage
- Dried thyme
- 3 tablespoons cornstarch mixed with 2 tablespoons water
- 5 Yukon gold potatoes, cut into halves
- 2 tablespoons Parmesan cheese, grated
- 3.5 ounces cream
- 2 tablespoons butter

Directions:

Season the turkey with salt and pepper. Put 1 tablespoon oil into the Instant Pot, set the Instant Pot on Sauté mode, and heat it up. Add the turkey, brown the pieces for 4 minutes, transfer them to a plate set aside. Add ½ cup stock to the Instant Pot and stir well. Add the 1 tablespoon oil and heat it up. Add the onion, stir, and cook for 1 minute. Add the garlic, stir, and cook for 20 seconds. Add the salt and pepper, carrot and celery, stir and cook for 7 minutes. Add the bay leaves, thyme, sage, and rosemary, stir and cook everything 1 minute. Add the wine, turkey and the rest of the stock. Put the potatoes in the steamer basket and also introduce

it in the Instant Pot, cover and cook for 20 minutes on Steam mode. Release the pressure for 10 minutes, uncover the Instant Pot, transfer the potatoes to a bowl and mash them. Add the salt, pepper, butter, Parmesan cheese, and cream and stir well. Divide the turkey quarters to plates and set the Instant Pot on Sauté mode. Add the cornstarch mixture to pot, stir well, and cook for 2-3 minutes. Drizzle the sauce over the turkey, add the mashed potatoes on the side, and serve.

Nutrition:

- Calories: 200
- Fat: 5
- Fiber: 4
- Carbs: 19
- Protein: 18

Stuffed Chicken Breasts

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients:

- 2 chicken breasts, skinless, boneless, and butterflied
- 1 piece ham, cut in half and cooked
- 6 asparagus spears
- 16 bacon strips
- 4 mozzarella cheese slices
- Salt and ground black pepper, to taste
- 2 cup water

Directions:

In a bowl, mix the chicken breasts with salt and 1 cup water, stir, cover, and keep in the refrigerator for 30 minutes. Pat chicken breasts dry and place them on a working surface. Add 2 slices of mozzarella, 1 piece ham, and 3 asparagus pieces onto each. Add salt and pepper and roll up each chicken breast. Place 8 bacon strips on a working surface, add the chicken and wrap them in bacon. Repeat this with the rest of the bacon strips and the other chicken breast. Put rolls in the steamer basket of the Instant Pot, add 1 cup water to the Instant Pot, cover and cook on the Poultry setting for 10 minutes. Release the pressure, pat dry rolls with paper towels and leave them on a plate. Set the Instant Pot on Sauté mode, add the chicken rolls and brown them for a few minutes. Divide among plates, and serve.

Nutrition:

- Calories: 270
- Fat: 11
- Fiber: 1
- Carbs: 6
- Protein: 37

Duck and Vegetables

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 8

Ingredients:

- 1 duck, chopped into eight pieces
- 1 cucumber, chopped
- 1 tablespoon wine
- 2 carrots, peeled and chopped
- 2 cups water
- Salt and ground black pepper, to taste
- 1-inch ginger piece, peeled and chopped

Directions:

Put the duck pieces into the Instant Pot. Add the cucumber, carrots, wine, water, ginger, salt, and pepper, stir, cover, and cook on Poultry mode for 40 minutes. Release the pressure, divide the mix among plates, and serve.

Nutrition:

- Calories: 189
- Fat: 2
- Fiber: 1
- Carbs: 4
- Protein: 22

Turkey Meatballs

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 8

Ingredients:

- 1 pound turkey meat, ground
- 1 yellow onion, peeled and minced
- ¼ cup Parmesan cheese, grated
- ½ cup panko bread crumbs
- 4 garlic cloves, peeled and minced
- ¼ cup parsley, chopped
- Salt and ground black pepper, to taste
- 1 teaspoon dried oregano
- 1 egg, whisked
- ¼ cup milk
- 2 teaspoons soy sauce
- 1 teaspoon fish sauce
- 12 cremini mushrooms, chopped
- 3 dried shiitake mushrooms, soaked in water, drained, and chopped
- 1 cup chicken stock
- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter
- Sherry
- 2 tablespoons cornstarch mixed with 2 tablespoons water

Directions:

In a bowl, mix the turkey meat with Parmesan cheese, salt, pepper, onion, garlic, bread crumbs, parsley, oregano, egg, milk, fish sauce, and 1 teaspoon soy sauce, stir well, and shape 16 meatballs. Heat up a pan with 1 tablespoon oil over medium-high heat, add the meatballs, brown them for 1 minutes on each side, and transfer them to a plate. Pour the chicken stock into the pan, stir, and take off heat. Set the Instant Pot on Sauté mode, add 1 tablespoon oil, 2 tablespoons butter, and heat them up. Add the

cremini mushrooms, salt, and pepper, stir, and cook for 10 minutes. Add the dried mushrooms, sherry, and the rest of the soy sauce and stir well. Add the meatballs, cover the Instant Pot and cook on the Manual setting for 6 minutes. Release the pressure, uncover the Instant Pot, add the cornstarch slurry, stir well, divide everything between plates, and serve.

Nutrition:

- Calories: 330
- Fat: 16
- Fiber: 3
- Carbs: 21
- Protein: 28

Simple Chicken Salad

Preparation time: 55 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 1 chicken breast, skinless and boneless
- 3 cups water
- Salt and ground black pepper, to taste
- 1 tablespoon mustard
- 3 garlic cloves, peeled and minced
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons extra virgin olive oil
- Mixed salad greens
- A handful cherry tomatoes, cut into halves

Directions:

In a bowl, mix 2 cups water with a pinch of salt. Add the chicken to the mixture, stir, and keep in the refrigerator for 45 minutes. Add the remaining water to the Instant Pot, place the chicken breast in the steamer basket of the Instant Pot, cover and cook on the Poultry setting for 5 minutes. Release the pressure naturally, set the chicken breast aside to rest, then cut into thin strips. In a bowl, mix the garlic with salt and pepper, mustard, honey, vinegar, and olive oil and whisk well. In a salad bowl, mix chicken strips with the salad greens and tomatoes. Drizzle the vinaigrette on top, and serve.

Nutrition:

- Calories: 140
- Fat: 2.5
- Fiber: 4
- Carbs: 11
- Protein: 19

Chicken and Rice

Preparation time: 15 minutes

Cooking time: 35 minutes

Servings: 2

Ingredients:

- 3 chicken quarters, cut into small pieces
- 2 carrots, cut into chunks
- 2 potatoes, cut into quarters
- 1 shallot, peeled and sliced
- 1 yellow onion, peeled and sliced
- 3 garlic cloves, peeled and minced
- Salt and ground black pepper, to taste
- 1 green bell pepper, seeded and chopped
- 7 ounces coconut milk
- 2 bay leaves
- 1 tablespoon soy sauce
- 1 tablespoon peanut oil
- 1½ teaspoon turmeric
- 1 teaspoon cumin
- 1½ tablespoons cornstarch mixed with 2 tablespoons water

For the marinade:

- 1 tablespoon soy sauce
- ½ teaspoon sugar
- 1 tablespoon white wine
- Ground white pepper
- 1½ cups water
- 1½ cups rice

Directions:

In a bowl, mix the chicken with the sugar, white pepper, 1 tablespoon soy sauce, and 1 tablespoon white wine, stir, and keep in the refrigerator for 20 minutes. Set the Instant Pot on Sauté mode, add the peanut oil, and heat it up. Add the onion

and shallot, stir, and cook for 3 minutes. Add the garlic, salt, and pepper, stir, and cook for 2 minutes. Add the chicken, stir, and brown for 2 minutes. Add the turmeric and cumin, stir, and cook for 1 minute. Add the bay leaves, carrots, potatoes, bell pepper, coconut milk, and 1 tablespoon soy sauce. Stir everything, place the steamer basket in the Instant Pot, place the rice in a bowl in the basket. Add 1½ cups water in the bowl, cover the Instant Pot and cook on the Poultry setting for 4 minutes. Release the pressure naturally, take the rice out of the Instant Pot and divide among plates, add the cornstarch to pot and stir. Add the chicken on the plates with to rice, and serve.

Nutrition:

- Calories: 200
- Fat: 9
- Fiber: 1
- Carbs: 22
- Protein: 26

Braised Turkey Wings

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 turkey wings
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 1½ cups fresh cranberries
- Salt and ground black pepper, to taste
- 1 yellow onions, peeled and sliced
- 1 cup walnuts
- 1 cup orange juice
- 1 bunch thyme, chopped

Directions:

Set the Instant Pot on Sauté mode, add the butter and oil and heat up. Add the turkey wings, salt, and pepper and brown them on all sides. Take the wings out of the Instant Pot, add the onion, walnuts, cranberries and thyme, stir, and cook for 2 minutes. Add the orange juice and return the wings to the Instant Pot, stir, cover and cook on the Poultry setting for 20 minutes. Release the pressure naturally, uncover the Instant Pot and divide the wings among plates. Transfer the cranberry mixture to a pan, heat up over medium heat and simmer for 5 minutes. Drizzle the sauce over turkey wings, and serve.

Nutrition:

- Calories: 320
- Fat: 15.3
- Fiber: 2.1
- Carbs: 16.4
- Protein: 29

Roasted Chicken

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 8

Ingredients:

- 1 whole chicken
- 1 tablespoon extra virgin olive oil
- 1½ tablespoons lemon zest
- 1 cup chicken stock
- 1 tablespoon fresh thyme
- ½ teaspoon ground cinnamon
- Salt and ground black pepper, to taste
- 1 tablespoon cumin
- 2 teaspoons garlic powder
- 1 tablespoon coriander

Directions:

In a bowl, mix the cinnamon with cumin, garlic, coriander, salt, pepper, and lemon zest and stir well. Rub chicken with half of the oil, then rub it inside and out with spice mix. Set the Instant Pot on Sauté mode, add the rest of the oil and heat it up. Add the chicken and brown it on all sides for 5 minutes. Add the stock and thyme, stir, cover and cook on the Poultry setting for 25 minutes. Release the pressure naturally and transfer chicken to a platter. Add the cooking liquid over it, and serve.

Nutrition:

- Calories: 260
- Fat: 3.1
- Fiber: 1
- Carbs: 4
- Protein: 26.7

Crispy Chicken

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 4 garlic cloves, peeled and chopped
- 6 chicken thighs
- 1 yellow onion, peeled and sliced thin
- Dried rosemary
- 1 cup cold water
- 1 tablespoon soy sauce
- Salt and ground black pepper, to taste
- 2 tablespoons cornstarch mixed with 2½ tablespoons water
- 1½ cups panko breadcrumbs
- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter
- 1 cup white flour
- 2 eggs, whisked

Directions:

In the Instant Pot, mix the garlic with onion, rosemary, and water. Place the chicken thighs in the steamer basket and place in the Instant Pot. Cover and cook on the Poultry setting for 9 minutes. Release the pressure naturally for 10 minutes and uncover the Instant Pot. Heat up a pan with the butter and oil over medium-high heat. Add the breadcrumbs, stir, toast them, and take them off heat. Remove the chicken from the Instant Pot; pat them dry, season with salt and pepper, coat them with the flour, dip them in whisked egg, and then coat them in toasted breadcrumbs. Place the chicken thighs on a lined baking sheet, place in the oven at 300°F, and bake for 10 minutes. Set the Instant Pot on Sauté mode and heat up the cooking liquid. Add the soy sauce, salt, pepper, and cornstarch, stir, and transfer to a bowl. Take the chicken thighs out of the oven, divide them between plates, and serve with the sauce from the Instant Pot on the side.

Nutrition:

- Calories: 360
- Fat: 7
- Fiber: 4
- Carbs: 18
- Protein: 15

Braised Quail

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 2 cups water
- 2 quails, cleaned
- 3.5 ounces smoked pancetta, chopped
- ½ cup champagne
- 2 shallots, peeled and chopped
- 1 bunch thyme,
- 1 bay leaf
- Salt and ground black pepper, to taste
- 1 bunch rosemary
- ½ fennel bulb, cut into matchsticks
- 4 carrots, peeled and cut into thin matchsticks
- ½ cup arugula
- Juice of 1 lemon
- Olive oil

Directions:

Put fennel and carrot in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, cook on the Steam setting for 1 minute, release the pressure, rinse the vegetables with cold water, and transfer them to a bowl. Place the cooking liquid in a separate bowl. Chop half of the thyme and rosemary and set aside. Set the Instant Pot on Sauté mode, add the shallots, pancetta, rosemary, thyme, bay leaf, salt and pepper, stir and cook for 4 minutes. Stuff the quail with whole rosemary and thyme and add to the Instant Pot. Brown on all sides, add the champagne, stir, and cook for 2 minutes. Add the cooking liquid from the vegetables, stir, cover, and cook on the Poultry setting for 9 minutes. Release the pressure, take the quail out of the Instant Pot and set aside. Strain the liquid from the Instant Pot into a pan, heat up over medium heat and simmer until it reduces by half. Arrange the arugula on a

platter, add the steamed fennel and carrots, a drizzle of oil, lemon juice and top with quail. Drizzle the sauce from the pan all over, and serve.

Nutrition:

- Calories: 300
- Fat: 17
- Fiber: 0.2
- Carbs: 0.2
- Protein: 40

Party Chicken Wings

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 12 chicken wings, cut into 24 pieces
- 1 pound celery, cut into thin matchsticks
- ¼ cup honey
- 4 tablespoons hot sauce
- Salt, to taste
- 1 cup water
- ¼ cup tomato puree
- 1 cup yogurt
- 1 tablespoon fresh parsley, diced

Directions:

Put water into the Instant Pot. Place the chicken wings in the steamer basket of the Instant Pot, cover and cook on the Poultry setting for 19 minutes. In a bowl, mix the tomato puree with the hot sauce, salt, and honey and stir well. Release the pressure from the Instant Pot, add the chicken wings to the honey mix and toss them to coat. Arrange the chicken wings on a lined baking sheet and place under a preheated broiler for 5 minutes. Arrange the celery sticks on a platter and add the chicken wings next to it. In a bowl, mix the yogurt with the parsley, stir well, place next to the platter, and serve.

Nutrition:

- Calories: 300
- Fat: 3.1
- Fiber: 2
- Carbs: 14
- Protein: 33

Chicken Delight

Preparation time: 10 minutes

Cooking time: 37 minutes

Servings: 4

Ingredients:

- 6 chicken thighs
- 1 teaspoon vegetable oil
- Salt and ground black pepper, to taste
- 1 yellow onion, peeled and chopped
- 1 celery stalk, chopped
- ¼ pound baby carrots, cut into halves
- ½ teaspoon dried thyme
- 2 tablespoons tomato paste
- ½ cup white wine
- 15 ounces canned diced tomatoes
- 2 cups chicken stock
- 1½ pounds potatoes, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chicken pieces, salt, and pepper to taste, and brown them for 4 minutes on each side. Take the chicken out of the Instant Pot and set aside. Add the onion, carrots, celery, thyme, and tomato paste to the Instant Pot, stir, and cook for 5 minutes. Add the white wine and salt, stir and cook for 3 minutes. Add the chicken stock, chicken pieces and chopped tomatoes and stir. Place the steamer basket in the Instant Pot, add potatoes in it, cover the Instant Pot and cook on the Poultry setting for 30 minutes.

Release the pressure, take potatoes out of the Instant Pot and also remove the chicken pieces. Shred the chicken meat and add it to a bowl with the potatoes and more salt and pepper, stir, divide among plates, and serve.

Nutrition:

- Calories: 237
- Fat: 12

- Fiber: 0
- Carbs: 1
- Protein: 30

Coca-Cola Chicken

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and minced
- 4 chicken drumsticks
- 1 tablespoon balsamic vinegar
- 1 chili pepper, chopped
- 15 ounces Coca-Cola
- Salt and ground black pepper, to taste
- 2 tablespoons extra virgin olive oil

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chicken pieces, stir, and brown them on all sides, and then transfer them to a plate. Add the vinegar, Coca-Cola, and chili pepper to the Instant Pot, stir and simmer for 2 minutes. Return the chicken, add the salt and pepper, stir, cover, and cook on the Poultry setting for 10 minutes. Release the pressure, uncover the Instant Pot, divide the chicken among plates, and serve.

Nutrition:

- Calories: 410
- Fat: 23
- Fiber: 1
- Carbs: 24
- Sugar: 21
- Protein: 27

Chicken Curry

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 15 ounces boneless and skinless chicken breast, chopped
- 1 tablespoon extra virgin olive oil
- 1 yellow onion, peeled and sliced thin
- 6 potatoes, cut into halves
- 5 ounces canned coconut cream
- 2 tablespoons curry powder
- ½ bunch fresh cilantro, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chicken, stir and brown for 2 minutes. Add the onion, stir and cook for 1 minute. In a bowl, mix the curry powder with coconut cream and stir. Pour this over the chicken, add the potatoes, stir, cover, and cook on the Manual setting for 15 minutes. Release the pressure, uncover the Instant Pot, divide the chicken among plates, and serve with cilantro on top.

Nutrition:

- Calories: 120
- Fat: 8.6
- Fiber: 1.2
- Carbs: 6.11
- Protein: 14.8

Chicken Gumbo

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 1 pound smoked sausage, sliced
- 1 tablespoon vegetable oil
- 1 pound chicken thighs, cut into halves
- Salt and ground black pepper, to taste

For the roux:

- ½ cup flour
- ¼ cup vegetable oil
- 1 teaspoon Cajun spice

Aromatics:

- 1 bell pepper, seeded and chopped
- 1 yellow onion, peeled and chopped
- 1 celery stalk, chopped
- Salt, to taste
- 4 garlic cloves, peeled and minced
- 2 quarts chicken stock
- 15 ounces canned tomatoes, chopped
- ½ pound okra
- Tabasco sauce

For serving:

- White rice, already cooked
- ½ cup fresh parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add 1 tablespoon oil and heat it up. Add the sausage, stir, brown for 4 minutes, and transfer to a

plate. Add the chicken pieces, stir, brown for 6 minutes, and transfer next to the sausage. Add the remaining vegetable oil to the Instant Pot and heat it up. Add the Cajun spice, stir, and cook for 5 minutes. Add the bell pepper, onion, garlic, celery, salt and pepper, stir and cook for 5 minutes. Return the chicken and sausage to the Instant Pot and stir. Add the stock and tomatoes and stir everything. Cover the Instant Pot and cook on the Meat/Stew setting for 10 minutes. Release the pressure naturally for 15 minutes, uncover the Instant Pot, add the okra, set the Instant Pot to Manual mode and cook for 10 minutes. Add more salt and pepper and the Tabasco sauce, stir, and divide gumbo among bowls. Serve with rice on the side and with parsley sprinkled on top.

Nutrition:

- Calories: 208
- Fat: 15
- Fiber: 1
- Carbs: 8
- Protein: 10

Duck Chili

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 4

Ingredients:

- 1 pound northern beans, soaked and rinsed
- 1 yellow onion, peeled and cut into half
- 1 garlic head, top trimmed off
- Salt, to taste
- 2 cloves
- 1 bay leaf
- 6 cups water

For the duck:

- 1 pound duck, ground
- 1 tablespoon vegetable oil
- 1 yellow onion, peeled and minced
- 2 carrots, peeled and chopped
- Salt and ground black pepper, to taste
- 4 ounces canned green chilies
- 1 teaspoon brown sugar
- 15 ounces diced canned tomatoes
- ½ cup fresh cilantro, chopped

Directions:

Put the beans into the Instant Pot. Add the onion halves, garlic head, cloves, bay leaf, water, and salt, stir, cover and cook on the Bean/Chili setting for 25 minutes. Release the pressure, uncover the Instant Pot, discard the solids and transfer beans to a bowl. Heat up a pan with the oil over medium high heat, add the carrots and chopped onion, season with salt and pepper, stir, and cook for 5 minutes. Add the duck, stir, and cook for 5 minutes. Add the chilies and tomatoes, bring to a simmer, and take off heat. Pour this into the Instant Pot, cover and cook on the Manual setting for

5 minutes. Release pressure naturally for 15 minutes, uncover the Instant Pot, add more salt and pepper, the beans and brown sugar, stir, and divide among plates. Serve with cilantro on top.

Nutrition:

- Calories: 270
- Fat: 13
- Fiber: 26
- Carbs: 15
- Protein: 25

Coq au Vin

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 4

Ingredients:

- 2 pounds chicken drumsticks and thighs
- 4 ounces bacon, chopped
- ¼ cup peanut oil
- 2 onions, peeled and sliced
- 2 garlic cloves, peeled and crushed
- 14 ounces red wine
- 1 bay leaf
- 2 tablespoons flour
- 7 ounces white mushrooms, sliced
- 1 cup fresh parsley, diced
- Salt and ground black pepper, to taste
- 12 small potatoes, cut into halves
- 2 tablespoons cognac

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chicken pieces, brown them on all sides, and transfer them to a bowl. Add the bacon and onions to the Instant Pot, stir, and cook for 5 minutes. Add the garlic, stir, and cook for 1 minute. Return the chicken to pot, add the flour and cognac, stir, and cook for 1 minute. Add the salt, pepper, bay leaf, and red wine, stir, bring to a boil, cover the Instant Pot and cook on the Poultry setting for 30 minutes. Release the pressure, add the mushrooms to the Instant Pot, add the potatoes in the steamer basket, cover the Instant Pot again, and cook for 15 minutes. Release the pressure, take the potatoes and divide them among plates. Add the chicken on top, sprinkle with parsley, and serve.

Nutrition:

- Calories: 281
- Fat: 12.4
- Fiber: 2.2
- Carbs: 15
- Protein: 23

Italian Chicken

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 tablespoon extra virgin olive oil
- 2 pounds chicken breasts, skinless and boneless
- Salt and ground black pepper, to taste
- $\frac{3}{4}$ cup yellow onion, diced
- $\frac{1}{2}$ cup green bell pepper, chopped
- $\frac{1}{2}$ cup red bell pepper, chopped
- $\frac{3}{4}$ cup marinara sauce
- 2 tablespoons pesto
- $\frac{3}{4}$ cup mushrooms, sliced
- Mozzarella cheese, shredded for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, bell pepper, salt, and pepper, stir, and cook for 4 minutes. Add the pesto, marinara sauce, and chicken, stir, cover, and cook on the Poultry setting for 12 minutes. Release the pressure, uncover the Instant Pot, remove the chicken, place on a cutting board, and shred. Discard $\frac{2}{3}$ cup of the cooking liquid, add the mushrooms to the Instant Pot, set it on Sauté mode and cook them for 3 minutes. Return the chicken, stir, divide among plates, and serve with shredded cheese on top.

Nutrition:

- Calories: 340
- Fat: 15
- Fiber: 3.5
- Carbs: 10.1
- Protein: 34

Buffalo Chicken

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 pounds chicken breasts, skinless and boneless , cut into thin strips
- ½ cup celery, chopped
- 1 small yellow onion, peeled and chopped
- ½ cup buffalo sauce
- ½ cup chicken stock
- ¼ cup bleu cheese, crumbled

Directions:

In the Instant Pot, mix the onion with the celery, buffalo sauce, stock, and chicken, stir, cover, and cook on the Poultry setting for 12 minutes. Release the pressure, uncover the Instant Pot, discard ⅔ cup of cooking liquid, add the cheese, stir well, divide among plates, and serve.

Nutrition:

- Calories: 190
- Fat: 9
- Fiber: 1
- Carbs: 20
- Protein: 14

Colombian Chicken

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 4 Yukon gold potatoes, cut into medium chunks
- 1 yellow onion, peeled and sliced thin
- 4 tomatoes, cut into medium chunks
- 1 chicken, cut into 8 pieces
- Salt and ground black pepper, to taste
- 2 bay leaves
- Salt and ground black pepper, to taste

Directions:

In the Instant Pot, mix the potatoes with the onion, chicken, tomato, bay leaves, salt, and pepper, stir well, cover and cook on the Manual setting for 25 minutes. Release the pressure naturally, uncover the Instant Pot, add more salt and pepper, discard the bay leaves, divide the chicken among plates, and serve.

Nutrition:

- Calories: 270
- Fat: 12
- Fiber: 1
- Carbs: 23
- Protein: 14

Teriyaki Chicken

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 6

Ingredients:

- 2 pounds chicken breasts, skinless and boneless
- $\frac{2}{3}$ cup teriyaki sauce
- 1 tablespoon honey
- $\frac{1}{2}$ cup chicken stock
- Salt and ground black pepper, to taste
- Green onions, chopped

Directions:

Set the Instant Pot on the Sauté mode, add the teriyaki sauce, and honey, stir and simmer for 1 minute. Add the stock, chicken, salt and pepper, stir, cover and cook on the Poultry setting for 12 minutes. Release the pressure, place the chicken breasts on a work surface, and shred with 2 forks. Remove $\frac{1}{2}$ cup of the cooking liquid, put the chicken serving dishes, top with green onions, , and serve.

Nutrition:

- Calories: 240
- Fat: 13
- Fiber: 1
- Carbs: 8
- Protein: 34

Creamy Chicken

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 slices bacon, chopped
- 1 cup chicken stock
- 4 ounces cream cheese
- 1 ounce ranch seasoning
- 2 pounds chicken breasts, skinless and boneless
- Green onions, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the bacon and cook for 4 minutes. Add the chicken, stock and seasoning, stir, cover, and cook on the Poultry setting for 12 minutes. Release the pressure, uncover the Instant Pot, transfer the chicken to a work surface, and shred it. Remove $\frac{2}{3}$ cup liquid from the Instant Pot, add the cream cheese, set the Instant Pot to Manual mode and cook for 3 minutes. Return the chicken to the Instant Pot, stir, divide among plates, add the green onions, and serve.

Nutrition:

- Calories: 300
- Fat: 7
- Fiber: 3
- Carbs: 23
- Protein: 22

Chicken and Lentils

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 8 ounces bacon, chopped
- 2 tablespoons extra virgin olive oil
- Olive oil for serving
- 1 cup yellow onion, chopped
- 8 ounces lentils, dried
- 2 carrots, chopped
- 12 parsley sprigs, chopped
- Salt and ground black pepper, to taste
- 2 bay leaves
- 2½ pounds chicken pieces
- 1-quart chicken stock
- 2 teaspoons sherry vinegar

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the bacon, stir, and cook for 1 minute. Add the onions, stir, and cook 2 minutes. Add the lentils, carrots, chicken, parsley, bay leaves, stock, salt and pepper, stir, cover, and cook on the Manual setting for 20 minutes. Release the pressure, take chicken pieces, and place them on a cutting board. Discard the skin and bones, shred chicken, and return it to the Instant Pot. Set the Instant Pot on Sauté mode and cook for 7 minutes. Add more salt and pepper and the vinegar, stir, and divide among plates. Drizzle some olive oil over the whole mix, and serve.

Nutrition:

- Calories: 340
- Fat: 3.3
- Fiber: 23

- Carbs: 30
- Protein: 29

Chicken Curry with Eggplant and Squash

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 garlic cloves, peeled and crushed
- 2 tablespoons vegetable oil
- 3 arbol chilies, cut into halves
- 1-inch piece ginger, peeled and sliced
- 2 tablespoons green curry paste
- 1/8 teaspoon cumin
- 1/4 teaspoon coriander
- 14 ounces canned coconut milk
- 6 cups butternut squash, peeled and cubed
- 8 chicken pieces
- 1 eggplant, peeled and cubed
- Salt and ground black pepper, to taste
- 1 tablespoon fish sauce
- 4 cups spinach, chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh basil, chopped
- Cooked barley for serving
- Lime wedges, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the garlic, ginger, chilies, cumin, and coriander, stir, and cook for 1 minute. Add the curry paste, stir, and cook 3 minutes. Add the coconut milk, stir, and simmer for 1 minute. Add the chicken, squash, eggplant, salt, and pepper, stir, cover and cook on the Poultry setting for 20 minutes. Release the pressure, uncover the Instant Pot, add spinach, fish sauce, more salt and pepper, basil, and cilantro, stir and divide among plates. Serve with cooked barley on the side and lime wedges.

Nutrition:

- Calories: 160
- Fat: 8.2
- Fiber: 4.1
- Carbs: 13.2
- Protein: 6

Chicken with Duck Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 chicken, cut into medium-sized pieces
- Salt and ground black pepper, to taste
- 1 tablespoon extra virgin olive oil
- ½ teaspoon paprika
- ¼ cup white wine
- ½ teaspoon dried marjoram
- ¼ cup chicken stock

For the duck sauce:

- 2 tablespoons white vinegar
- ¼ cup apricot preserves
- 1½ teaspoon ginger root, grated
- 2 tablespoons honey

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the chicken pieces, brown them on all sides, and transfer to a bowl. Season them with salt, pepper, marjoram, and paprika and toss to coat. Drain the fat from pot, add the stock and wine, stir, and simmer for 2 minutes. Return the chicken, cover the Instant Pot and cook on the Poultry setting for 9 minutes. Release the pressure, transfer the chicken to serving dishes and set the dish aside. Add the apricot preserves to the Instant Pot, ginger, vinegar, and honey, set on the Sauté mode, stir, and simmer sauce for 10 minutes. Drizzle over chicken, and serve.

Nutrition:

- Calories: 170
- Fat: 4

- Fiber: 3
- Carbs: 9
- Protein: 23

Chicken and Dumplings

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 pounds chicken breasts, skinless and bone-in
- 4 carrots, peeled and chopped
- 1 yellow onion, peeled and chopped
- 3 celery stalks, chopped
- $\frac{3}{4}$ cup chicken stock
- Salt and ground black pepper, to taste
- $\frac{1}{2}$ teaspoon thyme, dried
- 2 eggs
- $\frac{2}{3}$ cup milk
- 1 tablespoon baking powder
- 2 cups flour
- 1 tablespoon chives

Directions:

In the Instant Pot, add the chicken, onion, carrots, celery, stock, thyme, salt, and pepper, stir, cover, and cook on poultry mode for 15 minutes. Release the pressure, transfer chicken to a bowl and keep warm for now. In a bowl, mix the eggs with salt, milk and baking powder and stir. Add the flour gradually and stir very well. Set the Instant Pot to Sauté mode and bring the liquid to a boil. Shape dumplings from the egg mixture, drop them into stock, cover the Instant Pot and cook on the Manual setting for 7 minutes. Shred the chicken and add to the Instant Pot after you've released the pressure, stir, divide everything among plates, and serve with chives sprinkled on top.

Nutrition:

- Calories: 380
- Fat: 4.2
- Fiber: 2.9

- Carbs: 40
- Protein: 43

Chicken and Chickpea Masala

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and diced
- 2 tablespoons butter
- 4 garlic cloves, peeled and minced
- 1 tablespoon ginger, grated
- 1½ teaspoon paprika
- 1 tablespoon cumin
- 1½ teaspoons coriander
- 1 teaspoon turmeric
- Salt and ground black pepper, to taste
- Cayenne pepper
- 15 ounces canned crushed tomatoes
- ¼ cup lemon juice
- 1 pound spinach, chopped
- 3 pounds chicken drumsticks and thighs
- ½ cup fresh cilantro, chopped
- ½ cup chicken stock
- 15 ounces canned chickpeas, drained
- ½ cup heavy cream

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the ginger, onion, and garlic, stir and cook for 5 minutes. Add the paprika, cumin, coriander, cayenne, turmeric, salt, and pepper, stir and cook for 30 seconds. Add the tomatoes and spinach, stir and cook for 2 minutes. Add half of the cilantro, chicken pieces, and stock, stir, cover the Instant Pot and cook on the Poultry setting for 15 minutes. Release the pressure, uncover the Instant Pot, add the heavy cream, chickpeas, lemon juice, more salt, and pepper, stir, set the Instant Pot on Sauté mode

again and simmer for 3 minutes. Sprinkle the rest of the cilantro on top, stir, divide among plates, and serve.

Nutrition:

- Calories: 270
- Fat: 8
- Fiber: 7.6
- Carbs: 30
- Protein: 31

Sesame Chicken

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 2 pounds chicken breasts, skinless, boneless, and chopped
- ½ cup yellow onion, peeled and chopped
- Salt and ground black pepper, to taste
- 1 tablespoon vegetable oil
- 2 garlic cloves, peeled and minced
- ½ cup soy sauce
- ¼ cup ketchup
- 2 teaspoons sesame oil
- ½ cup honey
- 2 tablespoons cornstarch
- ¼ teaspoon red pepper flakes
- 3 tablespoons water
- 2 green onions, chopped
- 1 tablespoons sesame seeds, toasted

Directions:

Set the Instant Pot on the Sauté mode, add the oil, and heat it up. Add the garlic, onion, chicken, salt and pepper, stir, and cook for 3 minutes. Add the pepper flakes, soy sauce, and ketchup, stir, cover and cook on the Manual setting for 3 minutes. Release pressure, uncover the Instant Pot, add the sesame oil and honey and stir. In a bowl, mix the cornstarch with the water and stir well. Add this to the Instant Pot with the green onions and sesame seeds, stir well, divide among plates, and serve.

Nutrition:

- Calories: 170
- Fat: 3.5

- Fiber: 2.9
- Carbs: 16
- Protein: 7

Chicken and Noodles

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 8 chicken thighs, skinless and boneless
- 3 carrots, chopped
- 2 garlic cloves, minced
- 1 yellow onion, chopped
- 3 celery stalks, chopped
- 6 cups chicken stock
- 1 bay leaf
- 2 sage leaves, chopped
- 1 rosemary sprig
- 5 thyme sprigs
- Salt and ground black pepper, to taste
- 1 teaspoon chicken seasoning
- 1 pound egg noodles
- 2 tablespoons cornstarch
- 3 tablespoons water
- 1 cup peas, frozen
- Juice of 1 lemon
- ¼ cup parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add onion, garlic, and celery, stir and brown for 4 minutes. Add carrot, chicken, stock, bay leaf, thyme, rosemary, sage, chicken seasoning, salt and pepper, stir, cover the Instant Pot and cook on Low for 10 minutes. Release the pressure naturally, uncover the Instant Pot, add egg noodles, cornstarch mixed with water, peas, lemon juice, parsley and more salt and pepper if needed. Discard herbs, stir everything, divide among plates, and serve.

Nutrition:

- Calories: 560
- Fat: 11.2
- Fiber: 5.2
- Carbs: 77
- Protein: 39

Chicken and Pomegranate

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 10 chicken pieces
- 2 cups walnuts
- Salt and ground black pepper, to taste
- 3 tablespoons extra virgin olive oil
- 1 yellow onion, peeled and chopped
- ¼ teaspoon cardamom
- ½ teaspoon ground cinnamon
- ½ cup pomegranate juice
- ½ cup molasses
- ¾ cup water
- 2 tablespoons sugar
- Juice of ½ lemon
- Pomegranate seeds for serving

Directions:

Heat up a pan over medium-high heat, add the walnuts, stir, and toast for 5 minutes. Transfer them to a food processor, blend well, transfer to a bowl and set aside. Set the Instant Pot on Sauté mode, add the 2 tablespoons oil and heat it up. Add the chicken pieces, salt and pepper, brown them on all sides, and transfer them to a plate. Add the rest of the oil to the Instant Pot, add onion, stir, and cook for 3 minutes. Add the cardamom and cinnamon, stir, and cook for 1 minute. Add the walnuts, pomegranate juice, molasses, lemon juice, chicken and sugar, stir, cover and cook on the Poultry setting for 7 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper, stir, divide among plates, and serve with the sauce from the Instant Pot and with pomegranate seeds on top.

Nutrition:

- Calories: 200
- Fat: 1
- Fiber: 4
- Carbs: 27
- Protein: 17

Chicken and Shrimp

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 8 ounces shrimp, peeled and deveined
- 8 ounces sausages, sliced
- 8 ounces chicken breasts, skinless, boneless, and chopped
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Creole seasoning
- 2 teaspoons dried thyme
- Cayenne pepper
- 2 teaspoons Worcestershire sauce
- Tabasco sauce
- 3 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 3 celery stalks, chopped
- 1 cup white rice
- 1 cup chicken stock
- 2 cups canned diced tomatoes
- 3 tablespoons fresh parsley, chopped

Directions:

In a bowl, mix the Creole seasoning with thyme and cayenne and stir. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chicken and brown for a few minutes. Add the sausage slices, stir, and cook for 3 minutes. Add the shrimp and half of the seasoning mix, stir, and cook for 2 minutes. Transfer everything to a bowl and set the dish aside. Add the garlic, onions, celery, and bell peppers to the Instant Pot. Add the rest of the seasoning mix, stir, and cook for 10 minutes. Add the rice, stock, tomatoes, Tabasco sauce, and Worcestershire sauce, stir, cover, and cook on Rice mode for 8 minutes. Release the pressure, return the

chicken, sausage and shrimp, stir, cover, and leave Instant Pot aside for 5 minutes. Divide everything among plates, and serve.

Nutrition:

- Calories: 269
- Fat: 5.9
- Fiber: 2.4
- Carbs: 23.5
- Protein: 28.4

Indian Butter Chicken

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 10 chicken thighs, skinless and boneless
- 2 jalapeño peppers, chopped
- 28 ounces canned diced tomatoes
- 2 teaspoons cumin
- 2 tablespoons ginger, chopped
- ½ cup butter
- Salt and ground black pepper, to taste
- ¾ cup heavy cream
- 2 teaspoons garam masala
- ¾ cup Greek yogurt
- 2 teaspoons cumin seeds, toasted and ground
- 2 tablespoons cornstarch
- 2 tablespoons water
- ¼ cup fresh cilantro, chopped

Directions:

In a food processor, mix the tomatoes with ginger and jalapeños and blend well. Set the Instant Pot on Sauté mode, add the butter and melt it. Add the chicken, stir, and brown for 3 minutes on each side. Transfer the chicken pieces to a bowl and set aside. Add the paprika and cumin to the Instant Pot, stir, and cook for 10 seconds. Add the tomato mix, salt, pepper, yogurt, heavy cream, and chicken pieces, stir, cover, and cook on the Manual setting for 5 minutes. Release the pressure naturally for 15 minutes, uncover the Instant Pot, add cornstarch mixed with the water, garam masala, and cumin seeds and stir well. Add the cilantro, stir, divide among plates, and serve with naan bread.

Nutrition:

- Calories: 380
- Fat: 29
- Fiber: 2
- Carbs: 8
- Sugar: 2
- Protein: 24

Goose with Cream

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 5

Ingredients:

- 1 goose breast, fat trimmed off and cut into pieces
- 1 goose leg, skinless
- 1 goose thigh, skinless
- Salt and ground black pepper, to taste
- 3½ cups water
- 2 teaspoons garlic, minced
- 1 yellow onion, peeled and chopped
- 12 ounces canned cream of mushroom soup

Directions:

Put the goose meat into the Instant Pot. Add the onion, salt, pepper, water, and garlic, stir, cover and cook on Poultry mode for 1 hour. Release the pressure, uncover the Instant Pot, add the soup, set the Instant Pot on Manual mode and cook everything for 5 minutes. Divide into bowls, and serve with toasted bread.

Nutrition:

- Calories: 345
- Fat: 7.8
- Fiber: 1 Carbs: 1

Protein: 28.4

Goose with Chili Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 goose breast half, skinless, boneless, and cut into thin slices
- ¼ cup extra virgin olive oil
- 1 sweet onion, peeled and chopped
- 2 teaspoons garlic, chopped
- Salt and ground black pepper, to taste
- ¼ cup chili sauce

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion and garlic, stir, and cook for 2 minutes. Add the goose breast slices, salt and pepper, stir and cook for 2 minutes on each side. Add the chili sauce, stir, cover and cook on the Manual setting for 5 minutes. Release pressure, divide among plates, and serve.

Nutrition:

- Calories: 190
- Fat: 8
- Fiber: 1
- Carbs: 1
- Protein: 29

Chicken and Cabbage

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 3

Ingredients:

- 1½ pounds chicken thighs, boneless
- 1 green cabbage, roughly chopped
- 1 tablespoon vegetable oil
- Salt and ground black pepper, to taste
- 2 chili peppers, chopped
- 1 yellow onion, peeled and chopped
- 4 garlic cloves, peeled and chopped
- 3 tablespoons curry
- Cayenne pepper
- ½ cup white wine
- 10 ounces coconut milk
- 1 tablespoon fish sauce

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the chicken, season with salt and pepper, stir, brown for a few minutes, and transfer to a bowl. Add the garlic, chili peppers and onions to the Instant Pot, stir, and cook for 4 minutes. Add the curry, stir, and cook for 2 minutes. Add the wine, cabbage, coconut milk, cayenne, fish sauce, chicken pieces, salt and pepper, stir, cover and cook on the Poultry setting for 20 minutes. Release the pressure naturally, uncover the Instant Pot, stir your mix, divide it among plates, and serve.

Nutrition:

- Calories: 260
- Fat: 5.5
- Fiber: 4.9
- Carbs: 15.2

- Protein: 30.2

Chicken and Broccoli

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 chicken breasts, skinless and boneless
- 1 tablespoon butter
- 1 tablespoon extra virgin olive oil
- ½ cup yellow onion, chopped
- 14 ounces canned chicken stock
- Salt and ground black pepper, to taste
- Red pepper flakes
- 1 tablespoon dried parsley
- 2 tablespoons water
- 2 tablespoons cornstarch
- 3 cups broccoli, steamed and chopped
- 1 cup cheddar cheese, shredded
- 4 ounces cream cheese, cubed

Directions:

Set the Instant Pot on Sauté mode, add butter and oil and heat up. Add chicken breasts, salt and pepper, brown on all sides and transfer to a bowl. Add onion to the Instant Pot, stir and cook for 5 minutes. Add more salt, pepper, stock, parsley, pepper flakes and return chicken breasts as well. Stir, cover the Instant Pot and cook on the Manual setting for 5 minutes. Release the pressure, transfer chicken to a cutting board, chop it and return to pot. Add cornstarch mixed with the water, shredded cheese and cream cheese and stir until all cheese dissolves. Add broccoli, stir, set the Instant Pot on Manual mode and cook for 5 minutes. Divide among plates, and serve.

Nutrition:

- Calories: 280

- Fat: 13
- Fiber: 4
- Carbs: 23
- Protein: 30

Chicken with Corn

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 8 chicken drumsticks
- Salt and ground black pepper, to taste
- 1 teaspoon extra virgin olive oil
- ½ teaspoon garlic powder
- 3 scallions, chopped
- ½ yellow onion, peeled and chopped
- 1 tomato, cored and chopped
- ¼ cup fresh cilantro, chopped
- 1 garlic clove, peeled and minced
- 2 cups water
- 8 ounces tomato sauce
- 1 tablespoon chicken bouillon
- 2 corn on the cob, husked and cut into halves
- ½ teaspoon cumin

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat up. Add the onions, tomato, scallions, and garlic, stir, and cook for 3 minutes. Add the cilantro, stir, and cook for 1 minute. Add the tomato sauce, water, bouillon, cumin, garlic powder, chicken, salt, and pepper and top with the corn. Cover the Instant Pot and cook on the Poultry setting for 20 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper, if needed, divide chicken, and corn among plates, and serve.

Nutrition:

- Calories: 320
- Fat: 10
- Fiber: 3

- Carbs: 18
- Protein: 42

White Fish with Orange Sauce

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 4 white fish fillets
- 4 green onions, chopped
- Extra virgin olive oil
- 2 tablespoons ginger, chopped
- Salt and ground black pepper, to taste
- Juice from 1 orange
- Zest from 1 orange
- 1 cup fish stock

Directions:

Pat the fish fillets dry, season with salt and pepper and rub them with the olive oil. Put the stock, ginger, orange juice, orange zest, and onions into the Instant Pot. Put the fish fillets in the steamer basket, cover the Instant Pot and cook on the Steam setting for 7 minutes. Release the pressure, divide fish among plates, and drizzle the orange sauce on top.

Nutrition:

- Calories: 170
- Fat: 2
- Fiber: 0.4
- Carbs: 10
- Protein: 23

Steamed Fish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 white fish fillets
- 1 cup olives, pitted and chopped
- 1 pound cherry tomatoes, cut into halves
- Thyme, dried
- 1 garlic clove, peeled and minced
- Olive oil
- Salt and ground black pepper, to taste
- 1 cup water

Directions:

Put the water into the Instant Pot. Put the fish fillets in the steamer basket of the Instant Pot. Add the tomatoes and olives on top. Add the garlic, thyme, oil, salt, and pepper. Cover the Instant Pot and cook on Steam mode for 10 minutes. Release the pressure, uncover the Instant Pot, divide fish, olives, and tomatoes mix among plates, and serve.

Nutrition:

- Calories: 157
- Fat: 3.2
- Fiber: 0
- Carbs: 0
- Protein: 29

Cod and Peas

Preparation time: 15 minutes

Cooking time: 5

Servings: 4

Ingredients:

- 16 ounces cod fillets
- 1 tablespoon fresh parsley, chopped
- 10 ounces peas
- 9 ounces wine
- ½ teaspoon dried oregano
- ½ teaspoon paprika
- 2 garlic cloves, peeled and chopped
- Salt and ground black pepper, to taste

Directions:

In a food processor, mix the garlic with the parsley, oregano and paprika and blend well. Add the wine, blend again and set the dish aside. Place the fish fillets in the steamer basket of the Instant Pot, add salt and pepper, cover and cook on the Steam setting for 2 minutes. Release the pressure and divide fish among plates. Add the peas to the steamer basket, cover the Instant Pot again and cook for 2 minutes. Release the pressure again and arrange peas next to fish fillets and serve.

Nutrition:

- Calories: 200
- Fat: 2
- Fiber: 2
- Carbs: 10
- Protein: 20

Poached Salmon

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 16 ounces salmon fillet, skin on
- Zest from 1 lemon
- 4 scallions, chopped
- 3 black peppercorns
- ½ teaspoon fennel seeds
- 1 bay leaf
- 1 teaspoon white wine vinegar
- 2 cups chicken stock
- ½ cup dry white wine
- ¼ cup fresh dill, chopped
- Salt and ground black pepper, to taste

Directions:

Put the salmon in the steamer basket of the Instant Pot and season with salt and pepper. Add the stock, scallions, lemon zest, peppercorns, fennel, vinegar, bay leaf, wine, stock, and dill to the Instant Pot. Cover and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, and divide the salmon among plates. Set the Instant Pot on Manual mode and cook the liquid for a few minutes. Drizzle over the salmon, and serve.

Nutrition:

- Calories: 140
- Fat: 4
- Fiber: 0
- Carbs: 2
- Protein: 23

Fish Curry

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 6 fish fillets, cut into medium pieces
- 1 tomato, chopped
- 14 ounces coconut milk
- 2 onions, sliced
- 2 bell peppers, cored and cut into strips
- 2 garlic cloves, peeled and minced
- 2 tablespoons curry powder
- 1 tablespoons coriander
- 1 tablespoon ginger, grated
- ½ teaspoon turmeric
- 2 teaspoons cumin
- Salt and ground black pepper, to taste
- ½ teaspoon fenugreek
- 1 teaspoon red pepper flakes
- 2 tablespoons lemon juice

Directions:

Set the Instant Pot on Sauté mode, add the oil and curry powder, and fry for 1 minute. Add the ginger, onion, and garlic, stir, and cook for 2 minutes. Add the coriander, turmeric, cumin, fenugreek, and red pepper flakes, stir, and cook 2 minutes. Add the coconut milk, tomatoes, fish, and bell peppers, stir, cover, and cook on Steam mode for 5 minutes. Release the pressure naturally, add the salt and pepper, stir, and divide into bowls. Serve with lemon juice on top.

Nutrition:

- Calories: 230
- Fat: 10

- Fiber: 3
- Carbs: 12
- Protein: 23

Mediterranean Fish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 cod fillets
- 17 ounces tomatoes, cored and cut into halves
- 1 garlic clove, peeled and crushed
- 1 cup olives, pitted and chopped
- 2 tablespoons capers, drained and chopped
- Salt and ground black pepper, to taste
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon extra virgin olive oil

Directions:

Put the tomatoes on the bottom of a heat-proof bowl. Add the parsley, salt, and pepper and toss to coat. Place the fish fillets on top, add the olive oil, salt, pepper, garlic, olives, and capers. Place the bowl in the steamer basket of the Instant Pot, cover and cook on the Steam setting for 5 minutes. Release the pressure naturally, divide among plates, and serve.

Nutrition:

- Calories: 170
- Fat: 9
- Fiber: 1
- Carbs: 4
- Protein: 23

Crispy Salmon Fillet

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 salmon fillets
- 1 cup water
- Salt and ground black pepper, to taste
- 2 tablespoons extra virgin olive oil

Directions:

Put the water into the Instant Pot. Place the salmon in the steamer basket, cover and cook on Steam mode for 3 minutes. Release pressure, transfer the salmon to paper towels, and pat dry them. Heat up a pan with the oil over medium-high heat, add the salmon fillets skin side down, season with salt and pepper to taste, and cook for 2 minutes. Divide among plates, and serve.

Nutrition:

- Calories: 230
- Fat: 12
- Fiber: 1
- Carbs: 0
- Protein: 29

Salmon and Rice

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2 salmon fillets
- Salt and ground black pepper, to taste
- ½ cup jasmine rice
- 1 cup chicken stock
- ¼ cup vegetable soup mix, dried
- 1 tablespoon butter
- Saffron

Directions:

In the Instant Pot, mix the stock with rice, soup mix, butter, and saffron and stir. Season the salmon with salt and pepper, place the fish in the steamer basket of the Instant Pot, cover, and cook on Steam mode for 5 minutes. Release the pressure, divide the salmon among plates, add the rice mix on the side, and serve.

Nutrition:

- Calories: 300
- Fat: 8
- Fiber: 0.5
- Carbs: 30
- Protein: 25

Salmon with Tomatoes

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 salmon fillets
- 1 lemon, sliced
- 1 white onion, peeled and chopped
- 3 tomatoes, cored and sliced
- 4 thyme sprigs
- Fresh parsley, chopped
- 3 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 2 cups water

Directions:

Drizzle the oil on a parchment paper. Add a layer of tomatoes, salt and pepper. Drizzle some oil again, add the fish and season them with salt and pepper. Drizzle some more oil, add the thyme and parsley, onions, lemon slices, salt, and pepper. Fold and wrap packet, place in the steamer basket of the Instant Pot. Add the cups water to the Instant Pot, cover, and cook on Steam for 15 minutes. Release the pressure, uncover the Instant Pot, open the packet, divide the fish among plates, and serve.

Nutrition:

- Calories: 180
- Fat: 5
- Fiber: 1
- Carbs: 0
- Protein: 31

Salmon Burger

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 teaspoon extra virgin olive oil
- ½ cup panko bread crumbs
- 1 pound salmon meat, minced
- 2 tablespoons lemon zest
- Salt and ground black pepper, to taste
- Mustard, for serving
- Tomatoes slices, for serving
- Arugula leaves, for serving
- Sandwich buns

Directions:

Put the salmon into a food processor and blend it. Transfer to a bowl, add the bread crumbs, salt, pepper, and lemon zest, and stir well. Shape 4 patties and place them on a working surface. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the patties, cook for 3 minutes on each side and place them on buns. Serve with tomatoes, arugula, and mustard.

Nutrition:

- Calories: 170
- Fat: 9
- Fiber: 0
- Carbs: 1
- Protein: 22

Salmon and Vegetables

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 salmon fillets, skin on
- 1 bay leaf
- 1 cup water
- 1 cinnamon stick
- 3 cloves
- 1 tablespoon canola oil
- 1 cup baby carrots
- 2 cups broccoli florets
- Salt and ground black pepper, to taste
- Lime wedges. for serving

Directions:

Put the water into the Instant Pot. Add the bay leaf, cinnamon stick, and cloves. Place the salmon fillets in the steamer basket of the Instant Pot after brushing them with canola oil. Season with salt and pepper, add the broccoli and carrots, cover the Instant Pot, and cook on the Steam setting for 6 minutes. Release the pressure for 4 minutes, uncover the Instant Pot, and divide the salmon and vegetables among plates. Drizzle with the sauce from the Instant Pot after discarding the cinnamon, cloves, and bay leaf, and serve with lime wedges on the side.

Nutrition:

- Calories: 170
- Fat: 4.5
- Fiber: 3.7
- Carbs: 13
- Protein: 17

Spicy Salmon

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 4 salmon fillets
- 2 tablespoons chili pepper, diced
- Juice of 1 lemon
- 1 lemon, sliced
- 1 cup water
- Salt and ground black pepper, to taste

Directions:

Place the salmon fillets in the steamer basket of the Instant Pot, add the salt, pepper, lemon juice, lemon slices, and chili pepper. Add 1 cup water to the Instant Pot, cover, and cook on the Steam setting for 5 minutes. Release the pressure, divide the salmon and lemon slices among plates, and serve.

Nutrition:

- Calories: 120
- Fat: 2
- Fiber: 0.5
- Carbs: 13
- Protein: 5

Creamy Fish Stew

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 17 ounces white fish, cut into medium chunks
- 1 yellow onion, peeled and chopped
- 13 ounces potatoes, peeled and cut into chunks
- 13 ounces milk
- Salt and ground black pepper, to taste
- 14 ounces chicken stock
- 14 ounces water
- 14 ounces half and half

Directions:

In the Instant Pot mix the fish with the onion, potatoes, water, milk, and stock. Cover and cook on the Meat/Stew setting for 10 minutes. Release the pressure, uncover, and set the Instant Pot on Manual mode. Add the salt, pepper, and half and half, stir, and cook for 10 minutes. Divide among bowls, and serve.

Nutrition:

- Calories: 194
- Fat: 4.4
- Fiber: 2
- Carbs: 21
- Protein: 17

Salmon and Raspberry Sauce

Preparation time: 2 hours

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 6 salmon steaks
- 2 tablespoons extra virgin olive oil
- 4 leeks, sliced
- 2 garlic cloves, peeled and minced
- 2 tablespoons fresh parsley, chopped
- 1 cup clam juice
- 2 tablespoons lemon juice
- Salt and white pepper to the taste
- 1 teaspoon sherry
- 1/3 cup dill, diced
- Raspberries, for serving

For the raspberry vinegar:

- 2 pints red raspberries
- 1 pint cider vinegar

Directions:

Mix the red raspberries with vinegar and stir well. Add the salmon steaks and set aside in the refrigerator for 2 hours. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the parsley, leeks, and garlic, stir, and cook for 2 minutes. Add the clam and lemon juice, sherry, salt, pepper, and dill and stir. Add the salmon steaks, cover, and cook on the Manual setting for 3 minutes.

Release the pressure, uncover the Instant Pot, divide the salmon among plates, and serve with leeks and fresh raspberries.

Nutrition:

- Calories: 670
- Fat: 46

- Fiber: 1
- Carbs: 18
- Protein: 81

Tuna and Noodle Casserole

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 8 ounces egg noodles
- ½ cup red onion, chopped
- 1 tablespoon extra virgin olive oil
- 1¼ cups water
- 14 ounces canned tomatoes, chopped and mixed with oregano, basil and garlic
- Salt and ground black pepper, to taste
- 14 ounces canned tuna, drained
- 8 ounces artichoke hearts, drained and chopped
- 1 tablespoon fresh parsley, chopped
- Crumbled feta cheese

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir, and cook for 2 minutes. Add the tomatoes, noodles, salt, pepper, and water, set the Instant Pot on Manual mode and cook for 10 minutes. Add the tuna and artichokes, stir, cover and cook for 5 minutes. Release the pressure, divide the casserole among plates, sprinkle the cheese and parsley on top, and serve.

Nutrition:

- Calories: 300
- Fat: 4
- Fiber: 9
- Carbs: 23
- Protein: 29

Cheesy Tuna

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 14 ounces canned tuna, drained
- 16 ounces egg noodles
- 28 ounces cream of mushroom soup
- 1 cup peas, frozen
- 3 cups water
- 4 ounces cheddar cheese, grated
- ¼ cup breadcrumbs

Directions:

Add the noodles, water, tuna, peas, and soup to the Instant Pot, stir, cover, cook on the Manual setting for 4 minutes, and release the pressure. Add the cheese and stir. Transfer everything to a baking dish, spread breadcrumbs all over and place under a preheated broiler for 3 minutes. Divide among plates, and serve.

Nutrition:

- Calories: 270
- Fat: 12
- Fiber: 0.5
- Carbs: 20
- Protein: 15

Fish Pudding

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 pound cod fillets, cut into medium pieces
- 2 tablespoons fresh parsley, chopped
- 4 ounces bread crumbs
- 2 teaspoons lemon juice
- 2 eggs, whisked
- 2 ounces butter
- ½ pint milk
- ½ pint shrimp sauce
- Salt and ground black pepper, to taste
- ½ pint water

Directions:

In a bowl, mix the fish with the bread crumbs, lemon juice, parsley, salt, and pepper and stir. Heat up a pan with the butter over medium-high heat. Put the milk in a pot and bring to a boil over medium-high heat. Pour the butter and milk over the egg and stir well. Add this to the fish and set aside for 3 minutes. Pour everything into a greased pudding dish and place in the steamer basket of the Instant Pot. Add the pint water to the Instant Pot, cover and cook on the Manual setting for 15 minutes. Release the pressure, uncover, divide among plates, and serve with shrimp sauce.

Nutrition:

- Calories: 200
- Fat: 3
- Fiber: 1
- Carbs: 8
- Protein: 9

Jambalaya

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 8

Ingredients:

- 1 pound chicken breast, boneless, skinless, and chopped
- 1 pound shrimp, peeled and deveined
- 2 tablespoons extra virgin olive oil
- 1 pound sausage, already cooked and chopped
- 2 cups onions, chopped
- 1½ cups rice
- 2 tablespoons garlic, chopped
- 2 cups green, yellow and red bell peppers, chopped
- 3½ cups chicken stock
- 1 tablespoon Creole seasoning
- 1 tablespoon Worcestershire sauce
- 1 cup tomatoes, crushed

Directions:

Set the Instant Pot on Sauté mode, add the chicken and Creole seasoning, stir, brown on all sides, and transfer to a bowl. Add the oil and heat it up. Add the peppers, onions, and garlic, stir, and cook for 2 minutes. Add the rice, stir, and cook for 2 minutes. Add the tomato puree, stock, and Worcestershire sauce and return the chicken to the Instant Pot. Stir everything, cover, and cook for 10 minutes. Release the pressure, add the sausage and shrimp, stir, cover and cook on the Manual setting for 2 minutes. Release the pressure, uncover, divide among plates, and serve.

Nutrition:

- Calories: 250
- Fat: 13
- Fiber: 1
- Carbs: 22

- Protein: 27

Roasted Mackerel

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 18 ounces mackerel, cut into pieces
- 3 garlic cloves, peeled and minced
- 8 shallots, peeled and chopped
- 1 teaspoon dried shrimp powder
- 1 teaspoon turmeric
- 1 tablespoon chili paste
- 2 lemongrass sticks, cut into halves
- 1 small piece of ginger, chopped
- 2 tablespoons cilantro
- 3½ ounces water
- 5 tablespoons vegetable oil
- 1 ⅓ tablespoons tamarind paste mixed with 3½ ounces water
- Salt, to taste
- 1 tablespoon sugar

Directions:

In your blender, mix the garlic with the shallots, chili paste, turmeric, and shrimp powder and blend well. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the fish pieces; chili paste, ginger, lemongrass, and cilantro and cook for 1 minute. Add the tamarind mix, water, salt, and sugar, stir, cover and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, divide among plates, and serve.

Nutrition:

- Calories: 189
- Fat: 11

- Fiber: 0
- Carbs: 1
- Protein: 20

Miso Mackerel

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 4

Ingredients:

- 2 pounds mackerel, cut into big pieces
- 1 cup water
- 1 garlic clove, peeled and crushed
- 1 shallot, peeled and sliced
- 1-inch ginger piece, chopped
- $\frac{1}{3}$ cup sake
- $\frac{1}{3}$ cup mirin
- $\frac{1}{4}$ cup miso
- 1 onion, peeled and sliced thin
- 2 celery stalks, sliced
- 1 tablespoon rice vinegar
- 1 teaspoon spicy mustard
- Salt, to taste
- 1 teaspoon sugar

Directions:

Set the Instant Pot on Sauté mode, add the mirin, sake, ginger, garlic, and shallot, stir, and boil for 2 minutes. Add the miso and water and stir. Add the mackerel, cover the Instant Pot and cook on the Steam setting for 45 minutes. Put the onion and celery in a bowl and cover with ice water. In another bowl, mix the vinegar with salt, sugar, and mustard and stir well. Release the pressure from the Instant Pot naturally for 10 minutes and divide mackerel among plates. Drain the onion and celery well and mix with mustard dressing. Add to the mackerel, and serve.

Nutrition:

- Calories: 290
- Fat: 13

- Fiber: 0
- Carbs: 15
- Protein: 24

Spicy Mussels

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 3

Ingredients:

- 28 ounces canned crushed tomatoes
- ½ cup white onion, peeled and chopped
- 2 jalapeño peppers, chopped
- ¼ cup dry white wine
- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 2 pounds mussels, cleaned and scrubbed
- 2 tablespoons red pepper flakes
- 2 garlic cloves, peeled and minced
- Salt, to taste
- ½ cup fresh basil, chopped
- Lemon wedges, for serving

Directions:

Set the Instant Pot on Sauté mode, add the tomatoes, onion, jalapeños, wine, oil, vinegar, garlic, and pepper flakes, stir, and bring to a boil. Add the mussels, stir, cover, and cook on Manual for 4 minutes. Release the pressure, uncover, discard any unopened mussels, add the salt and basil, stir, divide among bowls, and serve with lemon wedges.

Nutrition:

- Calories: 50
- Fat: 0.2
- Fiber: 0.2
- Carbs: 1
- Protein: 1.5

Mussels and Spicy Sauce

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 2 pounds mussels, scrubbed and debearded
- 2 tablespoons extra virgin olive oil
- 1 yellow onion, peeled and chopped
- ½ teaspoon red pepper flakes
- 14 ounces tomatoes, cored and chopped
- 2 teaspoons garlic, minced
- ½ cup chicken stock
- 2 teaspoons dried oregano

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onions, stir, and cook for 3 minutes. Add the pepper flakes and garlic, stir, and cook for 1 minute. Add the stock, oregano, and tomatoes and stir well. Add the mussels, stir, cover and cook on Manual mode for 2 minutes. Release the pressure, discard and unopened mussels, divide among bowls, and serve.

Nutrition:

- Calories: 60
- Fat: 0.2
- Fiber: 0.2
- Carbs: 1
- Protein: 1.3

Mackerel with Lemon

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 mackerel fillets
- 3 ounces breadcrumbs
- Juice and zest of 1 lemon
- 1 tablespoon chives, diced
- Salt and ground black pepper, to taste
- 1 egg, whisked
- 3 tablespoons butter
- 1 tablespoon vegetable oil
- 10 ounces water
- 1 lemon, cut into wedges

Directions:

In a bowl, mix the breadcrumbs with the lemon juice, lemon zest, salt, pepper, egg, and chives and stir very well. Coat the mackerel with this mixture. Set the Instant Pot on Sauté mode, add the oil and 1 tablespoon butter and heat up. Add the fish, brown on all sides and transfer to a plate. Clean the Instant Pot and add the water. Grease a heat proof dish with the remaining butter and place in the Instant Pot. Add the fish, cover the Instant Pot and cook on the Steam setting for 6 minutes. Release the pressure, divide the mackerel among plates, and serve with lemon wedges.

Nutrition:

- Calories: 140
- Fat: 7.8
- Fiber: 0
- Carbs: 1
- Protein: 13

Steamed Mussels

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 pounds mussels, cleaned and scrubbed
- 1 radicchio, cut into thin strips
- 1 white onion, peeled and chopped
- 1 pound baby spinach
- ½ cup dry white wine
- 1 garlic clove, peeled and crushed
- ½ cup water
- Extra virgin olive oil

Directions:

Arrange the baby spinach and radicchio on appetizer plates. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the garlic and onion, stir, and cook for 4 minutes. Add the wine, stir, and cook for 1 minute. Place the mussels in the steamer basket of the Instant Pot, cover, and cook on Manual for 1 minute. Release the pressure and divide the mussels on top of the spinach and radicchio. Add the cooking liquid all over, and serve.

Nutrition:

- Calories: 50
- Fat: 1
- Fiber: 1
- Carbs: 0.3
- Protein: 1.1

Mussels with Sausage

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 pounds mussels, scrubbed and debearded
- 12 ounces amber beer
- 1 tablespoon extra virgin olive oil
- 1 yellow onion, chopped
- 8 ounces spicy sausage
- 1 tablespoon paprika

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, stir, and cook for 2 minutes. Add the sausages and cook for 4 minutes. Add the paprika, beer, and mussels, stir, cover, and cook on Manual for 2 minutes. Release the pressure, uncover, discard any unopened mussels, transfer to bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 4
- Fiber: 1
- Carbs: 3
- Protein: 14

Cioppino

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 12 littleneck clams
- 12 mussels
- 1½ pounds shrimp, peeled and deveined
- 1½ pounds fish fillets, cut into medium pieces
- 1 cup butter
- 2 yellow onions, peeled and chopped
- 3 garlic cloves, peeled and minced
- ½ cup fresh parsley, chopped
- 20 ounces canned diced tomatoes
- 8 ounces clam juice
- 1½ cups white wine
- 2 bay leaves
- ½ teaspoon dried marjoram
- 1 tablespoon dried basil
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the onion and garlic, stir, and cook for 2 minutes. Add the clam juice, tomatoes, wine, parsley, basil, bay leaves, marjoram, salt, and pepper, stir, cover and cook on the Manual setting for 10 minutes. Release the pressure and switch the Instant Pot to Sauté mode. Add the clams and mussels, stir, and cook for 8 minutes. Discard any unopened mussels and clams, add the fish and shrimp, stir, and cook for 4 minutes. Divide among bowls, and serve.

Nutrition:

- Calories: 300

- Fat: 12
- Fiber: 12
- Carbs: 10
- Protein: 20

King Crab Legs

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 4 pounds king crab legs, broken in half
- 3 lemon wedges
- ¼ cup butter
- 1 cup water

Directions:

Put the crab legs in the steamer basket of the Instant Pot . Add the water to the Instant Pot, cover and cook on the Steam setting for 3 minutes. Release the pressure, uncover, transfer the crab legs to a bowl with the butter, and serve with lemon wedges on the side.

Nutrition:

- Calories: 50
- Fat: 0.2
- Fiber: 0.2
- Carbs: 0
- Protein: 7

Spicy Shrimp Delight

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1½ pounds shrimp, peeled and deveined
- 2 tablespoons extra virgin olive oil
- 1 cup yellow onion, peeled and chopped
- 2 tablespoons fresh parsley, chopped
- 4 garlic cloves, peeled and minced
- 2 teaspoons hot paprika
- ½ cup fish stock
- ¼ cup dry white wine
- 1 cup tomato sauce
- Saffron
- White sugar
- 1 teaspoon red pepper flakes
- ¼ teaspoon dried thyme
- 1 bay leaf
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on the Sauté mode, add the oil, and heat up. Add the shrimp, cook for 1 minute, and transfer to a platter. Add the onion, stir, and cook for 2 minutes. Add the parsley, garlic, paprika, and wine, stir, and cook for 2 minutes. Add the stock, tomato sauce, red pepper flakes, sugar, saffron, thyme, bay leaf, salt, and pepper. Cover and cook on the Manual setting for 4 minutes. Release the pressure, uncover, add the shrimp, cover again and cook on the Steam setting for 2 minutes. Release the pressure, uncover the Instant Pot, divide the shrimp mixture among plates, and serve.

Nutrition:

- Calories: 566
- Fat: 20
- Fiber: 8
- Carbs: 30
- Protein: 40

Clams and Chorizo

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 15 littleneck clams
- 30 mussels, scrubbed and debearded
- 2 chorizo sausages, sliced
- 1 pound baby red potatoes
- 1 yellow onion, peeled and chopped
- 10 ounces beer
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon extra virgin olive oil
- Lemon wedges, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chorizo and onions, stir, and cook for 4 minutes. Add the clams, mussels, potatoes and beer, stir, cover, and cook on the Steam setting for 10 minutes. Release the pressure, uncover, add the parsley, stir, divide among bowls, and serve with lemon wedges on the side.

Nutrition:

- Calories: 203
- Fat: 3
- Fiber: 8
- Carbs: 10
- Protein: 20

Parmesan Clams

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 24 clams, shucked
- 3 garlic cloves, peeled and minced
- 4 tablespoons butter
- ¼ cup fresh parsley, chopped
- ¼ cup Parmesan cheese, grated
- 1 teaspoon dried oregano
- 1 cup breadcrumbs
- 2 cups water
- Lemon wedges, for serving

Directions:

In a bowl, mix the breadcrumbs with the cheese, oregano, parsley, butter, and garlic and stir. Place 1 tablespoon of this mix in the clams. Place the clams in the steamer basket of the Instant Pot , add the water to the Instant Pot, cover, and cook on the Manual setting for 4 minutes. Release the pressure, uncover, divide among plates, and serve with lemon wedges.

Nutrition:

- Calories: 80
- Fat: 5
- Fiber: 0
- Carbs: 6
- Protein: 3

Shrimp Paella

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 20 shrimp, deveined
- 1 cup jasmine rice
- ¼ cup butter
- Salt and ground black pepper, to taste
- ¼ cup fresh parsley, chopped
- Red pepper flakes
- Saffron
- Juice of 1 lemon
- 1½ cups water
- 4 garlic cloves, peeled and minced
- Melted butter, for serving
- Hard cheese, grated, for serving
- Parsley, chopped, for serving

Directions:

Put the shrimp into the Instant Pot. Add the rice, butter, salt, pepper, parsley, lemon juice, water, garlic, and a pinch of red pepper flakes and saffron. Stir, cover, and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, remove the shrimp and peel them. Return them to the Instant Pot, stir well, and divide into bowls. Add the melted butter, cheese, and parsley on top, and serve.

Nutrition:

- Calories: 320
- Fat: 4
- Fiber: 1.4
- Carbs: 12
- Protein: 22

Shrimp Boil

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1½ pounds shrimp, heads removed
- 12 ounces Andouille sausage, already cooked and chopped
- 4 ears of corn, each cut into 3 pieces
- 1 tablespoon Old Bay seasoning
- 16 ounces beer
- Salt and ground black pepper, to taste
- 1 teaspoon red pepper flakes
- 2 sweet onions, peeled and cut into wedges
- 1 pound potatoes, cut into medium chunks
- 8 garlic cloves, peeled and crushed
- French baguettes, for serving

Directions:

In the Instant Pot, mix the beer with the Old Bay seasoning, red pepper flakes, salt, pepper, onions, garlic, potatoes, corn, sausage, and shrimp. Cover the Instant Pot and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, divide the shrimp and other ingredients into bowls, and serve with French baguettes.

Nutrition:

- Calories: 360
- Fat: 10
- Fiber: 9
- Carbs: 41
- Protein: 30

Shrimp and Dill Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 pound shrimp, peeled and deveined
- 2 tablespoons shortening
- 1 tablespoon yellow onion, chopped
- 1 cup white wine
- 2 tablespoons cornstarch
- $\frac{3}{4}$ cup milk
- 1 teaspoon fresh dill, chopped

Directions:

Set the Instant Pot on Sauté mode, add the shortening, and heat it up. Add the onion, stir, and cook for 2 minutes. Add the shrimp and wine, stir, cover and cook on the Manual setting for 2 minutes. Release the pressure, uncover the Instant Pot, and set it on Manual mode. In a bowl, mix the cornstarch with milk and stir. Add this to the shrimp and stir until it thickens. Add the dill, stir, simmer for 5 minutes, divide among bowls, and serve.

Nutrition:

- Calories: 300
- Fat: 10
- Fiber: 0
- Carbs: 7
- Protein: 10

Shrimp and Potatoes

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 pounds shrimp, peeled and deveined
- 1 pound tomatoes, cored, peeled, and chopped
- 8 potatoes, cut into quarters
- Salt, to taste
- 4 tablespoons extra virgin olive oil
- 4 onions, peeled and chopped
- 1 teaspoon coriander
- 1 teaspoon curry powder
- Juice of 1 lemon
- 1 tablespoon watercress, chopped

Directions:

Put potatoes in the steamer basket of the Instant Pot , add some water, cover and cook on the Steam setting for 10 minutes.

Release the pressure, transfer the potatoes to a bowl, and wipe out the Instant Pot. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onions, stir, and cook for 5 minutes.

Add the salt, coriander, and curry powder, stir, and cook for 5 minutes. Add the tomatoes, shrimp, lemon juice, and potatoes.

Stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure again, divide among bowls, and serve with watercress on top.

Nutrition:

- Calories: 140
- Fat: 2
- Fiber: 0
- Carbs: 5
- Protein: 19

Spicy Shrimp Curry

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 pound shrimp, peeled and deveined
- $\frac{1}{3}$ cup butter
- 2 bay leaves
- 1 cinnamon stick
- 10 cloves
- 3 cardamom pods
- 2 red onions, peeled and chopped
- 14 red chilies, dried
- 3 green chilies, chopped
- $\frac{1}{2}$ cup cashews
- 1 tablespoon garlic, crushed
- 1 tablespoon ginger, crushed
- 4 tomatoes, cored and chopped
- Salt, to taste
- 1 teaspoon sugar
- 1 teaspoon coriander
- $\frac{1}{2}$ cup heavy cream

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the bay leaves, cardamom, cinnamon stick, and onion, stir, and cook for 3 minutes. Add the red chilies, green chilies, cashews, tomatoes, garlic, and ginger and stir. Add the salt, stir, cover and cook on the Manual setting for 15 minutes. Release the pressure, transfer everything to a blender and pulse several times. Strain into a pan and heat it up over medium-high heat. Add the shrimp, stir, cover, and cook for 12 minutes. Add coriander, cream and sugar, stir, cook for 2 minutes, take off heat, and divide among plates.

Nutrition:

- Calories: 299
- Fat: 9
- Fiber: 3
- Carbs: 26
- Protein: 27

Shrimp Curry

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound shrimp, peeled and deveined
- 1 cup bouillon
- 4 lemon slices
- Salt and ground black pepper, to taste
- ½ teaspoon curry powder
- ¼ cup mushrooms, sliced
- ¼ cup yellow onion, chopped
- 2 tablespoons shortening
- ½ cup raisins
- 3 tablespoons flour
- 1 cup milk

Directions:

Set the Instant Pot on Sauté mode, add the shortening, and heat up. Add the onion and mushroom, stir, and cook for 2 minutes. Add the salt, pepper, curry powder, lemon, bouillon, raisins, and shrimp. Stir, cover, and cook on the Steam setting for 2 minutes. In a bowl, mix the flour with milk and whisk well. Release the pressure from the Instant Pot, uncover, add the flour and milk mix, stir well, and cook until curry thickens on Manual mode. Divide among bowls, and serve.

Nutrition:

- Calories: 300
- Fat: 7
- Fiber: 2.5
- Carbs: 34
- Protein: 29

Shrimp Creole

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 cup shrimp, already cooked
- 1½ cups rice, already cooked
- ½ teaspoon sugar
- 2 teaspoons vinegar
- 1 cup tomato juice
- Salt, to taste
- 1 teaspoons chili powder
- 1 yellow onion, peeled and chopped
- 1 cup celery, chopped
- 2 tablespoons shortening

Directions:

Set the Instant Pot on Sauté mode, add the shortening and heat it up. Add the onion and celery, stir, and cook for 2 minutes. Add the salt, chili powder, tomato juice, vinegar, sugar, and shrimp, and rice. Stir, cover and cook on the Manual setting for 3 minutes. Release the pressure, uncover the Instant Pot, divide among plates, and serve.

Nutrition:

- Calories: 294
- Fat: 9
- Fiber: 1.5
- Carbs: 27
- Protein: 24

Shrimp Teriyaki

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 pounds shrimp, peeled and deveined
- 2 tablespoons soy sauce
- ½ pound pea pods
- 3 tablespoons vinegar
- ¾ cup pineapple juice
- 1 cup chicken stock
- 3 tablespoons sugar

Directions:

Put the shrimp and pea pods into the Instant Pot. In a bowl, mix the soy sauce with vinegar, pineapple juice, stock, and sugar and stir well. Pour this into the Instant Pot, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, uncover, divide among plates, and serve.

Nutrition:

- Calories: 200
- Fat: 4.2
- Fiber: 0.7
- Carbs: 13
- Protein: 38

Fish and Shrimp

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 pounds flounder
- ½ cup water
- ½ pound shrimp, cooked, peeled and deveined
- 2 tablespoons butter
- Salt and ground black pepper, to taste
- 4 lemon wedges

Directions:

Season the fish with salt and pepper and place in the steamer basket of the Instant Pot. Add water to the Instant Pot, cover, and cook on the Steam setting for 10 minutes. Release the pressure, uncover the Instant Pot, transfer the fish to plates and set aside. Discard the water, wipe the Instant Pot clean, and set on Sauté mode. Add the butter and melt it. Add the shrimp, salt and pepper, stir and divide among plates on top of fish, and serve with lemon wedges on the side.

Nutrition:

- Calories: 200
- Fat: 0.2
- Fiber: 0.2
- Carbs: 1
- Protein: 12

Shrimp with Risotto and Herbs

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 tablespoons butter
- 2 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 1½ cups Arborio rice
- 2 tablespoons dry white wine
- 4½ cups chicken stock
- Salt and ground black pepper, to taste
- 1 pound shrimp, peeled and deveined
- ¾ cup Parmesan cheese, grated
- ⅛ cup fresh tarragon, chopped
- ⅛ cup fresh parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add 2 tablespoons butter, and melt. Add the garlic and onion, stir, and cook for 4 minutes. Add the rice, stir, and cook for 1 minute. Add the wine, stir, and cook 30 seconds. Add 3 cups stock, salt, and pepper, stir, cover and cook on the Rice setting for 9 minutes. Release the pressure, uncover the Instant Pot, add the shrimp, the rest of the stock, set the Instant Pot on Sauté mode, and cook for 5 minutes, stirring occasionally. Add the cheese, the rest of the butter, tarragon, and parsley, stir, divide among plates, and serve.

Nutrition:

- Calories: 400
- Fat: 8
- Fiber: 4
- Carbs: 15
- Protein: 29

Spicy Shrimp and Rice

Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 18 ounces shrimp, peeled and deveined
- Salt, to taste
- ½ tablespoon mustard seeds
- ¼ cup vegetable oil
- 2 teaspoons dry mustard
- 1 teaspoon turmeric
- 2 green chilies, cut into halves lengthwise
- 2 onions, diced
- 4 ounces curd, beaten
- 1-inch piece of ginger, peeled and chopped
- Rice, already cooked, for serving

Directions:

Put the mustard seeds in a bowl, add enough water to cover, set aside for 10 minutes, drain and grind very well. Put the shrimp in a bowl, add oil, dry mustard, turmeric, mustard paste, salt, onions, chilies, curd, and ginger, toss to coat and set aside for 10 minutes. Transfer everything to the Instant Pot, cover and cook on Steam mode for 10 minutes. Release the pressure, divide among plates, and serve with boiled rice.

Nutrition:

- Calories: 200
- Fat: 2
- Fiber: 1
- Carbs: 7
- Protein: 11

Shrimp Scampi

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 pound shrimp, cooked, peeled and deveined
- 2 tablespoons extra virgin olive oil
- 1 garlic clove, peeled and minced
- 10 ounces canned diced tomatoes
- $\frac{1}{3}$ cup tomato paste
- $\frac{1}{4}$ teaspoon dried oregano
- 1 tablespoon fresh parsley, diced
- $\frac{1}{3}$ cup water
- 1 cup Parmesan cheese, grated
- Spaghetti noodles, already cooked, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat up. Add the garlic, stir, and cook for 2 minutes. Add the shrimp, tomato paste, tomatoes, water, oregano and parsley, stir, cover, and cook on the Manual setting for 3 minutes. Release pressure, divide among plates, add spaghetti noodles, sprinkle with cheese, and serve.

Nutrition:

- Calories: 288
- Fat: 20
- Fiber: 0
- Carbs: 0.01
- Protein: 23

Octopus and Potatoes

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 2 pounds octopus, cleaned, head removed, emptied, tentacles separated
- 2 pounds potatoes
- Water
- 3 garlic cloves, peeled and crushed
- ½ teaspoon peppercorns
- 1 bay leaf
- 2 tablespoons parsley, diced
- 5 tablespoons vinegar
- Salt and ground black pepper, to taste
- 2 tablespoons extra virgin olive oil

Directions:

Put potatoes into the Instant Pot, add water to cover them, salt and pepper, cover the Instant Pot and cook on the Manual setting for 15 minutes. Release the pressure, transfer potatoes to a bowl, peeled and chopped. Put octopus into the Instant Pot, add more water, bay leaf, 1 garlic clove, peppercorns and more salt. Stir, cover and cook on the Manual setting for 20 minutes. Release the pressure, drain octopus, chop it and add to potatoes. In a bowl, mix olive oil with vinegar, 2 garlic cloves, salt and pepper and stir very well. Add this to octopus salad, also add parsley, toss to coat, and serve.

Nutrition:

- Calories: 300
- Fat: 12
- Fiber: 2
- Carbs: 14

- Protein: 20

Seafood Gumbo

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 10

Ingredients:

- $\frac{3}{4}$ cup vegetable oil
- $1\frac{1}{4}$ cups flour
- 1 cup white onions, chopped
- $\frac{1}{2}$ cup celery, chopped
- 1 cup green bell pepper, chopped
- 4 garlic cloves, chopped
- 2 tablespoons peanut oil
- 6 plum tomatoes, cored and chopped
- Cayenne pepper
- 3 bay leaves
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon celery seeds
- 1 teaspoon sweet paprika
- 1 pound smoked sausage, sliced
- 2 quarts chicken stock
- 24 shrimp, peeled and deveined
- 24 crawfish tails
- 24 oysters
- $\frac{1}{2}$ pound crab meat
- Salt and ground black pepper, to taste
- Rice, already cooked, for serving

Directions:

Heat up a pan with the vegetable oil over medium heat, add the flour and stir for 3-4 minutes. Set the Instant Pot on Sauté mode, add the peanut oil and heat it up. Add the celery, peppers, onions and garlic, stir, and cook for 10 minutes. Add the sausage, tomatoes, stock, bay leaves, cayenne, onion powder, and garlic

powder, thyme, paprika, and celery seeds, stir, and cook for 3 minutes. Add the flour mixture and stir until combined. Add the shrimp, crawfish, crab, oysters, salt and pepper, stir, cover, and cook on the Meat/Stew setting for 15 minutes. Release the pressure, uncover, divide the gumbo among bowls with rice, and serve.

Nutrition:

- Calories: 800
- Fat: 58
- Fiber: 3
- Carbs: 35
- Protein: 36

Stuffed Squid

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 squid
- 1 cup sticky rice
- 14 ounces vegetable stock
- 2 tablespoons sake
- 4 tablespoons soy sauce
- 1 tablespoon mirin
- 2 tablespoons sugar

Directions:

Chop the tentacles from 1 squid and mix with the rice. Fill each squid with rice and seal ends with toothpicks. Place squid into the Instant Pot, add the stock, soy sauce, sake, sugar, and mirin. Cover and cook on the Steam setting for 15 minutes. Release the pressure, uncover the Instant Pot, divide stuffed squid among plates, and serve.

Nutrition:

- Calories: 148
- Fat: 2.4
- Fiber: 1.1
- Carbs: 7
- Protein: 11

Squid Masala

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 17 ounces squid, cleaned and cut
- 1½ tablespoons chili powder
- Salt and ground black pepper, to taste
- ¼ teaspoon turmeric
- 2 cups water
- 5 pieces coconut
- 4 garlic cloves, peeled and minced
- ½ teaspoons cumin seeds
- 3 tablespoons extra virgin olive oil
- ¼ teaspoon mustard seeds
- 1-inch ginger piece, peeled and chopped

Directions:

Put the squid into the Instant Pot. Add the chili powder, turmeric, salt, pepper, and water, stir, cover, and cook on Manual for 15 minutes. In a blender, mix the coconut with the ginger, garlic, and cumin seeds and blend well. Heat up a pan with oil over medium high heat, add the mustard seeds and toast for 2-3 minutes.

Release the pressure from the Instant Pot and transfer the squid and water to the pan. Stir and mix with the coconut blend. Cook until everything thickens, divide among plates, and serve.

Nutrition:

- Calories: 255
- Fat: 0
- Fiber: 1
- Carbs: 7
- Protein: 9

Octopus Stew

Preparation time: 1 day

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 1 octopus, cleaned, head removed, emptied, tentacles separated
- 1 cup red wine
- 1 cup white wine
- 1 cup water
- ½ cup vegetable oil
- ½ cup extra virgin olive oil
- 2 tablespoons hot sauce
- 1 tablespoon paprika
- 1 tablespoon tomato paste
- Salt and ground black pepper, to taste
- ½ bunch fresh parsley, chopped
- 2 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 4 potatoes, cut into quarters.

Directions:

Put the octopus in a bowl and add the white wine, red wine, water, vegetable oil, hot sauce, paprika, tomato paste, salt, pepper, and parsley. Toss to coat, cover, and keep in refrigerated for 1 day. Set the Instant Pot on Sauté mode, add the olive oil and heat it up. Add the onions and potatoes, stir and cook for 3 minutes. Add the garlic, octopus, and marinade, stir, cover, and cook on the Meat/Stew setting for 8 minutes. Release the pressure, uncover the Instant Pot, divide stew among bowls, and serve.

Nutrition:

- Calories: 210

- Fat: 9
- Fiber: 0
- Carbs: 4
- Protein: 32

Greek Octopus

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 6

Ingredients:

- 1 octopus, cleaned, head removed, emptied, tentacles separated
- 2 rosemary sprigs
- 2 teaspoons dried oregano
- ½ yellow onion, peeled and roughly chopped
- 4 thyme sprigs
- ½ lemon
- 1 teaspoon black peppercorns
- 3 tablespoons extra virgin olive oil

For the marinade:

- ¼ cup extra virgin olive oil
- Juice of ½ lemon
- 4 garlic cloves, peeled and minced
- 2 thyme sprigs
- 1 rosemary sprig
- Salt and ground black pepper, to taste

Directions:

Put the octopus into the Instant Pot. Add the oregano, 2 rosemary sprigs, 4 thyme sprigs, onion, lemon, 3 tablespoons olive oil, peppercorns and salt. Stir, cover, and cook on Manual mode for 10 minutes. Release the pressure, uncover the Instant Pot, transfer octopus on a cutting board, cut tentacles and place them in a bowl. Add ¼ cup olive oil, lemon juice, garlic, 1 rosemary sprig, 2 thyme sprigs, salt and pepper, toss to coat and set aside for 1 hour. Heat up your grill on medium heat, add the octopus, grill for 3 minutes on each side, and divide among plates. Drizzle the marinade over octopus, and serve.

Nutrition:

- Calories: 161
- Fat: 1
- Fiber: 0
- Carbs: 1
- Protein: 9

Braised Squid

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 pound squid, cleaned and cut
- 1 pound fresh peas
- ½ pounds canned crushed tomatoes
- 1 yellow onion, peeled and chopped
- White wine
- Olive oil
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add some oil and heat it up. Add the onion, stir, and cook for 3 minutes. Add the squid, stir, and cook for 3 more minutes. Add the wine, tomatoes and peas, stir, cover, and cook for 20 minutes. Release the pressure, uncover the Instant Pot, add salt and pepper, stir, divide among plates, and serve.

Nutrition:

- Calories: 145
- Fat: 1
- Fiber: 0
- Carbs: 7
- Protein: 12

Squid Roast

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 pound squid, cleaned and cut into small pieces
- 10 garlic cloves, peeled and minced
- 2-inch ginger piece, peeled and grated
- 2 green chilies, chopped
- 2 yellow onions, peeled and chopped
- 1 bay leaf
- ½ tablespoon lemon juice
- ¼ cup coconut, sliced
- 1 tablespoon coriander
- ¾ tablespoon chili powder
- 1 teaspoon garam masala
- Salt and ground black pepper, to taste
- Turmeric
- 1 teaspoon mustard seeds
- ¾ cup water
- 3 tablespoons vegetable oil

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the mustard seeds and fry for 1 minute. Add the coconut and cook 2 minutes. Add the ginger, onions, garlic, and chilies, stir, and cook 30 seconds. Add the salt, pepper, bay leaf, coriander, chili powder, garam masala, turmeric, water, lemon juice, and squid. Stir, cover and cook on Steam mode for 25 minutes. Release pressure, uncover, divide among plates, and serve.

Nutrition:

- Calories: 209
- Fat: 10

- Fiber: 0.5
- Carbs: 9.3
- Protein: 20

Snacks and Appetizer Recipes

Special Party Spread

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 4 tablespoons sesame seeds paste
- 5 tablespoons olive oil
- 1 cup veggie stock
- 1 cauliflower head, florets separated
- 1 small eggplant, chopped
- 1 red bell pepper, chopped
- 4 tablespoons lemon juice
- 1 teaspoon garlic powder
- Black pepper to the taste
- ½ teaspoon cumin, ground

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add cauliflower, eggplant and bell pepper, stir and sauté for 4 minutes.
2. Add stock, cumin, garlic powder and black pepper, stir, cover and cook on High for 6 minutes.

3. Transfer veggies to a blender, leave them to cool down a bit, add lemon juice and sesame seeds paste and pulse really well.
4. Transfer to small bowls and serve with veggie matchsticks on the side.

Enjoy!

Nutrition: calories 90, fat 1, fiber 2, carbs 4, protein 3

Red Pepper Spread

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 4 cups water
- 6 big red bell peppers, deseeded
- A pinch of salt
- 2 garlic cloves, roasted and minced
- 3 tablespoons olive oil
- A pinch of cumin, ground
- ½ cup lemon juice

- 1 cup sesame seeds, toasted

Directions:

1. Put bell peppers in your instant pot, add the water, cover and cook on High for 15 minutes.
2. Drain, transfer them to your blender, add a pinch of salt, garlic, oil, cumin, lemon juice and sesame seeds and pulse really well.
3. Divide into bowls and serve as a party spread.

Enjoy!

Nutrition: calories 80, fat 1, fiber 2, carbs 2, protein
2

Onions Delight

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 12 red onions, peeled, tops cut off and insides scooped out
- 2 cups veggie stock
- 4 cups water
- 5 sweet potatoes, chopped
- 1 tablespoon flaxseed mixed well with 2 tablespoons water
- 3 tablespoons thyme, chopped
- A pinch of sea salt and black pepper

Directions:

1. Put sweet potatoes in your instant pot, add 2 water, cover, cook on High for 15 minutes, drain, transfer them to a bowl and mash well.
2. *Add flaxseed, salt, pepper and thyme, stir and stuff each onion with this mix.*
3. *Add the rest of the water and the stock to your instant pot, add steamer basket as well and arrange stuffed onions inside.*
4. *Cover and cook on High for 10 minutes more.*

5. *Divide among a platter and serve as an appetizer.*

Enjoy!

Nutrition: calories 110, fat 1, fiber 2, carbs 2, protein 4

Special And Delicious Snack

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds Brussels sprouts, halved
- 1 tablespoon white pepper
- 3 tablespoons coconut aminos
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 2 garlic cloves, minced

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add the garlic, stir and cook for 1 minute.
2. Add Brussels sprouts, coconut aminos, vinegar and the white pepper, toss to coat, cover and cook on High for 5 minutes.
3. Transfer sprouts to a bowl and serve as a snack.

Enjoy!

Nutritional value: calories 50, fat 0, fiber 3, carbs 3, protein 4

Carrot Snack

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 2 pounds carrots, halved and sliced
- 1 tablespoon maple syrup
- 1 tablespoon olive oil
- 1 cup water
- Black pepper to the taste
- ¼ cup raisins

Directions:

1. Put the carrots, raisins and the water in your instant pot, cover and cook on Low for 5 minutes.
2. Drain carrots, transfer them to a bowl, add maple syrup, black pepper and oil, toss and serve as a snack.

Enjoy!

Nutritional value: calories 40, fat 1, fiber 2, carbs 3, protein 3

Crab Appetizer

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 4 pounds crab legs, halved
- 3 lemon wedges
- ¼ cup ghee, melted
- 1 cup water

Directions:

1. Put the water in your instant pot, add the steamer basket, add crab legs, cover and cook on High for 4 minutes.
2. Transfer crab legs to a platter, drizzle melted ghee and serve as an appetizer with lemon wedges on the side.

Enjoy!

Nutrition: calories 40, fat 1, fiber 0, carbs 0, protein 3

Appetizer Meatballs

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds beef, ground
- 1 egg, whisked
- 2 garlic cloves, minced
- 16 ounces tomatoes, crushed
- 14 ounces tomato puree
- ¼ cup parsley, chopped
- 1 yellow onion, chopped
- Black pepper to the taste

Directions:

1. In a bowl, mix beef with egg, parsley, garlic, black pepper and onion, stir and shape 16 meatballs.
2. Put tomato puree and crushed tomatoes in your instant pot, add meatballs, cover and cook on High for 15 minutes.
3. Arrange them on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 130, fat 3, fiber 2, carbs 6, protein 6

Chicken Appetizer

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 tablespoons garlic, minced
- 3 pounds chicken wings
- 3 tablespoons coconut aminos
- 2 and ¼ cups pineapple juice
- 1 teaspoon olive oil
- 2 tablespoons almond flour
- 1 tablespoon ginger, grated
- A pinch of sea salt
- A pinch of red pepper flakes, crushed
- 2 tablespoons 5 spice powder
- Sesame seeds, toasted for serving

Directions:

1. Put 2 cups pineapple juice in your instant pot, add oil, a pinch of salt, coconut aminos, ginger and garlic and whisk well.
2. In a bowl, mix almond flour with the rest of the pineapple juice, whisk and also add to your instant pot.
3. Add chicken wings, a pinch of red pepper flakes and 5 spice, stir, cover and cook on

High for 15 minutes.

4. Transfer chicken wings to a platter, sprinkle sesame seeds on top and serve as an appetizer with the juices from the pot on the side

Enjoy!

Nutrition: calories 200, fat 4, fiber 3, carbs 4, protein 12

Fish Delight

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 eggs, whisked
- 1 pound cod fillets, cut into medium strips
- 2 cups almond flour
- A pinch of sea salt and black pepper
- ¼ teaspoon paprika
- 1 cup water

Directions:

1. In a bowl, mix flour with salt, pepper and paprika and stir.
2. Put the eggs in another bowl.
3. Dip fish strips in the eggs and flour mix.
4. Add the water to your instant pot, add the steamer basket, place fish strips inside, cover and cook on High for 10 minutes.
5. Arrange on a platter and serve them.

Enjoy!

Nutrition: calories 120, fat 2, fiber 4, carbs 3, protein 7

Great Green Dip

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 1 cup almond milk
- 2 garlic cloves, minced
- 28 ounces artichokes, canned, drained and chopped
- 1 cup cashews, soaked for 2 hours and drained
- 8 ounces canned water chestnuts, drained
- 2 tablespoons lemon juice
- 2 teaspoons mustard
- 8 ounces spinach
- Black pepper to the taste
- 1 tablespoon Paleo mayonnaise

Directions:

1. In your food processor, mix cashews with garlic, almond milk, mustard and lemon juice, blend well and transfer to your instant pot.
2. Add chestnuts, spinach, black pepper and artichokes, stir, cover and cook on high for 3 hours.

3. Transfer to a bowl, cool down, add mayo, stir and serve as a party dip.

Enjoy!

Nutrition: calories 130, fat 4, fiber 2, carbs 3, protein 4

Carrot Snack

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 14

Ingredients:

- ½ teaspoon cinnamon powder
- 1 cup water
- 1 egg white, whisked
- 1 cup baby carrots, grated
- ¾ cup pecans, chopped
- 1 tablespoon honey
- 2 tablespoons coconut flour
- 2 tablespoons flax meal

Directions:

1. In a bowl, mix baby carrots with egg white, cinnamon, pecans, honey, flax meal and coconut flour, stir well and shape 14 balls out of this mix.
2. Add the water to your instant pot, add the steamer basket, add carrot balls, cover and cook on High for 6 minutes.
3. Arrange carrot balls on a platter and serve.

Enjoy!

Nutrition: calories 120, fat 2, fiber 1, carbs 2, protein
3

Mushroom Appetizer

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 pound chorizo, chopped
- 1 pound big white mushroom caps, stems separated and chopped
- 2 tablespoons olive oil
- 1 cup water
- 1 yellow onion, chopped
- A pinch of black pepper

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add mushrooms stems, onion and a pinch of black pepper, stir and sauté for 5 minutes.
2. Add chorizo, stir, transfer to a bowl, cool down and stuff mushrooms with this mix.
3. Clean your instant pot, add the water, add the steamer basket, place stuffed mushrooms inside, cover and cook on High for 7 minutes.
4. Arrange on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 135, fat 2, fiber 2, carbs 4, protein 12

Zucchini Appetizer

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 3 zucchinis, thinly sliced lengthwise
- 14 bacon slices
- 1 cup water
- ½ cup sun dried tomatoes, chopped
- 4 tablespoons balsamic vinegar
- ½ cup basil, chopped
- Black pepper to the taste

Directions:

1. Put zucchini slices in a bowl, add vinegar, toss a bit and leave aside for 10 minutes.
2. Drain and arrange zucchini slices on a cutting board.
3. Divide bacon slices, basil and sundried tomatoes into each zucchini slices, season with a pinch of black pepper, wrap and secure with toothpicks.
4. Add the water to your instant pot, add the steamer basket, add zucchini rolls, cover and cook on High for 5 minutes.
5. Arrange on a platter and serve.

Enjoy!

Nutrition: calories 143, fat 2, fiber 3, carbs 5, protein 3

Crazy And Unique Appetizer

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 3 tablespoons curry powder
- 1 cup almond flour
- 1 cup water
- 3 chicken breasts, boneless, skinless and cut into thin strips
- 2 teaspoons turmeric powder
- 1 tablespoon cumin, ground
- 1 tablespoon garlic powder
- Black pepper to the taste

Directions:

1. In a bowl, mix curry powder with flour, turmeric, cumin, garlic powder and black pepper, stir well, add chicken strips and toss to coat.
2. Put the water in your instant pot, add the steamer basket, add chicken strips, cover and cook on High for 10 minutes.
3. Arrange on a platter and serve.

Enjoy!

Nutrition: calories 100, fat 2, fiber 3, carbs 4, protein
2

Almonds Surprise

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 10

Ingredients:

- 3 tablespoons cinnamon powder
- 3 tablespoons stevia
- 4 and ½ cups almonds, raw
- 2 cups water
- 2 teaspoons vanilla extract

Directions:

1. In a bowl, mix 1 cup water with vanilla extract and whisk.
2. In another bowl, mix cinnamon with stevia and stir.
3. Dip almonds in water, then in cinnamon mix and place them in a heatproof dish.
4. Add the rest of the water to your instant pot, add the steamer basket, add the dish inside, cover and cook on High for 10 minutes.
5. Transfer almond to a bowl and serve them as a snack.

Enjoy!

Nutrition: calories 100, fat 3, fiber 4, carbs 3, protein
4

Sweet Potato Spread

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 6

Ingredients:

- 2 cups sweet potatoes, peeled and chopped
- ¼ cup sesame seeds paste
- 2 tablespoons lemon juice
- 5 garlic cloves, minced
- 1 tablespoon olive oil
- ½ teaspoon cumin, ground
- 2 cups water+ 2 tablespoons water
- A pinch of salt

Directions:

1. Put 2 cups water in your instant pot, add the steamer basket, add potatoes, cover and cook on High for 12 minutes.
2. Transfer potatoes to your food processor, add 2 tablespoons water, sesame seeds paste, lemon juice, garlic, oil, cumin and a pinch of salt and pulse really well.
3. Divide into bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 130, fat 3, fiber 1, carbs 4, protein
7

Mint Dip

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 bunch spinach, chopped
- ½ cup water
- 2 tablespoons mint, chopped
- 1 scallion, sliced
- ¾ cup coconut cream
- Black pepper to the taste

Directions:

1. Put spinach and water in your instant pot, cover and cook on High for 4 minutes.
2. Drain spinach well, transfer it to a bowl, add mint, scallion, cream and black pepper and stir really well.
3. Leave this dip aside for 10 minutes before serving it.

Enjoy!

Nutrition: calories 140, fat 3, fiber 3, carbs 3, protein 3

Popular Shrimp Appetizer

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 8

Ingredients:

- 2 pounds big shrimp, deveined
- 4 cup water
- 1 lemon, halved
- 2 bay leaves
- 1 medium lemon, sliced for serving
- $\frac{3}{4}$ cup tomato paste
- 2 and $\frac{1}{2}$ tablespoons horseradish, prepared
- $\frac{1}{4}$ teaspoon hot pepper sauce
- 2 tablespoons lemon juice

Directions:

1. Put the water in your instant pot, add halved lemon and bay leaves.
2. Add shrimp, cover and cook on High for 2 minutes.
3. Transfer shrimp to a bowl filled with ice water, cool it down and transfer to smaller bowls filled with ice.
4. In a separate bowl, mix hot sauce with tomato paste, lemon juice and horseradish and whisk.

5. Serve your shrimp with the sauce you made and lemon slices on the side.

Enjoy!

Nutrition: calories 140, fat 1, fiber 3, carbs 5, protein 2

Incredible Scallops

Preparation time: 5 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 jalapeno pepper, seedless and minced
- ¼ cup extra virgin olive oil
- ¼ cup rice vinegar
- ¼ teaspoon mustard
- Black pepper to the taste
- A pinch cayenne pepper
- 1 tablespoon vegetable oil
- 12 big sea scallops
- 2 oranges, sliced

Directions:

1. In your blender, mix jalapeno with olive oil, mustard, black and vinegar and pulse really well.
2. Season scallops with cayenne pepper.
3. Heat up a pan with the vegetable oil over high temperature, add scallops and cook them for 3 minutes on each side.
4. Divide scallops on plates, place orange slices on top and drizzle the jalapeno vinaigrette.

Enjoy!

Broiled Lobster Tails

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 big whole lobster tails
- ½ teaspoon paprika
- ½ cup coconut butter
- White pepper to the taste
- 1 lemon cut into wedges

Directions

1. Place lobster tails on a baking sheet, cut top side of lobster shells and pull them apart
2. Season with white pepper and paprika.
3. Add butter and toss gently
4. Introduce lobster tails in preheated broiler and broil for 10 minutes.
5. Divide among plates, garnish with lemon wedges and serve right away!

Enjoy!

Nutrition: calories 140, fat 2, fiber 2, carbs 6, protein 6

Delightful Herring Appetizer

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 10 pieces herring roe, soaked in water for half a day and drained
- 3 cups water
- 2 tablespoons stevia
- 3 tablespoons coconut aminos
- 1 handful mild chili flakes

Directions:

1. In your instant pot, mix water with stevia, aminos, chili flakes and herring roe.
2. Cover, cook on High for 2 minutes, divide into bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 140, fat 2, fiber 1, carbs 2, protein 3

Salmon Patties

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 pound salmon, ground
- 2 tablespoons lemon zest
- Black pepper to the taste
- A pinch of sea salt
- 1 teaspoon olive oil
- ½ cup flax meal

Directions:

1. In your food processor, mix salmon with flax meal, salt, pepper and lemon zest, pulse well, shape 4 patties out of this mix and place them on a plate.
2. Set your instant pot on Sauté mode, add the oil and heat it up.
3. Add patties, cover pot and cook on High for 10 minutes.
4. Arrange patties on a platter and serve.

Enjoy!

Nutrition: calories 142, fat 3, fiber 2, carbs 3, protein 4

Clams And Mussels Appetizer

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 chorizo links, chopped
- 15 clams
- 30 mussels, scrubbed
- 10 ounces veggies stock
- 1 yellow onion, chopped
- 1 teaspoon olive oil
- 2 tablespoons parsley, chopped
- Lemon wedges

Directions:

1. Put the oil in your instant pot, set it on Sauté mode, heat it up, add onions and chorizo, stir and cook for 4 minutes.
2. Add clams, mussels and stock, stir, cover and cook on High for 10 minutes.
3. Release pressure, add parsley, stir, divide into bowls and serve with lemon wedges on the side.

Enjoy!

Nutrition: calories 142, fat 2, fiber 2, carbs 3, protein
6

Special Shrimp Appetizer

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 2 tablespoons coconut aminos
- 1 pound shrimp, peeled and deveined
- 1 cup chicken stock
- 3 tablespoon stevia
- 3 tablespoons balsamic vinegar
- $\frac{3}{4}$ cup pineapple juice

Directions:

1. In your instant pot, mix shrimp with aminos, stock, vinegar, pineapple juice and stevia, stir everything well, cover pot and cook on High for 4 minutes.
2. Divide into bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 132, fat 2, fiber 2, carbs 3, protein 5

Stuffed Squid

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 14 ounces veggie stock
- 3 tablespoons coconut aminos
- 4 squid, tentacles separated and chopped
- 1 cup cauliflower rice
- 2 tablespoon water
- 2 tablespoons stevia

Directions:

1. In a bowl, mix tentacles with cauliflower rice, stir and stuff squid with this mix.
2. Place stuffed squid in your instant pot, add aminos, stock, stevia and water stir, cover and cook on High for 15 minutes.
3. Arrange on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 162, fat 3, fiber 2, carbs 3, protein 6

Exotic Anchovies

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 2

Ingredients:

- 2 garlic cloves, minced
- 1 tablespoon water
- 1 tablespoon stevia
- 1 cup anchovies, dried
- 1 and ½ tablespoons olive oil
- Black sesame seeds for serving
- Roasted sesame seeds for serving

Directions:

1. In a bowl, mix water with garlic and stevia, stir and leave aside for a couple of minutes.
2. Set your instant pot on Sauté mode, add anchovies, stir, cook them for 1 minute and transfer to a bowl
3. Add oil, heat up for 1 minute, add garlic mixture and anchovies, cover, cook on High for 2 minutes and transfer to bowls.
4. Add black sesame seeds and roasted ones, toss and serve as an appetizer.

Enjoy!

Nutrition: calories 132, fat 3, fiber 3, carbs 5, protein 5

Appetizer Salad

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- ½ pounds mushrooms, roughly sliced
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 tomato, roughly chopped
- 1 teaspoon basil, dried
- 1 tablespoon coriander, chopped
- Black pepper to the taste
- 3 tablespoons lemon juice
- ½ cup water

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add garlic and mushrooms, stir and sauté for 3 minutes.
2. Add basil, water, tomato, lemon juice and black pepper, stir, cover and cook on High for 5 minutes.
3. Divide into small bowls, sprinkle coriander on top and serve.

Enjoy!

Nutrition: calories 90, fat 2, fiber 1, carbs 2, protein
3

Carrot Appetizer

Preparation time: 10 minutes

Cooking time: 9 minutes

Servings: 4

Ingredients:

- ¼ yellow onion, chopped
- 1 tablespoon olive oil
- ½ cup water
- 4 carrots, cut into thin matchsticks
- 1 garlic clove, minced
- 6 ounces canned white tuna, drained and flaked
- 1 tablespoon Dijon mustard
- 1 tablespoon balsamic vinegar
- A pinch of salt and black pepper
- 1 tablespoon lemon juice

Directions:

1. In a bowl, mix vinegar with salt, pepper, mustard and lemon juice, whisk well and leave aside.
2. Set your instant pot on sauté mode, add the oil, heat it up, add onion and garlic, stir and sauté for 4 minutes.
3. Add carrots and water, stir, cover and cook on High for 5 minutes.

4. Transfer carrots to a salad bowl, add tuna and the salad dressing, toss to coat and keep in the fridge until you serve it as an appetizer.

Enjoy!

Nutrition: calories 100, fat 3, fiber 3, carbs 6, protein 8

Salmon Cakes

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 28 ounces canned salmon, drained, skinless and flaked
- 1 and $\frac{1}{4}$ coconut flour
- 3 tablespoons capers
- 1 egg, whisked
- 1 tablespoon lemon juice
- 2 tablespoons parsley, chopped
- 1 tablespoon coconut aminos
- 1 and $\frac{1}{2}$ teaspoons tarragon, chopped
- $\frac{1}{2}$ cup water
- A pinch of sea salt and black pepper
- 2 tablespoons olive oil

Directions:

1. In a bowl, mix salmon with egg, $\frac{1}{2}$ cup flour, aminos, tarragon, capers, salt and pepper, stir, shape 12 patties and place them on a plate.
2. Put the rest of the flour in a bowl, add salmon patties and dredge them well.

3. Set your instant pot on sauté mode, add the oil, heat it up, add patties, cook them for 2 minutes on each side and transfer to a plate.
4. Clean the pot, add the water, add the steamer basket, place salmon cakes inside, cover, cook on High for 3 minutes more, arrange them on a platter and serve with parsley sprinkled on top and lemon juice drizzled at the end.

Enjoy!

Nutrition: calories 142, fat 3, fiber 2, carbs 3, protein 5

Simple Beef Party Patties

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- ½ cup flax meal
- 1 and ½ pound beef, ground
- 1 egg
- A pinch of salt and black pepper
- 10 ounces veggie stock
- 1 tablespoon coconut flour
- ¼ cup tomato paste
- ½ teaspoon mustard powder
- ¼ cup water

Directions:

1. In a bowl, mix 1/3 cup stock with beef, salt, pepper, egg and flax meal, shape 6 patties and leave them aside.
2. Set your instant pot on Sauté mode, add beef patties, brown them for a few minutes and transfer to a plate.
3. Add the rest of the stock, flour, water, tomato paste and mustard powder to your instant pot, stir, add patties, cover and cook on High for 10 minutes.

4. Divide patties on a platter, drizzle the sauce over them and serve.

Enjoy!

Nutrition: calories 214, fat 3, fiber 1, carbs 4, protein 13

Hearty Eggplants Appetizer

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 4 small eggplants, halved and insides scooped out
- A pinch of and black pepper to the taste
- 3 tablespoons olive oil
- 1 cup water
- 1 yellow onion, chopped
- 1 tablespoon garlic, minced
- 2 and ½ pounds tomatoes, peeled and grated
- 1 green bell pepper, chopped
- ½ cup cauliflower, chopped
- 1 teaspoon oregano, chopped
- ½ cup parsley, chopped

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion, stir and sauté for 3 minutes.
2. Add bell pepper, garlic and cauliflower, stir, cook for 2 minutes more, transfer to a bowl and mix with parsley, tomato, salt, pepper and

oregano, stir and stuff eggplants with the veggie mix.

3. Put the water in your instant pot, add the steamer basket, place stuffed eggplants, cover and cook on High for 6 minutes.
4. Arrange them on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 140, fat 4, fiber, 2, carbs 3, protein 2

Elegant Scallops Salad

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings:

Ingredients:

- 1 pound bay scallops
- 2 teaspoons cayenne pepper
- 3 tablespoons lemon juice
- 1 tablespoon Paleo mayo
- 1 teaspoon mustard
- ½ cup olive oil+ 2 tablespoons
- 1 garlic clove, minced
- 2 handfuls mixed salad greens
- 1 avocado, pitted, peeled and cubed
- 1 red bell pepper, cut into thin strips
- 1 cup water

Directions:

1. In a salad bowl, mix salad greens with avocado and bell pepper and leave aside for now.
2. In another bowl, mix lemon juice with mustard, garlic, mayo, 2 tablespoons oil and a pinch of cayenne, whisk well and also leave aside.

3. Put in another bowl, add 2 teaspoons cayenne and toss to coat.
4. Set your instant pot on sauté mode, add ½ cup oil, heat it up, add scallops and cook for 1 minute on each side.
5. Clean your instant pot, add the water, add the steamer basket, add scallops, cover and cook on High for 2 minutes.
6. Add scallops over mixed salad, drizzle the mustard and mayo dressing, toss gently, divide among appetizer plates and serve.

Enjoy!

Nutrition: calories 145, fat 2, fiber 2, carbs 6, protein 6

Special Spinach Appetizer Salad

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 red onions, cut into medium wedges
- 1 butternut squash, cut into medium wedges
- 1 cup water
- 6 cups spinach
- 4 parsnips, roughly chopped
- A pinch of black pepper
- 2 tablespoons balsamic vinegar
- 1/3 cup nuts, roasted
- 1 teaspoon Dijon mustard
- ½ tablespoons oregano, dried
- 1 garlic clove, minced
- 6 tablespoons olive oil

Directions:

1. In a bowl, mix squash with onions, parsnips, half of the oil, oregano and a pinch of black pepper and toss well.
2. Add the water to your instant pot, add the steamer basket, add veggies inside, cover and cook on High for 12 minutes.

3. In a bowl, mix vinegar with the rest of the oil, garlic, mustard and pepper to the taste and whisk very well.
4. Put spinach in a salad bowl, add roasted veggies, add dressing, sprinkle nuts, toss to coat, divide among appetizer plates and serve.

Enjoy!

Nutrition: calories 131, fat 1, fiber 2, carbs 3, protein 4

Textured Appetizer Salad

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

- 1 pound beef steak, cut into strips
- ½ cup water
- 3 cups broccoli, florets separated
- 8 cups baby salad greens
- 1 red onion, sliced
- 1 red bell pepper, sliced

- 1 tablespoon ginger, minced
- Black pepper to the taste
- ½ cup olive oil
- 2 tablespoons lime juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons shallots, finely chopped

Directions:

1. In a bowl, mix ginger with oil, lime juice, vinegar, shallots and pepper to the taste and whisk.
2. Set your instant pot on sauté mode, add 2 tablespoons of the vinaigrette, heat it up, add broccoli and beef, stir and sauté for 3 minutes.

3. Add water, cover and cook on High for 14 minutes.
4. Transfer beef and broccoli to a salad bowl, add salad greens, onion and bell pepper
5. Add black pepper, drizzle the rest of the vinaigrette, toss to coat and serve.

Enjoy!

Nutrition: calories 140, fat 4, fiber 2, carbs 5, protein 6

Incredible Chicken Appetizer

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 teaspoons parsley
- 2 chicken breasts, skinless and boneless
- ½ teaspoon onion powder
- 1 cup water
- 2 teaspoons sweet paprika
- ½ cup lemon juice
- A pinch of sea salt and black pepper
- 5 cups baby spinach
- 8 strawberries, sliced
- 1 small red onion, sliced
- 1 avocado, pitted, peeled and cut into small chunks
- ¼ cup olive oil
- 1 tablespoon tarragon, chopped
- 2 tablespoons balsamic vinegar

Directions:

1. Put chicken in a bowl, add lemon juice, parsley, onion powder and paprika and toss to coat.

2. Put the water in your instant pot, add the steamer basket, add chicken breasts, cover and cook on High for 10 minutes.
3. Transfer chicken to a cutting board, cool down, shred and transfer to a salad bowl.
4. Add spinach, onion, strawberries and avocado and toss.
5. In a bowl, mix oil with vinegar, salt, pepper and tarragon, whisk well add to the salad, toss, divide among appetizer plates and serve.

Enjoy!

Nutrition: calories 140, fat 1, fiber 3, carbs 3, protein 3

Special Bell Peppers Appetizer

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon ghee
- ½ cup veggie stock
- 2 red bell peppers, cut into big strips
- 2 red onions, cut into strips
- Black pepper to the taste
- 1 teaspoon basil, dried

Directions:

1. Set your instant pot on sauté mode, add ghee and oil, heat it up, add onion and bell peppers, stir and sauté for 10 minutes.
2. Add stock, basil and black pepper, cover and cook on Low for 7 minutes.
3. Transfer to small bowls and serve.

Enjoy!

Nutrition: calories 47, fat 4, fiber 1, carbs 1, protein 4

Red Chard Wonder

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- ½ cup veggie stock
- 2 tablespoons capers
- 2 tablespoons kalamata olives, pitted and sliced
- Juice of 1 lemon
- Black pepper to the taste
- 1 teaspoon stevia
- 2 bunches red chard, chopped

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onions, stir and sauté for 3 minutes.
2. Add stevia, chard, olives, lemon juice, capers, black pepper and stock, stir, cover and cook on High for 4 minutes.
3. Divide into small bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 89, fat 1, fiber 1, carbs 2, protein 2

Special Olives Snack

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 cup black olives, pitted
- 1 cup kalamata olives, pitted
- 1 cup green olives, stuffed with almonds
- 10 garlic cloves
- 2 tablespoons olive oil
- ½ cup water
- 1 tablespoon Italian herbs, dried
- 1 teaspoon lemon zest, grated
- Black pepper to the taste
- 1 tablespoon thyme for serving

Directions:

1. In a bowl, mix black, kalamata and green olives with oil, garlic and herbs, toss to coat and transfer to a small baking dish.
2. Put the water in your instant pot, add the steamer basket, place the baking dish inside, cover and cook on High for 6 minutes.
3. Transfer olives to a bowl, sprinkle lemon zest, black pepper and thyme on top, toss

to coat and serve as a snack.

Enjoy!

Nutrition: calories 100, fat 2, fiber 2, carbs 3, protein
1

Tasty Turnip Sticks

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 pounds turnips, peeled and cut into sticks
- Black pepper to the taste
- 2 tablespoons olive oil
- ½ cup water

- 2 tablespoons chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon oregano, dried
- 1 and ½ tablespoons cumin, ground

Directions:

1. In a bowl, mix chili powder with onion powder, garlic powder, oregano, cumin and parsnip sticks and toss.
2. Season with black pepper, drizzle the oil and toss to coat well.
3. Add the water to your instant pot, add the steamer basket, add turnip sticks, cover and cook on High for 5 minutes.
4. Transfer parsnips stick to a bowl and serve as a snack.

Enjoy!

Nutrition: calories 112, fat 1, fiber 1, carbs 1, protein 3

Yummy Mushrooms Snack

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- ½ cup water
- 16 ounces baby mushrooms
- Black pepper to the taste
- 3 tablespoons onion, dried
- 3 tablespoons parsley flakes
- 1 teaspoon garlic powder

Directions:

1. In a bowl, mix parsley flakes with onion, pepper, garlic powder, mushrooms and oil and toss.
2. Put the water in your instant pot, add the steamer basket, add mushrooms, cover and cook on High for 10 minutes.
3. Divide into small bowls and serve as a snack.

Enjoy!

Nutrition: calories 98, fat 2, fiber 2, carbs 3, protein 4

Cauliflower Dip

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 14

Ingredients:

- 1 and ½ cups veggie stock
- 1 cauliflower head, florets separated
- ¼ cup Paleo mayonnaise
- ½ cup yellow onion, chopped
- ¾ cup cashew cheese
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon cumin, ground
- Black pepper to the taste

Directions:

1. Put the stock in your instant pot, add onion, cauliflower, black pepper, chili powder, cumin and garlic powder, stir, cover and cook on High for 6 minutes.
2. Add cashew cheese, stir and leave aside to cool down a bit.
3. Add mayo, blend using an immersion blender, divide into bowls and keep in the fridge until you serve it with veggie matchsticks on the side.

Enjoy!

Nutrition: calories 60, fat 1, fiber 1, carbs 1, protein
2

Wrapped Shrimp

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 12

Ingredients:

- 2 tablespoons olive oil
- 1 cup water+ 2 tablespoons
- 12 big shrimp, cooked, peeled and deveined
- 1 tablespoons mint, chopped
- 2 tablespoons stevia
- 1/3 cup blackberries, pureed
- 12 prosciutto slices

Directions:

1. Put 1 cup water in your instant pot, add the steamer basket, wrap each shrimp in a prosciutto slice, drizzle the olive oil over them, add them to the steamer basket, cover and cook on High for 4 minutes.
2. Meanwhile, heat up pan with ground blackberries over medium heat, add mint, stevia and 2 tablespoons water, stir, cook for 3 minutes and take off heat.
3. Arrange wrapped shrimp on a platter, drizzle blackberries sauce all over and serve.

Enjoy!

Nutrition: calories 142, fat 1, fiber 2, carbs 1, protein 6

Refreshing Zucchini Snack

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- ½ cup tomato sauce
- 1 zucchini, sliced
- Black pepper to the taste
- A pinch of cumin

Directions:

1. Put tomato sauce in your instant pot, add zucchini slices, black pepper and a pinch of cumin, toss gently, cover and cook on High for 3 minutes.
2. Arrange zucchini slices on a platter and serve them as a snack.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 2, protein 3

Turkey Appetizer Meatballs

Preparation time: 10 minutes

Cooking time: 14 minutes

Servings: 12

Ingredients:

- 1 egg
- 1 pound turkey, ground
- A pinch of salt and black pepper
- ¼ cup almond flour
- ½ teaspoon garlic powder
- 1 cup water
- 2 tablespoons sun dried tomatoes, chopped
- 2 tablespoons olive oil
- 2 tablespoon basil, chopped

Directions:

1. In a bowl, mix turkey with salt, pepper, egg, flour, garlic powder, sun dried tomatoes and basil, stir well and shape 12 meatballs out of this mix.
2. Set your instant pot on sauté mode, add the oil, heat it up, add meatballs brown them for 2 minutes on each side and transfer to a plate.
3. Clean your instant pot, add the water, add the steamer basket, add meatballs inside,

- cover and cook on High for 12 minutes.
4. Arrange turkey meatballs on a platter and serve.

Enjoy!

Nutrition: calories 80, fat 1, fiber 3, carbs 2, protein 4

Tuna Patties

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 12

Ingredients:

- 15 ounces canned tuna, drain and flaked
- 1 teaspoon parsley, chopped
- 1 teaspoon dill, chopped
- 1 teaspoon garlic powder
- ½ cup red onion, chopped
- A pinch of sea salt and black pepper
- 1 tablespoon olive oil
- ½ cup water
- 3 eggs

Directions:

1. In a bowl, mix tuna with salt, pepper, dill, parsley, onion, garlic powder and eggs, stir well, shape your patties and put them on a plate.
2. Set your instant pot on sauté mode, add oil, heat it up, add patties, cook them for 2 minutes on each side and transfer them to a plate.
3. Clean your instant pot, add the water, add the steamer basket, add tuna patties

inside, cover and cook on High for 6 minutes,

4. Arrange patties on a platter and serve them as an appetizer.

Enjoy!

Nutrition: calories 120, fat 2, fiber 1, carbs 1, protein 3

Elegant Duck Appetizer

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 tablespoon stevia
- 1 shallot, chopped
- ¼ cup water
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 cup water
- ¾ cup raspberries
- 1 tablespoon Dijon mustard
- Black pepper to the taste

- 10 ounces baby spinach
- 2 duck legs
- ½ pint raspberries (for the salad)
- ½ cup pecans, halved

Directions:

1. In your blender, mix stevia with shallot, vinegar, water, oil, ¾ cup raspberries, mustard and black pepper, blend very well, strain into a bowl and leave aside.
2. Put the water in your instant pot, season duck pieces with black pepper, add to the

pot, cover and cook on High for 12 minutes.

3. Discard bones from the meat, clean the pot, set it on sauté mode, add duck and cook it for 3 minutes on each side.
4. Divide spinach on plates, add duck, sprinkle pecan halves and ½ pint raspberries
5. Drizzle the raspberry vinaigrette on top and serve as an appetizer.

Enjoy!

Nutrition: calories 215, fat 4, fiber 2, carbs 3, protein 12

Summer Lamb Appetizer

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 3 pounds leg of lamb, bone discarded
- 4 cups veggie stock
- Black pepper to the taste
- 1 teaspoon cumin, ground
- A pinch of thyme, dried
- 2 garlic cloves, minced

For the salad:

- ½ cup pecans, toasted
- 2 cups spinach
- 1 and ½ tablespoons lemon juice
- ¼ cup olive oil
- 1 cup mint, chopped

Directions:

1. Rub lamb really well with pepper, 1 tablespoon oil, thyme, cumin and minced garlic.
2. Put the stock in your instant pot, add lamb, cover and cook on High for 40

minutes.

3. Transfer lamb to a cutting board, cool it down, shred meat and transfer to a salad bowl.
4. Add spinach, mint, $\frac{1}{4}$ -cup olive oil, lemon juice, toasted pecans and pepper, toss to coat, divide among appetizer plates and serve.

Enjoy!

Nutrition: calories 234, fat 3, fiber 3, carbs 5, protein 12

Great Veggie Appetizer

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1 celery bunch, roughly chopped
- 3 tablespoons olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, minced
- 1 parsley bunch, chopped
- 2 mint bunches, chopped
- 1 bunch green onion, chopped
- Black pepper to the taste
- 2 cups water

Directions:

1. Set your instant pot on Sauté mode, add oil and heat it up.
2. Add green onions, onion and garlic, stir and sauté for 4 minutes.
3. Add celery, black pepper and water, stir, cover pot and cook on High for 6 minutes
4. Add parsley and mint, stir and cook for 2 minutes more.
5. Divide into bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 2,
protein 6

Radish Snack

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 2

Ingredients:

- 2 cups radishes, cut into quarters
- A pinch of salt and black pepper
- 2 tablespoons olive oil
- 1 tablespoon chives, chopped
- ½ cup water
- 1 tablespoon lemon zest

Directions:

1. In a bowl, mix radishes with salt, pepper, chives, lemon zest and oil and toss to coat.
2. Add the water to your instant pot, add the steamer basket, add radishes, cover and cook on High for 12 minutes.
3. Transfer to bowls and serve cold as a snack.

Enjoy!

Nutrition: calories 122, fat 12, fiber 1, carbs 3, protein 14

Spinach And Chard Appetizer Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 apple, cored and sliced
- 1 yellow onion, sliced
- 3 tablespoons olive oil
- ¼ cup raisins
- 6 garlic cloves, minced
- A pinch of sea salt and black pepper
- ¼ cup pine nuts, toasted
- ¼ cup balsamic vinegar
- 5 cups mixed spinach and chard
- ½ cup water
- A pinch of nutmeg

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add onion, stir and cook for 2 minutes.
2. Add garlic, apple, vinegar and raisins, stir and cook for 4 minutes more.
3. Add spinach and chard mix and the water, cover and cook on High for 4 minutes.

4. Add nutmeg, pine nuts, a pinch of salt and pepper, stir, divide among small appetizer plates and serve as an appetizer salad.

Enjoy!

Nutrition: calories 100, fat 1, fiber 1, carbs 2, protein 4

Cranberry Dip

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 2 and ½ teaspoons lemon zest, grated
- 3 tablespoons lemon juice
- 12 ounces cranberries
- 4 tablespoons stevia

Directions:

1. In your instant pot, mix lemon juice with stevia, lemon zest and cranberries, stir, cover and cook on High for 2 minutes.
2. Set the pot on simmer mode, stir your dip for a couple more minutes, transfer to a bowl and serve with some biscuits as a snack.

Enjoy!

Nutrition: calories 73, fat 0, fiber 1, carbs 2, protein 2

Chili Dip

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 5 ancho chilies, dried and chopped
- 2 garlic cloves, minced
- Salt and black pepper to the taste
- 1 and ½ cups water
- 2 tablespoons balsamic vinegar
- 1 and ½ teaspoons stevia
- 1 tablespoon oregano, chopped
- ½ teaspoon cumin, ground

Directions:

1. In your instant pot mix water chilies, garlic, salt, pepper, stevia, cumin and oregano, stir, cover and cook on High for 8 minutes.
2. Blend using an immersion blender, add vinegar, stir, set the pot on simmer mode and cook your chili dip until it thickens.
3. Serve with veggie sticks on the side as a snack.

Enjoy!

Nutrition: calories 85, fat 1, fiber 1, carbs 2, protein
2

Zucchini Dip

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 1 and ½ pounds zucchini, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Salt and white pepper to the taste
- ½ cup water
- 1 bunch basil, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion, stir and sauté for 3 minutes.
2. Add zucchini, salt, pepper and water, stir, cover and cook on High for 3 minutes.
3. Add garlic and basil, blend everything using an immersion blender, set the pot on simmer mode and cook your dip for a few more minutes until it thickens.
4. Transfer to a bowl and serve as a tasty snack.

Enjoy!

Nutrition: calories 100, fat 2, fiber 3, carbs 4, protein
2

Beets and Squash Dip

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 1 yellow onion, chopped
- 2 tablespoons olive oil
- 5 celery ribs
- 8 garlic cloves, minced
- 8 carrots, chopped
- 4 beets, peeled and chopped
- 1 butternut squash, peeled and chopped
- 1 cup veggie stock
- ¼ cup lemon juice
- 1 bunch basil, chopped
- 2 bay leaves
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add celery, carrots and onions, stir and cook for 3 minutes.
2. Add beets, squash, garlic, stock, lemon juice, basil, bay leaves, salt and pepper, stir, cover and cook on High for 12 minutes.

3. Discard bay leaves, blend dip using an immersion blender, transfer to a bowl and serve as a snack.

Enjoy!

Nutrition: calories 83, fat 1, fiber 3, carbs 4, protein 3

Cheese and Sausage Dip

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 cups Mexican cheese, cut into chunks
- 1 cup Italian sausage, cooked and chopped
- 5 ounces canned tomatoes and green chilies, chopped
- 4 tablespoons water

Directions:

1. In your instant pot, mix sausage with cheese, tomatoes and chilies and water, stir, cover, cook on High for 5 minutes, blend a bit using an immersion blender, transfer to a bowl and serve as a dip.

Enjoy!

Nutrition: calories 100, fat 3, fiber 2, carbs 6, protein 4

Creamy Mushroom Dip

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 1 yellow onion, chopped
- ¼ cup olive oil
- 1 tablespoon coconut flour
- 1 tablespoons thyme, chopped
- Salt and black pepper to the taste
- 3 garlic cloves, minced
- 1 and ¼ cup chicken stock
- 10 ounces shiitake mushrooms, chopped
- 10 ounces cremini mushrooms, chopped
- 10 ounces Portobello mushrooms, chopped
- 1 ounce parmesan cheese, grated
- ½ cup coconut cream
- 1 tablespoons parsley, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion, salt, pepper, flour, garlic and thyme, stir well and cook for 5 minutes.
2. Add stock, shiitake, cremini and Portobello mushrooms, stir, cover and

cook on High for 25 minutes.

3. Add cream, cheese and parsley, stir, set the pot on Simmer mode, cook dip for 5 minutes more, transfer to bowls and serve as a dip.

Enjoy!

Nutrition: calories 152, fat 5, fiber 4, carbs 10, protein 6

Cauliflower Dip

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2 tablespoons ghee
- 8 garlic cloves, minced
- 7 cups veggie stock
- 6 cups cauliflower florets
- Salt and black pepper to the taste
- ½ cup coconut milk

Directions:

1. Set your instant pot on Sauté mode, add ghee, heat it up, add garlic, salt and pepper, stir and cook for 2 minutes.
2. Add stock and cauliflower to the pot, heat up, cover and cook on High for 7 minutes.
3. Transfer cauliflower and 1 cup stock to your blender, add milk and blend well for a few minutes.
4. Transfer to a bowl and serve as a dip for veggies.

Enjoy!

Nutrition: calories 100, fat 4, fiber 4, carbs 7, protein
7

Spicy Mango Dip

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 1 shallot, chopped
- 1 tablespoon coconut oil
- ¼ teaspoon cardamom powder
- 2 tablespoons ginger, minced
- ½ teaspoon cinnamon powder
- 2 mangos, peeled and chopped
- 2 red hot chilies, chopped
- 1 apple, cored and chopped
- ¼ cup raisins
- 5 tablespoons stevia
- 1 and ¼ apple cider vinegar

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add shallot and ginger, stir and cook for 3 minutes.
2. Add cinnamon, hot peppers, cardamom, mangos, apple, raisins, stevia and cider, stir, cover and cook on High for 7 minutes.
3. Set the pot on simmer mode, cook your dip for 6 minutes more, transfer to bowls

and serve cold as a snack.

Enjoy!

Nutrition: calories 100, fat 2, fiber 1, carbs 3, protein
1

Tomato Dip

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 20

Ingredients:

- 2 pounds tomatoes, peeled and chopped
- 1 apple, cored and chopped
- 1 yellow onion, chopped
- 3 ounces dates chopped
- Salt to the taste
- 3 teaspoons whole spice
- ½ pint balsamic vinegar
- 4 tablespoons stevia

Directions:

1. Put tomatoes, apple, onion, dates, salt, whole spice and half of the vinegar in your instant pot, stir, cover and cook on High for 10 minutes.
2. Set the pot on simmer mode, add the rest of the vinegar and stevia, stir, cook for a few minutes more until it thickens, transfer to bowls and serve as a snack.

Enjoy!

Nutrition: calories 100, fat 3, fiber 3, carbs 6, protein
2

Mustard and Mushrooms Dip

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 6 ounces mushrooms, chopped
- 3 tablespoon olive oil
- 1 thyme sprigs
- 1 garlic clove, minced
- 4 ounces beef stock
- 1 tablespoon balsamic vinegar
- 1 tablespoon mustard
- 2 tablespoon coconut cream
- 2 tablespoons parsley, finely chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add thyme, mushrooms and garlic, stir and sauté for 4 minutes.
2. Add vinegar and stock, stir, cover, cook on High for 3 minutes, discard thyme, add mustard, coconut cream and parsley, stir, set the pot on simmer mode and cook for 3 minutes more.
3. Divide into bowls and serve as a snack.

Enjoy!

Nutrition: calories 100, fat 3, fiber 2, carbs 4, protein
3

Artichoke Dip

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 14 ounces canned artichoke hearts
- 8 ounces cream cheese
- 8 ounces mozzarella cheese, shredded
- 16 ounces parmesan cheese, grated
- 10 ounces spinach, torn
- 1 teaspoon onion powder
- ½ cup chicken stock
- ½ cup coconut cream
- 3 garlic cloves, minced
- ½ cup mayonnaise

Directions:

1. In your instant pot, mix artichokes with stock, garlic, spinach, cream cheese, coconut cream, onion powder and mayo, stir, cover and cook on High for 5 minutes.
2. Add mozzarella and parmesan, stir well, transfer to a bowl and serve as a snack.

Enjoy!

Nutrition: calories 200, fat 3, fiber 0, carbs 4, protein
7

Asparagus and Prosciutto Appetizer

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 8 asparagus spears
- 8 ounces prosciutto slices
- 2 cups water
- A pinch of salt

Directions:

1. Wrap asparagus spears in prosciutto slices and place them on a cutting board.
2. Add the water to your instant pot, add a pinch of salt, add steamer basket, place asparagus inside, cover and cook on High for 4 minutes.
3. Arrange asparagus on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 83, fat 3, fiber 2, carbs 6, protein 3

Salmon Patties

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 teaspoon olive oil
- 1 egg, whisked
- 4 tablespoons coconut flour
- 1 pound salmon meat, minced
- 2 tablespoons lemon zest, grated
- Salt and black pepper to the taste
- Arugula leaves for serving

Directions:

1. Put salmon in your food processor, blend it, transfer to a bowl, add salt, pepper, lemon zest, coconut and egg, stir well and shape small patties out of this mix.
2. Set your instant pot on sauté mode, add oil, heat it up, add patties and cook them for 3 minutes on each side.
3. Arrange arugula on a platter, add salmon patties on top and serve as an appetizer.

Enjoy!

Nutrition: calories 162, fat 3, fiber 2, carbs 6, protein 16

Cod Puddings

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 pound cod fillets, skinless, boneless cut into medium pieces
- 2 tablespoons parsley, chopped
- 4 ounces coconut flour
- 2 teaspoons lemon juice
- 2 eggs, whisked
- 2 ounces ghee, melted
- ½ pint coconut milk, hot
- ½ pint shrimp sauce
- Salt and black pepper to the taste
- ½ pint water

Directions:

1. In a bowl, mix fish with flour, lemon juice, shrimp sauce, parsley, eggs, salt and pepper and stir.
2. Add milk and melted ghee, stir well and leave aside for a couple of minutes.
3. Divide this mix greased ramekins.
4. Add the water to your instant pot, add the steamer basket, add puddings inside,

cover and cook on High for 15 minutes.
5. Serve the warm.

Enjoy!

Nutrition: calories 172, fat 3, fiber 2, carbs 5, protein
6

Mussels Appetizer

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 2 pounds mussels, cleaned and scrubbed
- 1 white onion, chopped
- ½ cup veggie stock
- 2 garlic cloves, minced
- ½ cup water
- A drizzle of extra virgin olive oil

Directions:

1. Set instant pot on Sauté mode, add oil, heat it up, garlic and onion, stir and cook for 4 minutes.
2. Add stock, stir and cook for 1 minute.
3. Add the steamer basket, add mussels inside, cover and cook on High for 2 minutes.
4. Arrange mussels on a platter and serve with some of the cooking juices drizzled all over.

Enjoy!

Nutrition: calories 82, fat 3, fiber 2, carbs 3, protein
2

Italian Mussels Appetizer

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 28 ounces canned tomatoes, chopped
- 2 pounds mussels, scrubbed
- 2 jalapeno peppers, chopped
- ½ cup white onion, chopped
- ¼ cup veggie stock
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 2 tablespoons red pepper flakes, crushed
- 2 garlic cloves, minced
- Salt to the taste
- ½ cup basil, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil heat it up, add tomatoes, onion, jalapenos, stock, vinegar, garlic and pepper flakes, stir and cook for 5 minutes
2. Add mussels, stir, cover, cook on Low for 4 minutes, add salt and basil, stir, divide everything into small bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 82, fat 1, fiber 2, carbs 2, protein 6

Spicy Mussels

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 2 pounds mussels, scrubbed
- 2 tablespoons olive oil
- 1 yellow onion, chopped
- ½ cup chicken stock
- ½ teaspoon red pepper flakes
- 14 ounces tomatoes, chopped
- 2 teaspoons garlic, minced
- 2 teaspoons oregano, dried

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onions, stir and sauté for 3 minutes.
2. Add pepper flakes, garlic, stock, tomatoes, oregano and mussels, stir, cover and cook on Low for 3 minutes.
3. Divide mussels into small bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 82, fat 1, fiber 2, carbs 3, protein
2

Mussels Bowls

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 2 pounds mussels, scrubbed
- 12 ounces veggie stock
- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 8 ounces spicy sausage, chopped
- 1 tablespoon sweet paprika

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion and sausages, stir and cook for 5 minutes.
2. Add stock, paprika and mussels, stir, cover, cook on Low for 2 minutes, divide into bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 112, fat 4, fiber 2, carbs 4, protein 10

Clams and Mussels

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 15 small clams
- 30 mussels, scrubbed
- 2 chorizo links, sliced
- 1 yellow onion, chopped
- 10 ounces veggie stock
- 2 tablespoons parsley, chopped
- 1 teaspoon olive oil
- Lemon wedges for serving

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion and chorizo, stir and cook for 3 minutes.
2. Add clams, mussels and stock, stir, cover, cook on High for 10 minutes, add parsley, stir, divide into bowls and serve as an appetizer with lemon wedges on the side.

Enjoy!

Nutrition: calories 172, fat 4, fiber 3, carbs 7, protein 12

Stuffed Clams

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 24 clams, shucked
- 3 garlic cloves, minced
- 4 tablespoons ghee
- ¼ cup parsley, chopped
- ¼ cup parmesan cheese, grated
- 1 teaspoon oregano, dried
- 1 cup almonds, crushed
- 2 cups water
- Lemon wedges

Directions:

1. In a bowl, mix crushed almonds with parmesan, oregano, parsley, butter and garlic, stir and divide this into exposed clams.
2. Add the water to your instant pot, add steamer basket, add clams inside, cover and cook on High for 4 minutes.
3. Arrange clams on a platter and serve them as an appetizer with lemon wedges on the side.

Enjoy!

Nutrition: calories 92, fat 3, fiber 3, carbs 6, protein 5

Shrimp and Sausage Appetizer Bowls

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds shrimp, heads removed
- 12 ounces sausage, cooked and chopped
- 1 tablespoon old bay seasoning
- 16 ounces chicken stock
- Salt and black pepper to the taste
- 1 teaspoon red pepper flakes, crushed
- 2 sweet onions, cut into wedges
- 8 garlic cloves, minced

Directions:

1. In your instant pot, mix stock with old bay seasoning, pepper flakes, salt, black pepper, onions, garlic, sausage and shrimp, stir, cover and cook on High for 5 minutes.
2. Divide into small bowls and serve as an appetizer.

Enjoy!

Nutrition: calories 251, fat 4, fiber 3, carbs 6, protein 7

Asian Shrimp Appetizer

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 pounds shrimp, peeled and deveined
- 2 tablespoons coconut aminos
- 3 tablespoons vinegar
- $\frac{3}{4}$ cup pineapple juice
- 1 cup chicken stock
- 3 tablespoons stevia

Directions:

1. Put shrimp, pineapple juice, stock, aminos and stevia in your instant pot, stir a bit, cover and cook on High for 4 minutes.
2. Arrange shrimp on a platter, drizzle cooking juices all over and serve as an appetizer.

Enjoy!

Nutrition: calories 172, fat 4, fiber 1, carbs 3, protein 20

Mediterranean Octopus Appetizer

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 6

Ingredients:

- 1 octopus, cleaned and prepared
- 2 rosemary sprigs
- 2 teaspoons oregano, dried
- ½ yellow onion, chopped
- 4 thyme sprigs
- ½ lemon
- 1 teaspoon black peppercorns
- 3 tablespoons olive oil

For the marinade:

- ¼ cup extra virgin olive oil
- Juice of ½ lemon
- 4 garlic cloves, minced
- 2 thyme sprigs
- 1 rosemary sprigs
- Salt and black pepper to the taste

Directions:

1. Put the octopus in your instant pot, add oregano, 2 rosemary sprigs, 4 thyme sprigs, onion, lemon, 3 tablespoons olive

oil, peppercorns and salt, stir, cover, cook on High for 10 minutes, transfer to a cutting board, cool it down, separate tentacles and transfer them to a bowl.

2. Add $\frac{1}{4}$ cup olive oil, lemon juice, garlic, 1 rosemary sprigs, 2 thyme sprigs, salt and pepper, toss to coat and leave aside for 1 hour.
3. Place octopus on preheated grill over medium high heat, cook for 3 minutes on each side, arrange on a platter and serve.

Enjoy!

Nutrition: calories 162, fat 3, fiber 1, carbs 2, protein 7

Chinese Squid Appetizer

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 squid, tentacles from 1 squid separated and chopped
- 1 cup cauliflower rice
- 14 ounces fish stock
- 4 tablespoons coconut aminos
- 1 tablespoon mirin
- 2 tablespoons stevia

Directions:

1. In a bowl, mix chopped tentacles with cauliflower rice, stir well and stuff each squid with the mix.
2. Place squid in your instant pot, add stock, aminos, mirin and stevia, stir, cover and cook on High for 15 minutes.
3. Arrange stuffed squid on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 162, fat 2, fiber 2, carbs 3, protein 10

Simple Artichokes

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 big artichokes, trimmed
- Salt and black pepper to the taste
- 2 tablespoons lemon juice
- ¼ cup olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon oregano, dried
- 2 garlic cloves, minced
- 2 cups water

Directions:

1. Add the water to your instant pot, add the steamer basket, add artichokes inside, cover and cook on High for 8 minutes.
2. In a bowl, mix lemon juice with vinegar, oil, salt, pepper, garlic and oregano and stir very well.
3. Cut artichokes in halves, add them to lemon and vinegar mix, toss well, place them on preheated grill over medium high heat, cook for 3 minutes on each side,

arrange them on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 162, fat 4, fiber 2, carbs 3, protein 5

Cajun Shrimp

Preparation time: 4 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 1 cup water
- 1 pound shrimp, peeled and deveined
- ½ tablespoon Cajun seasoning
- 1 teaspoon extra virgin olive oil
- 1 bunch asparagus, trimmed

Directions:

1. Put the water in your instant pot, add steamer basket, add shrimp and asparagus inside, drizzle Cajun seasoning and oil over them, toss a bit, cover pot and cook on High for 3 minutes.
2. Arrange on appetizer plates and serve as an appetizer.

Enjoy!

Nutrition: calories 152, fat 2, fiber 3, carbs 8, protein 15

French Endives

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 4 endives, trimmed and halved
- Salt and black pepper to the taste
- 1 tablespoon lemon juice
- 1 tablespoon ghee

Directions:

1. Set your instant pot on Sauté mode, add ghee, heat it up, add endives, season with salt and pepper, drizzle lemon juice, cover pot and cook them on High for 7 minutes.
2. Arrange endives on a platter, drizzle some of the cooking juice over them and serve as an appetizer.

Enjoy!

Nutrition: calories 100, fat 3, fiber 2, carbs 7, protein 2

Endives and Ham Appetizer

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 endives, trimmed
- 1 cup water
- Salt and black pepper to the taste
- 1 tablespoon coconut flour
- 2 tablespoons ghee
- 4 slices ham
- ½ teaspoon nutmeg, ground
- 14 ounces coconut milk

Directions:

1. Add the water to your instant pot, add steamer basket, add endives inside, cover, cook them on High for 10 minutes, wrap them in ham and transfer them to a baking dish
2. Clean your instant pot, set it on simmer mode, add the ghee, heat it up, add coconut flour, milk, salt, pepper and nutmeg, stir and cook for 7 minutes.
3. Pour milk and nutmeg mix over endives, introduce them in preheated broiler and

broil for 10 minutes.

4. Arrange on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 152, fat 3, fiber 3, carbs 6, protein 12

Eggplant Spread

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2 pounds eggplant, peeled and cut into medium chunks
- Salt and black pepper to the taste
- ¼ cup olive oil
- 4 garlic cloves, minced
- ½ cup water
- 3 olives, pitted and sliced
- ¼ cup lemon juice
- 1 bunch thyme, chopped
- 1 tablespoon sesame seed paste

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add eggplant pieces, stir and cook for 5 minutes.
2. Add garlic, water, salt and pepper, stir, cover, cook on High for 3 minutes, transfer to a blender, add sesame seed paste, lemon juice and thyme, stir and pulse really well.

3. Transfer to bowls, sprinkle olive slices on top and serve as an appetizer.

Enjoy!

Nutrition: calories 87, fat 4, fiber 2, carbs 6, protein 2

Okra Bowls

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 pound okra, trimmed
- 6 scallions, chopped
- 3 green bell peppers, chopped
- Salt and black pepper to the taste
- 2 tablespoons olive oil
- 1 teaspoon stevia
- 28 ounces canned tomatoes, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add scallions and bell peppers, stir and cook for 5 minutes.
2. Add okra, salt, pepper, stevia and tomatoes, stir, cover, cook on High for 10 minutes, divide into small bowls and serve as an appetizer salad.

Enjoy!

Nutrition: calories 121, fat 3, fiber 3, carbs 6, protein 4

Easy Leeks Platter

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 leeks, washed, roots and ends cut off
- Salt and black pepper to the taste
- 1/3 cup water
- 1 tablespoon ghee

Directions:

1. Put leeks in your instant pot, add water, ghee, salt and pepper, stir, cover and cook on High for 5 minutes.
2. Set the pot on sauté mode, cook leeks for a couple more minutes, arrange them on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 73, fat 3, fiber 4, carbs 9, protein 7

Tomatoes Appetizer

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 tomatoes, tops cut off and pulp scooped
- ½ cup water
- Salt and black pepper to the taste
- 1 yellow onion, chopped
- 1 tablespoon ghee
- 2 tablespoons celery, chopped
- ½ cup mushrooms, chopped
- 1 cup cottage cheese
- ¼ teaspoon caraway seeds
- 1 tablespoon parsley, chopped

Directions:

1. Set your instant pot on sauté mode, add ghee, heat it up, add onion and celery, stir and cook for 3 minutes.
2. Add tomato pulp, mushrooms, salt, pepper, cheese, parsley and caraway seeds, stir, cook for 3 minutes more and stuff tomatoes with this mix.
3. Add the water to your instant pot, add the steamer basket, and stuffed tomatoes

inside, cover and cook on High for 4 minutes.

4. Arrange tomatoes on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 152, fat 2, fiber 4, carbs 6, protein 7

Cinnamon and Pumpkin Muffins

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 18

Ingredients:

- 4 tablespoons ghee
- $\frac{3}{4}$ cup pumpkin puree
- 2 tablespoons flaxseed meal
- $\frac{1}{4}$ cup coconut flour
- $\frac{1}{2}$ cup erythritol
- $\frac{1}{2}$ teaspoon nutmeg, ground
- 1 teaspoon cinnamon powder
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 1 and $\frac{1}{2}$ cups water
- 1 egg

Directions:

1. In a bowl, mix ghee with pumpkin puree, egg, flaxseed meal, coconut flour, erythritol, baking soda, baking powder, nutmeg and cinnamon, stir well and divide into a greased muffin pan.
2. Add the water to your instant pot, add the steamer basket, add muffin pan inside,

cover pot and cook on High for 20 minutes.

3. Arrange muffins on a platter and serve as a snack.

Nutrition: calories 50, fat 3, fiber 1, carbs 2, protein 2

Spicy Chili Balls

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 3

Ingredients:

- 3 bacon slices
- 1 cup water
- 3 ounces cream cheese
- ¼ teaspoon onion powder
- Salt and black pepper to the taste
- 2 jalapeno peppers, chopped
- ½ teaspoon parsley, dried
- ¼ teaspoon garlic powder

Directions:

1. Set your instant pot on sauté mode, add bacon, cook for a couple of minutes, transfer to paper towels drain grease and crumble it.
2. In a bowl, mix cream cheese with jalapenos, bacon, onion, garlic powder, parsley, salt and pepper, stir well and shape balls out of this mix.
3. Clean the pot, add the water, and the steamer basket, add spicy balls inside, cover and cook on High for 2 minutes.

4. Arrange balls on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 150, fat 5, fiber 1, carbs 2, protein 5

Italian Dip

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 ounces cream cheese, soft
- ½ cup mozzarella cheese
- ¼ cup coconut cream
- Salt and black pepper to the taste
- 1/2 cup tomato sauce
- 4 black olives, pitted and chopped
- ¼ cup mayonnaise
- ¼ cup parmesan cheese, grated
- 1 tablespoon green bell pepper, chopped
- 6 pepperoni slices, chopped
- ½ teaspoon Italian seasoning
- 2 cups water

Directions:

1. In a bowl, mix cream cheese with mozzarella, coconut cream, mayo, salt and pepper, stir and divide this into 4 ramekins.
2. Layer tomato sauce, parmesan cheese, bell pepper, pepperoni, Italian seasoning and black olives on top,

3. Add the water to your instant pot, add the steamer basket, add ramekins inside, cover and cook on High for 20 minutes.
4. Serve this dip warm with veggie sticks on the side.

Enjoy!

Nutrition: calories 250, fat 15, fiber 4, carbs 4, protein 12

Avocado Dip

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- ¼ cup erythritol powder
- 1 cup water
- ½ cup cilantro, chopped
- 2 avocados, pitted, peeled and halved
- ¼ teaspoon stevia
- Juice from 2 limes
- Zest of 2 limes, grated
- 1 cup coconut milk

Directions:

1. Add the water to your instant pot, add the steamer basket, add avocado halves, cover and cook on High for 2 minutes.
2. Transfer to your blender, add lime juice and cilantro and pulse well.
3. Add coconut milk, lime zest, stevia and erythritol powder, pulse again, divide into bowls and serve.

Enjoy!

Nutrition: calories 150, fat 6, fiber 2, carbs 4, protein
2

Minty Shrimp Appetizer

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 16

Ingredients:

- 2 tablespoons olive oil
- 10 ounces shrimp, cooked, peeled and deveined
- 1 tablespoons mint, chopped
- 2 tablespoons erythritol
- 1/3 cup blackberries, ground
- 11 prosciutto slices
- 1/3 cup veggie stock.

Directions:

1. Wrap each shrimp in prosciutto slices and drizzle oil over them.
2. In your instant pot, mix blackberries with mint, stock and erythritol, stir, set on simmer mode and cook for 2 minutes.
3. Add steamer basket, and wrapped shrimp, cover pot and cook on High for 2 minutes.
4. Arrange wrapped shrimp on a platter, drizzle mint sauce all over and serve.

Enjoy!

Nutrition: calories 175, fat 6, fiber 2, carbs 1, protein 8

Zucchini Appetizer Salad

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 cup mozzarella, shredded
- ¼ cup tomato sauce
- 1 zucchini, roughly sliced
- Salt and black pepper to the taste
- A pinch of cumin, ground
- A drizzle of olive oil

Directions:

1. In your instant pot, mix zucchini with oil, tomato sauce, salt, pepper and cumin, toss a bit, cover and cook on High for 6 minutes.
2. Divide between appetizer plates and serve right away.

Enjoy!

Nutrition: calories 130, fat 4, fiber 2, carbs 4, protein 3

Zucchini Hummus

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 4 cups zucchini, chopped
- 3 tablespoons veggie stock
- ¼ cup olive oil
- Salt and black pepper to the taste
- 4 garlic cloves, minced
- ¾ cup sesame seeds paste
- ½ cup lemon juice
- 1 tablespoon cumin, ground

Directions:

1. Set your instant pot on sauté mode, add half of the oil, heat it up, add zucchini and garlic, stir and cook for 2 minutes.
2. Add stock, salt and pepper, cover pot and cook on High for 4 minutes more.
3. Transfer zucchini to your blender, add the rest of the oil, sesame seeds paste, lemon juice and cumin, pulse well, transfer to bowls and serve as a snack.

Enjoy!

Nutrition: calories 80, fat 5, fiber 3, carbs 6, protein
7

Crab and Cheese Dip

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 8 bacon strips, sliced
- 12 ounces crab meat
- ½ cup mayonnaise
- ½ cup coconut cream
- 8 ounces cream cheese
- 2 poblano pepper, chopped
- 2 tablespoons lemon juice
- Salt and black pepper to the taste
- 4 garlic cloves, minced
- 4 green onions, minced
- 1 cup parmesan cheese, grated

Directions:

1. Set your instant pot on sauté mode, add bacon, cook until it's crispy, transfer to paper towels, drain grease and leave aside.
2. In a bowl, mix coconut cream with cream cheese, mayo, half of the parmesan, poblano peppers, garlic, lemon juice,

green onions, salt, pepper, crab meat and bacon and stir really well.

3. Clean your instant pot, add crab mix, spread the rest of the parmesan on top, cover and cook on High for 14 minutes.
4. Divide into bowls and serve as a snack.

Enjoy!

Nutrition: calories 200, fat 2, fiber 2, carbs 4, protein 3

Spinach Dip

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 6 bacon slices, cooked and crumbled
- A drizzle of olive oil
- 1 tablespoon garlic, minced
- 5 ounces spinach
- 1 and ½ cups water
- ½ cup coconut cream
- 8 ounces cream cheese, soft
- 1 and ½ tablespoons parsley, chopped
- 2.5 ounces parmesan, grated
- 1 tablespoon lemon juice
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on sauté mode, add oil heat it up, add spinach, stir, cook for 1 minute and transfer to a bowl.
2. Add cream cheese, garlic, salt, pepper, coconut cream, parsley, bacon, lemon juice and parmesan, stir well and divide this into 6 ramekins.

3. Add the water to your instant pot, add steamer basket, add ramekins inside, cover and cook on High for 15 minutes.
4. Introduce in a preheated broiler for 4 minutes and serve right away.

Enjoy!

Nutrition: calories 255, fat 7, fiber 3, carbs 5, protein 7

Stuffed Mushrooms

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 5

Ingredients:

- ¼ cup mayo
- 1 teaspoon garlic powder
- 1 small yellow onion, chopped
- 24 ounces white mushroom caps
- 1 and ½ cups water
- Salt and black pepper to the taste
- 1 teaspoon curry powder
- 4 ounces cream cheese, soft
- ¼ cup coconut cream
- ½ cup Mexican cheese, shredded
- 1 cup shrimp, cooked, peeled, deveined and chopped

Directions:

1. In a bowl, mix mayo with garlic powder, onion, curry powder, cream cheese, cream, Mexican cheese, shrimp, salt and pepper, stir and stuff mushrooms with this mix.
2. Add the water to your instant pot, add steamer basket, add mushrooms inside,

cover pot and cook on High for 14 minutes.

3. Arrange mushrooms on a platter and serve as an appetizer.

Enjoy!

Nutrition: calories 244, fat 16, fiber 3, carbs 7, protein 12

Turkey Meatballs

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 16

Ingredients:

- 1 egg
- Salt and black pepper to the taste
- ¼ cup coconut flour
- 2 tablespoons sun-dried tomatoes, chopped
- 1 pound turkey meat, ground
- ½ teaspoon garlic powder
- ½ cup mozzarella cheese, shredded
- 2 tablespoons olive oil
- ¼ cup tomato paste
- 2 tablespoon basil, chopped

Directions:

1. In a bowl, mix turkey with salt, pepper, egg, flour, garlic powder, sun-dried tomatoes, mozzarella and basil, stir well and shape 12 meatballs out of this mix.
2. Set your instant pot on sauté mode, add oil, heat it up, add meatballs, stir and brown for 2 minutes on each side.
3. Add tomato paste over them, toss a bit, cover and cook on High for 8 minutes.

4. Arrange meatballs on a platter and serve them right away.

Enjoy!

Nutrition: calories 100, fat 6, fiber 3, carbs 5, protein 3

Italian Chicken Wings

Preparation time: 10 minutes

Cooking time: 27 minutes

Servings: 6

Ingredients:

- 6-pound chicken wings, cut into halves
- 2 cups water
- Salt and black pepper to the taste
- ½ teaspoon Italian seasoning
- 2 tablespoons ghee
- ½ cup parmesan cheese, grated
- A pinch of red pepper flakes, crushed
- 1 teaspoon garlic powder
- 1 egg

Directions:

1. Put the water in your instant pot, add the trivet, add chicken wings, cover and cook on High for 7 minutes.
2. Meanwhile, in your blender, mix ghee with cheese, egg, salt, pepper, pepper flakes, garlic powder and Italian seasoning and blend very well.
3. Arrange chicken wings on a lined baking sheet, pour cheese sauce over them,

introduce in preheated broiler and broil for 5 minutes.

4. Flip and broil for 5 minutes more, arrange them all on a platter and serve.

Enjoy!

Nutrition: calories 134, fat 5, fiber 1, carbs 2, protein 7

Zucchini Rolls

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 24

Ingredients:

- 2 tablespoons olive oil
- 3 zucchinis, thinly sliced
- 24 basil leaves
- 2 tablespoons mint, chopped
- 1 and ½ cups water
- 1 and 1/3 cup ricotta cheese
- Salt and black pepper to the taste
- ¼ cup basil, chopped
- Tomato sauce for serving

Directions:

1. Set your instant pot on sauté mode, add zucchini slices, drizzle the oil over them, season with salt and pepper, cook for 2 minutes on each side and transfer to a plate.
2. In a bowl, mix ricotta with chopped basil, mint, salt and pepper, stir, divide this into zucchini slices and roll them.
3. Add the water to your instant pot, add steamer basket, add zucchini rolls inside,

- cover and cook on High for 3 minutes.
4. Arrange on a platter and serve with tomato sauce on the side.

Enjoy!

Nutrition: calories 70, fat 3, fiber 1, carbs 2, protein 4

Spicy Salsa

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 1 red onion, chopped
- 2 tablespoons lime juice
- 2 avocados, pitted, peeled and chopped
- 3 jalapeno pepper, chopped
- Salt and black pepper to the taste
- 2 tablespoons cumin powder
- ½ tomato, chopped

Directions:

1. In your instant pot, mix onion with avocados, peppers, salt, black pepper, cumin, lime juice and tomato, stir, cover and cook on Low for 3 minutes.
2. Divide into bowls and serve.

Enjoy!

Nutrition: calories 120, fat 2, fiber 2, carbs 5, protein

4

Salmon Balls

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 tablespoons ghee
- 2 garlic cloves, minced
- 1/3 cup onion, chopped
- 1 pound wild salmon, boneless, skinless and minced
- 1/4 cup chives, chopped
- 1 egg
- 2 tablespoons Dijon mustard
- 1 tablespoon coconut flour
- Salt and black pepper to the taste

For the coconut sauce:

- 4 garlic cloves, minced
- 2 tablespoons ghee
- 2 tablespoons Dijon mustard
- Juice and zest of 1 lemon
- 2 cups coconut cream
- 2 tablespoons chives, chopped

Directions:

1. Set your instant pot on sauté mode, add 2 tablespoons ghee, heat it up, add onion and 2 garlic cloves, stir, cook for 3 minutes and transfer to a bowl.
2. Add salmon, chives, coconut flour, salt, pepper, 2 tablespoons mustard and egg, stir and shape medium balls out of this mix.
3. Set the pot on sauté mode again, add 2 tablespoons ghee, heat it up, add 4 garlic cloves, stir and cook for 1 minute.
4. Add coconut cream, 2 tablespoons Dijon mustard, lemon juice and zest and chives, stir, drop salmon balls into this sauce, cover pot, cook on High for 6 minutes, arrange on a platter and serve.

Enjoy!

Nutrition: calories 171, fat 5, fiber 1, carbs 6, protein 23

Delicious Oysters

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 3

Ingredients:

- 6 big oysters, shucked
- 1 and ½ cups water
- 3 garlic cloves, minced
- 1 lemon cut into wedges
- 1 tablespoon parsley
- A pinch of sweet paprika
- 2 tablespoons melted ghee

Directions:

1. Divide ghee, parsley, paprika and garlic in each oyster.
2. Add the water to your instant pot, add steamer basket, add oysters, cover pot and cook on High for 6 minutes.
3. Arrange oysters on a platter and serve with lemon wedges on the side.

Enjoy!

Nutrition: calories 90, fat 1, fiber 1, carbs 2, protein 4

Tuna Patties

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 12

Ingredients:

- 15 ounces canned tuna, drained and flaked
- 3 eggs
- ½ teaspoon dill, chopped
- 1 teaspoon parsley, dried
- ½ cup red onion, chopped
- 1 and ½ cups water
- 1 teaspoon garlic powder
- Salt and black pepper to the taste
- A drizzle of olive oil

Directions:

1. In a bowl, mix tuna with salt, pepper, dill, parsley, onion, garlic powder and eggs, stir and shape medium patties out of this mix.
2. Set your instant pot on sauté mode, add a drizzle of oil, heat it up, add tuna patties, cook them for 2 minutes on each side and transfer to a plate.
3. Clean the pot, add the water, add steamer basket, add tuna cakes, cover pot and

- cook on High for 4 minutes.
4. Arrange patties on a platter and serve.

Enjoy!

Nutrition: calories 140, fat 2, fiber 1, carbs 0.6,
protein 6

Worcestershire Shrimp

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 2

Ingredients:

- ½ pound big shrimp, peeled and deveined
- 2 teaspoons Worcestershire sauce
- 2 teaspoons olive oil
- Juice of 1 lemon
- Salt and black pepper to the taste
- 1 teaspoon Creole seasoning

Directions:

1. In your instant pot, mix shrimp with Worcestershire sauce, oil, lemon juice, salt, pepper and seasoning, stir, cover and cook on High for 4 minutes.
2. Arrange shrimp on a lined baking sheet, introduce in preheated broiler and broil for 4 minutes more.
3. Arrange on a platter and serve.

Enjoy!

Nutrition: calories 120, fat 3, fiber 1, carbs 6, protein 5

Side Dish Recipes

Applesauce

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 8 apples, cored and chopped
- 2 drops cinnamon oil
- 1 cup water

1 teaspoon ground cinnamon

Directions:

Put apples into the Instant Pot, add the water, cover the Instant Pot and cook on the Manual setting for 8 minutes. Release the pressure, uncover the Instant Pot, add the oil and cinnamon and puree using an immersion blender. Serve chilled.

Nutrition:

- Calories: 70
- Fat: 1
- Fiber: 1.2
- Carbs: 17
- Protein: 0.3

Cranberry Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2½ teaspoons orange zest
- 12 ounces cranberries
- ¼ cup orange juice
- 2 tablespoons maple syrup
- Salt
- 1 cup sugar

Directions:

In the Instant Pot, mix the orange juice with maple syrup and stir well. Add the orange zest and almost all of the cranberries, stir, cover and cook on the Manual setting for 2 minutes. Release the pressure, uncover the Instant Pot, and set it on Sauté mode. Add the rest of the cranberries, a pinch of salt, and the sugar, stir and cook until sugar dissolves. Serve chilled.

Nutrition:

- Calories: 151
- Fat: 0.4
- Fiber: 1
- Carbs: 39
- Protein: 0.4

Simple Spaghetti Sauce

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- 1 and $\frac{2}{3}$ pounds beef, ground
- 2 carrots, peeled and chopped
- 4 garlic cloves, peeled and minced
- 2 celery ribs, chopped
- 28 ounces canned crushed tomatoes
- 1 yellow onion, peeled and chopped
- 2 bay leaves
- 1 tablespoon olive oil
- Dried basil
- Dried oregano
- Red wine
- Salt and ground black pepper, to taste

For the chicken stock mix:

- 1 cup chicken stock
- 2 tablespoons soy sauce
- 3 tablespoons tomato paste
- 2 tablespoons fish sauce
- 1 tablespoon Worcestershire sauce

Directions:

Set the Instant Pot on Sauté mode, add the beef, salt, pepper, and oil, stir and brown for 7 minutes. Transfer the beef to a bowl when it's brown and set it aside for now. In a bowl, mix the stock with the fish sauce, soy sauce, tomato paste, and Worcestershire sauce and stir well. Heat up you Instant Pot again, add the onions, garlic, bay leaves, basil, and oregano, stir and cook for 5 minutes. Add the celery, carrots, salt, and pepper, stir and cook for 3 minutes. Add the wine, chicken stock, beef, and crushed

tomatoes on top. Cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper, if needed, set the Instant Pot on Manual mode and cook the sauce for 4 minutes. Serve with your favorite pasta.

Nutrition:

- Calories: 281
- Fat: 16
- Fiber: 5
- Carbs: 20
- Protein: 17

Marinara Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 56 ounces canned crushed tomatoes
- 3 garlic cloves, peeled and minced
- ½ cup red lentils
- 1 cup sweet potato, diced
- Salt and ground black pepper, to taste
- 1½ cups water

Directions:

Set the Instant Pot on Sauté mode, add the lentils, sweet potatoes, salt, pepper, and garlic, stir and cook them for 2 minutes. Add the water and tomatoes, stir, cover the Instant Pot and cook on the Manual setting for 13 minutes. Release the pressure, uncover the Instant Pot, puree everything using an immersion blender, add more salt and pepper, if needed, set the Instant Pot on Manual mode, and cook the sauce for 4 minutes.

Nutrition:

- Calories: 60
- Fat: 2
- Fiber: 2
- Carbs: 9
- Protein: 2

Ancho Chili Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 5 ancho chilies, dried, seedless and chopped
- 2 garlic cloves, peeled and crushed
- Salt and ground black pepper, to taste
- 1½ cups water
- 1½ teaspoons sugar
- ½ teaspoon dried oregano
- ½ teaspoon cumin
- 2 tablespoons apple cider vinegar

Directions:

In the Instant Pot mix the water chilies, garlic, salt, pepper, sugar, cumin, and oregano, stir, cover and cook on the Manual setting for 8 minutes. Release the pressure for 5 minutes, uncover the Instant Pot, and pour sauce into a blender. Add the vinegar, blend well and transfer everything to a bowl.

Nutrition:

- Calories: 50
- Fat: 2
- Fiber: 0
- Carbs: 2

Orange and Ginger Sauce

Preparation time: 5 minutes

Cooking time: 7 minutes.

Servings: 4

Ingredients:

- 1 cup fish stock
- Salt and ground black pepper, to taste
- 1 tablespoon olive oil
- 4 green onions, chopped
- 1-inch ginger piece, chopped
- Zest and juice from 1 orange

Directions:

In the Instant Pot, mix the fish stock with the salt, pepper, olive oil, onions, ginger, orange juice, and zest and stir well. Cover the Instant Pot and cook on the Manual setting for 7 minutes.

Release the pressure, uncover the Instant Pot, and serve your sauce.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 1
- Carbs: 2
- Protein: 4

Zucchini Pesto

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and chopped
- 1 tablespoon extra virgin olive oil
- 1½ pounds zucchini, chopped
- Salt, to taste
- ½ cup water
- 1 bunch fresh basil, chopped
- 2 garlic cloves, peeled and minced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir and cook 4 minutes. Add the zucchini, salt and water, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, uncover the Instant Pot, add the garlic and basil and blend everything using an immersion blender. Transfer to a bowl, and serve.

Nutrition:

- Calories: 71
- Fat: 5
- Fiber: 2.3
- Carbs: 2
- Protein: 1.

Vegetarian Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 1 yellow onion, peeled and chopped
- 2 tablespoons olive oil
- 5 celery ribs
- 8 carrots, peeled and chopped
- 4 beets, peeled and chopped
- 1 butternut squash, peeled and chopped
- 8 garlic cloves, peeled and minced
- 1 cup vegetable stock
- ¼ cup lemon juice
- 1 bunch fresh basil, chopped
- 2 bay leaves
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the celery, onion, and carrots, stir and cook for 4 minutes. Add the beets, squash, garlic, stock, lemon juice, basil, bay leaves, salt, and pepper, stir, cover and cook for 12 minutes at Manual.

Release the pressure, uncover the Instant Pot, discard the bay leaves, puree sauce using an immersion blender, transfer to a bowl, and serve.

Nutrition:

- Calories: 79
- Fat: 1
- Fiber: 0.4
- Carbs: 5
- Protein: 3

Barbecue Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 1 tablespoon sesame seed oil
- ½ cup tomato puree
- 1 yellow onion, peeled and chopped
- ½ cup water
- 4 tablespoons white wine vinegar
- 4 tablespoons honey
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 1 teaspoon liquid smoke
- 1 teaspoon Tabasco sauce
- 1/8 teaspoon cumin
- 1/8 teaspoon ground cloves
- 5 ounces dried seedless plums

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir and cook for 5 minutes. Add the tomato puree, honey, water, vinegar, salt, garlic, Tabasco sauce, liquid smoke, cumin, and cloves and stir everything very well. Add the plums and stir well. Cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, blend everything with an immersion blender, transfer sauce to a bowl, and serve.

Nutrition:

- Calories: 20
- Fat: 0.4
- Fiber: 0.4
- Carbs: 3.5

- Protein: 0.1

Gravy

Preparation time: 10 minutes

Cooking time: 1 hour and 30 minutes

Servings: 2

Ingredients:

- Turkey neck, gizzard, livers, and heart
- 1 tablespoon vegetable oil
- ½ cup dry vermouth
- 1 yellow onion, peeled and chopped
- 1 quart turkey stock
- 1 bay leaf
- 4 tablespoons butter
- 2 thyme sprigs
- 4 tablespoons white flour
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the turkey pieces and onion, stir and cook for 3 minutes. Stir again and cook for 3 minutes. Add the vermouth, stock, bay leaf, and thyme and stir. Cover the Instant Pot and cook on the Manual setting for 36 minutes. Release the pressure for 20 minutes, strain the stock, reserve the turkey giblets and let them cool down, remove gristle and dice them into small pieces. Heat up a pan with the butter over medium heat, add the flour, stir, and cook for 3 minutes. Add the strained stock, stir well, increase heat to medium high and simmer for 20 minutes, stirring frequently. Add salt, pepper, and the giblets, stir well, and serve.

Nutrition:

- Calories: 181
- Fat: 10
- Fiber: 1
- Carbs: 11.4

- Protein: 10.5

Cheese Sauce

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 cups processed cheese, cut into chunks
- 1 cup Italian sausage, cooked and chopped
- 5 ounces canned tomatoes and green chilies, diced
- 4 tablespoons water

Directions:

In the Instant Pot, mix sausage with cheese, tomatoes, and chilies and water. Stir, cover and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, transfer sauce to a bowl, and serve with your favorite pasta or vegetables.

Nutrition:

- Calories: 110
- Fat: 8.5
- Fiber: 0.4
- Carbs: 4.3
- Protein: 4.32

Mushroom Sauce

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 1 yellow onion, peeled and chopped
- ¼ cup olive oil
- 1 tablespoon flour
- Salt and ground black pepper, to taste
- 1 tablespoon thyme, chopped
- 3 garlic cloves, peeled and minced
- 1¼ cup chicken stock
- ¼ cup dry sherry
- 10 ounces shiitake mushrooms, chopped
- 10 ounces cremini mushrooms, chopped
- 10 ounces button mushrooms, chopped
- 1-ounce Parmesan cheese, grated
- ½ cup heavy cream
- 1 tablespoons parsley, diced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, salt, and pepper, stir and cook for 5 minutes. Add the garlic, flour, and thyme, stir and cook for 1 minute. Add sherry, stock, and the mushrooms, stir, cover, and cook on the Manual setting for 25 minutes. Release pressure, uncover the Instant Pot, add the cream, cheese, and parsley, stir, and set the Instant Pot on Manual mode. Cook for 5 minutes, transfer to a bowl, and serve.

Nutrition:

- Calories: 140
- Fat: 5.7
- Fiber: 3.1

- Carbs: 13
- Protein: 7.4

Hot Sauce

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 6

Ingredients:

- 12 ounces hot peppers, chopped
- 2 teaspoons salt
- 1¼ cups apple cider vinegar

Directions:

Put peppers into the Instant Pot. Add the vinegar and salt, stir, cover, and cook on the Manual setting for 2 minutes. Release the pressure for 15 minutes, uncover the Instant Pot, and puree everything using your immersion blender. Transfer to jars, and serve when needed.

Nutrition:

- Calories: 12
- Fat: 0.04
- Fiber: 0
- Carbs: 0.04
- Protein: 0.06

Strawberry Sauce

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 8

Ingredients:

- 1 ounce orange juice
- $\frac{1}{8}$ cup sugar
- 1 pound strawberries, cored and cut into halves
- Ground ginger
- $\frac{1}{2}$ teaspoon vanilla extract

Directions:

In the Instant Pot, mix the strawberries with sugar, stir, and leave them aside for 10 minutes. Add the orange juice, stir, cover, and cook on the Manual setting for 2 minutes. Release the pressure for 15 minutes, uncover the Instant Pot, add the vanilla extract, and ginger, puree using an immersion blender and refrigerate until ready for use.

Nutrition:

- Calories: 60
- Fat: 0
- Carbs: 13
- Protein: 1

Cauliflower Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2 tablespoons butter
- 8 garlic peeled and cloves, minced
- 7 cups vegetable stock
- 6 cups cauliflower florets
- Salt and ground black pepper, to taste
- ½ cup milk

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add garlic, salt, and pepper, stir, cook for 5 minutes and transfer to a bowl. Add the stock and cauliflower to the Instant Pot, heat up, cover, and cook on the Manual setting for 7 minutes. Release the pressure, transfer the cauliflower and 1 cup stock to your blender, add the salt, pepper, milk, and garlic and puree for a few minutes. Serve with pasta.

Nutrition:

- Calories: 119
- Fat: 5
- Fiber: 1
- Carbs: 10
- Protein: 8

Mango Sauce

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 shallot, peeled and chopped
- 1 tablespoon vegetable oil
- ¼ teaspoon cardamom
- 2 tablespoons ginger, minced
- ½ teaspoon ground cinnamon
- 2 mangos, chopped
- 2 red hot chilies, chopped
- 1 apple, cored and chopped
- 2 teaspoons salt
- ¼ cup raisins
- 1¼ cup raw sugar
- 1¼ apple cider vinegar

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the ginger and shallot, stir and cook for 5 minutes. Add the cinnamon, hot peppers, and cardamom, stir and cook for 2 minutes. Add the mangos, apple, raisins, sugar, and cider, stir and cook until the sugar melts. Cover the Instant Pot and cook on the Manual setting for 7 minutes. Release the pressure, uncover the Instant Pot, transfer to a pan, and simmer on medium heat for 15 minutes, stirring occasionally. Transfer to jars, and serve when needed.

Nutrition:

- Calories: 80
- Fat: 0.3
- Fiber: 1
- Carbs: 9

- Protein: 0.9

Tomato Chutney

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 3 pounds tomatoes, cored, peeled, and chopped
- 1 cup red wine vinegar
- 1³/₄ cups sugar
- 1-inch ginger piece, peeled and grated
- 3 garlic cloves, peeled and minced
- 2 onions, peeled and chopped
- 1/4 cup raisins
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon coriander
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- Paprika
- 1 teaspoon chili powder

Directions:

Mix the tomatoes and the grated ginger into the blender, pulse well, and transfer to the Instant Pot. Add the vinegar, sugar, garlic, onions, raisins, cinnamon, cloves, coriander, nutmeg, ground ginger, paprika, and chili powder, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, transfer to jars, and serve when needed.

Nutrition:

- Calories: 140
- Fat: 10
- Fiber: 0
- Carbs: 10
- Protein: 4

Tomato Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 20

Ingredients:

- 2 pounds tomatoes, cored, peeled, and chopped
- 1 apple, cored and chopped
- 1 yellow onion, peeled and chopped
- 6 ounces raisins, chopped
- 3 ounces dates, chopped
- Salt, to taste
- 3 teaspoons allspice
- ½ pint vinegar
- ½ pound brown sugar

Directions:

Put the tomatoes into the Instant Pot. Add the apple, onion, raisins, dates, salt, allspice, and half of the vinegar, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, set it on Manual mode, add the rest of the vinegar and sugar, stir, and simmer until the sugar dissolves. Transfer to jars, and serve when needed.

Nutrition:

- Calories: 70
- Fat: 4
- Fiber: 1
- Carbs: 8
- Protein: 1.7

Pineapple Sauce

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 3 cups pineapple chunks
- 3 tablespoons rum
- 3 tablespoons butter
- 4 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 1 teaspoon ground ginger

Directions:

Set the Instant Pot on sauté mode, add the butter and melt it. Add the sugar, pineapple, rum, allspice, nutmeg, cinnamon, and ginger, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, uncover the Instant Pot, stir sauce one more time, and serve.

Nutrition:

- Calories: 160
- Fat: 0
- Fiber: 0
- Carbs: 23
- Protein: 0

Onion Sauce

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 6 tablespoons butter
- 3 pounds yellow onion, peeled and chopped
- Salt and ground black pepper, to taste
- ½ teaspoon baking soda

Directions:

Set the Instant Pot on Sauté mode, add the butter and heat it up. Add the onions and baking soda, stir, and cook for 3 minutes. Cover the Instant Pot and cook on the Manual setting for 20 minutes. Release the pressure, uncover the Instant Pot, set it on Sauté mode again, and cook for 5 minutes, stirring often. Serve when needed.

Nutrition:

- Calories: 100
- Fat: 0.4
- Fiber: 0
- Carbs: 9
- Protein: 0

Green Tomato Sauce

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 12

Ingredients:

- 2 pounds green tomatoes, cored and chopped
- 1 white onion, peeled and chopped
- $\frac{1}{4}$ cup currants
- 1 Anaheim chili pepper, chopped
- 4 red chili peppers, chopped
- 2 tablespoons ginger, grated
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup white vinegar

Directions:

In the Instant Pot, mix green tomatoes with onion, currants, Anaheim pepper, chili pepper, ginger, sugar, and vinegar, stir, cover and cook on the Manual setting for 10 minutes. Release the pressure for 5 minutes, uncover the Instant Pot, transfer sauce to jars, and serve.

Nutrition:

- Calories: 50
- Fat: 2
- Fiber: 2.4
- Carbs: 10
- Protein: 1.5

Plum Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 20

Ingredients:

- 3 pounds plums, pitted and chopped
- 2 onions, peeled and chopped
- 2 apples, cored and chopped
- 4 tablespoons ground ginger
- 4 tablespoons ground cinnamon
- 4 tablespoons allspice
- 1½ tablespoons salt
- 1 pint vinegar
- ¾ pound sugar

Directions:

Put the plums, apples, and onions into the Instant Pot. Add the ginger, cinnamon, allspice, salt, and almost all the vinegar, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, set it on Manual mode, add the rest of the vinegar and the sugar, stir, and cook until sugar dissolves. Keep sauce refrigerated until ready to use.

Nutrition:

- Calories: 100
- Fat: 10
- Fiber: 3
- Carbs: 23
- Protein: 26

Clementine Sauce

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 12 ounces cranberries
- 1 cup water
- Juice and peel from 1 clementine
- 1 cup sugar

Directions:

In the Instant Pot, mix the cranberries with clementine juice and peel, water, and sugar, stir, cover and cook on the Manual setting for 6 minutes. Release the pressure, uncover the Instant Pot, and serve.

Nutrition:

- Calories: 50
- Fat: 0
- Fiber: 0
- Carbs: 0.3
- Protein: 0

Orange Sauce

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 6

Ingredients:

- ¼ cup white wine vinegar
- 1 teaspoon ginger paste
- 2 tablespoons tomato paste
- 3 tablespoons sugar
- 1 cup orange juice
- 1 teaspoon garlic, diced
- 2 tablespoons agave nectar
- 1 teaspoon sesame oil
- 1 teaspoon chili sauce
- 2 tablespoons soy sauce
- ¼ cup vegetable stock
- 2 tablespoons cornstarch

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the garlic and ginger paste, stir, and cook for 2 minutes. Add the tomato paste, sugar, orange juice, vinegar, agave nectar, soy sauce, and chili sauce, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, uncover the Instant Pot, add the stock and cornstarch, stir, cover again, and cook on the Manual setting for 4 minutes. Release the pressure again, and serve your sauce.

Nutrition:

- Calories: 80
- Fat: 7
- Fiber: 1.4
- Carbs: 5
- Protein: 13

Sriracha Sauce

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 6

Ingredients:

- 4 ounces red chilies, seeded and chopped
- 3 tablespoons brown sugar
- 3 ounces arbol chilies, dried
- 12 garlic cloves, peeled and minced
- 5 ounces distilled vinegar
- 5 ounces water

Directions:

In the Instant Pot, mix the water with the brown sugar and stir. Add all the chilies and garlic, stir, cover and cook on the Manual setting for 7 minutes. Release the pressure, uncover the Instant Pot, blend sauce using an immersion blender, add the vinegar, stir, set the Instant Pot on Manual mode, and cook the sauce for 10 minutes. Serve when needed.

Nutrition:

- Calories: 90
- Fat: 0.4
- Fiber: 0.3
- Carbs: 19
- Protein: 2.4

Grape Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 6 ounces black grapes
- ½ cup water
- 2½ tablespoons sugar
- 1 cup corn flour
- Lemon juice

Directions:

Put grapes into the Instant Pot, add enough water to cover, cook on the Manual setting for 7 minutes, release the pressure, set the mixture aside to cool down, blend using an immersion blender, strain the sauce, and set the dish aside. Heat up a pan over medium heat, add the grapes, sugar, water, and corn flour, stir, and boil until it thickens. Add the lemon juice, stir, take off heat, and serve.

Nutrition:

- Calories: 60
- Fiber: 0.3
- Carbs: 0
- Protein: 3

Bread Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 12

Ingredients:

- 1 yellow onion, peeled and chopped
- 2 garlic cloves, peeled and crushed
- 6 cloves
- 26 ounces milk
- 6 bread slices, torn
- 2 bay leaves
- Salt, to taste
- 2 tablespoons butter
- Heavy cream

Directions:

Set the Instant Pot on Manual mode, add the milk and heat it up. Add the garlic, cloves, onion, bay leaves, and salt, stir well, and cook for 3 minutes. Add the bread, stir, cover, and cook on the Manual setting for 4 minutes. Release the pressure, uncover the Instant Pot, transfer the sauce to a blender, add the butter and cream, discard the bay leaves, and blend well. Return the sauce to the Instant Pot set it on Manual mode and simmer sauce for 3 minutes.

Nutrition:

- Calories: 113
- Fat: 5
- Fiber: 2.4
- Carbs: 11
- Protein: 3

Chili Jam

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 12

Ingredients:

- 4 garlic cloves, peeled and minced
- 2 red onions, peeled and diced
- 4 red chili peppers, seeded and chopped
- 17 ounces cranberries
- 4 ounces sugar
- Olive oil
- Salt and ground black pepper, to taste
- 2 tablespoons red wine vinegar
- 3 tablespoons water

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions, garlic, and chilies, stir, and cook for 8 minutes. Add the cranberries, vinegar, water, and sugar, stir, cover the Instant Pot, and cook on the Manual setting for 14 minutes. Release the pressure, uncover the Instant Pot, puree sauce using an immersion blender, set the Instant Pot on Manual mode, and cook the sauce for 15 minutes. Add the salt and pepper, transfer to jars, and serve when needed.

Nutrition:

- Calories: 20
- Fat: 0.2
- Fiber: 0.4
- Carbs: 4
- Protein: 0.2

Pomegranate Sauce

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 5 cups pomegranate juice
- ½ cup lemon juice
- 1 cup white sugar

Directions:

In the Instant Pot, mix the pomegranate juice with sugar, and lemon juice, stir, cover, and cook on the Manual setting for 25 minutes. Release the pressure, uncover the Instant Pot, divide sauce into jars, and serve when needed.

Nutrition:

- Calories: 136
- Fat: 0.4
- Fiber: 0.8
- Carbs: 35
- Protein: 1.2

Apricot Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 3 ounces apricots, dried and cut into halves
- 2 cups water
- $\frac{2}{3}$ cup sugar
- 1 teaspoon vanilla extract

Directions:

In the Instant Pot, mix the apricots with water, sugar, and vanilla, stir, cover, and cook on Manual for 20 minutes. Release the pressure, uncover the Instant Pot, transfer the sauce to a blender, and pulse well. Divide into jars, and serve with a poultry dish.

Nutrition:

- Calories: 100
- Fat: 0.6
- Fiber: 0
- Carbs: 10
- Protein: 1

Broccoli Sauce

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 6 cups water
- 3 cups broccoli florets
- 2 garlic cloves, minced
- Salt and ground black pepper, to taste
- $\frac{1}{3}$ cup coconut milk
- 1 tablespoon white wine vinegar
- 1 tablespoons nutritional yeast
- 1 tablespoon olive oil

Directions:

Put the water into the Instant Pot. Add the broccoli, salt, pepper, and garlic, stir, cover, and cook on the Manual setting for 6 minutes. Release the pressure, uncover the Instant Pot, strain the broccoli and garlic, and transfer to a food processor. Add the coconut milk, vinegar, yeast, olive oil, salt, and pepper and blend well. Serve over pasta.

Nutrition:

- Calories: 128
- Fat: 10
- Fiber: 1.4
- Carbs: 6
- Protein: 5.4

Carrot Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 4 tablespoons butter
- 2 cups carrot juice
- Ground cinnamon
- Salt and ground black pepper, to taste
- Cayenne pepper
- 1 teaspoon dried chervil
- 1 teaspoon dried chives
- 1 teaspoon dried tarragon

Directions:

Put the carrot juice into the Instant Pot, set the Instant Pot on Manual mode, and bring to a boil. Add the butter, salt, pepper, cayenne and cinnamon, stir, cover and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, add the chervil, chives, and tarragon, stir, and serve.

Nutrition:

- Calories: 149
- Fat: 7
- Fiber: 4
- Carbs: 19
- Protein: 2
- Sugars 8

Mustard Sauce

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 6 ounces mushrooms, chopped
- 3 tablespoon olive oil
- 3.5 ounces dry sherry
- 1 thyme sprig
- 1 garlic clove, peeled and minced
- 3.5 ounces beef stock
- 1 tablespoon balsamic vinegar
- 1 tablespoon mustard
- 2 tablespoon crème fraiche
- 2 tablespoons fresh parsley, diced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the garlic, thyme, and mushrooms, stir, and cook for 5 minutes. Add the sherry, vinegar, and stock, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, uncover the Instant Pot, discard the thyme, add the crème fraiche, mustard, and parsley, stir, set the Instant Pot on Manual mode, and cook the sauce for 3 minutes, and serve.

Nutrition:

- Calories: 67
- Fat: 0.4
- Fiber: 0.2
- Carbs: 4
- Protein: 1

Eggplant Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 pound ground beef
- 28 ounces canned diced tomatoes
- 5 garlic cloves, peeled and minced
- 5 ounces canned tomato paste
- 1 onion, peeled and chopped
- 1 eggplant, chopped
- ½ cup olive oil
- ½ teaspoon turmeric
- 1 cup vegetable stock
- 1 tablespoon apple cider vinegar
- ½ teaspoon dried dill
- Salt and ground black pepper, to taste
- ¼ cup fresh parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add the beef, brown for a few minutes, and transfer to a bowl. Heat up the oil into the Instant Pot, add the onion and some salt, and cook for 2 minutes. Add the eggplant and garlic, stir, and cook for 1 minute. Add the vinegar, stir, and cook for 2 minutes. Add the tomato paste, tomatoes, meat, salt, pepper, parsley, dill, turmeric, and stock, stir, cover, and cook on the Manual setting for 15 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper, and a splash of lemon juice, stir well, and serve.

Nutrition:

- Calories: 142
- Fat: 11
- Fiber: 4.4

- Carbs: 10
- Protein: 2.1

Cherry Sauce

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 tablespoon lemon juice
- ¼ cup water
- 1 teaspoon kirsch
- Salt
- 1 tablespoon sugar
- 2 tablespoons cornstarch
- 2 cups cherries

Directions:

In the Instant Pot, mix the water with lemon juice, salt, sugar, kirsch, and cornstarch. Add the cherries, stir, cover, and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, transfer the sauce to a bowl, and serve after chilling.

Nutrition:

- Calories: 60
- Fat: 0
- Fiber: 0
- Carbs: 13
- Protein: 0

Date Sauce

Preparation time: 10 minutes

Cooking time: 9 minutes

Servings: 6

Ingredients:

- 2 cups apple juice
- 2 cups dates, dried
- 1 tablespoon lemon juice

Directions:

In the Instant Pot, mix the apple juice with the lemon juice and dates, stir, cover and cook on the Manual setting for 9 minutes. Release the pressure, uncover the Instant Pot, blend using an immersion blender, and transfer to a container. Serve when needed.

Nutrition:

- Calories: 30
- Fat: 0
- Fiber: 1
- Carbs: 5
- Protein: 0
- Sugar: 5

Pear Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 5 pints

Ingredients:

- 10 cups pears, sliced
- 2 teaspoons ground cinnamon
- 1 cup pear juice
- ½ teaspoon nutmeg

Directions:

Put pear pieces into the Instant Pot, add the cinnamon, nutmeg, and pear juice. Stir, cover the Instant Pot, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, blend using an immersion blender, and serve when needed.

Nutrition:

- Calories: 80
- Fat: 0.1
- Fiber: 0
- Carbs: 20
- Protein: 0.1

Guava Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 can guava shells and syrup
- 2 onions, peeled and chopped
- ¼ cup vegetable oil
- Juice from 2 lemons
- 2 garlic cloves, peeled and chopped
- 1-inch ginger piece, peeled and minced
- ½ teaspoon nutmeg
- 2 Serrano chilies, chopped

Directions:

Put guava shells and syrup into the blender, pulse well and set aside. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion and garlic, stir and cook for 4 minutes. Add the guava mix, ginger, lemon juice, chilies, and nutmeg, stir, cover, and cook on High for 15 minutes. Release the pressure, uncover the Instant Pot, and serve sauce with fish.

Nutrition:

- Calories: 85
- Fat: 2.3
- Fiber: 8
- Carbs: 22
- Protein: 3

Elderberry Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 20

Ingredients:

- 4 cups water
- 1 cup elderberries
- 1-inch ginger piece, grated
- 1 cinnamon stick
- 1 vanilla bean, split
- 5 cloves
- 1 cup honey

Directions:

In the Instant Pot, mix the elderberries with the water, ginger, cinnamon, vanilla and cloves, stir, cover and cook on the Manual setting for 10 minutes. Release the pressure, strain the sauce and keep in a jar until needed.

Nutrition:

- Calories: 55
- Fat: 0
- Fiber: 0
- Carbs: 13
- Protein: 0

Fennel Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1 fennel bulb, cut into pieces
- 2 pints grape tomatoes, cut into halves
- ¼ cup dry white wine
- 5 thyme sprigs
- 3 tablespoons olive oil
- Sugar
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot in Sauté mode, add the oil and heat it up. Add the fennel, tomatoes, thyme, sugar, salt, and pepper, stir, and sauté for 5 minutes. Add the white wine, cover the Instant Pot, and cook for 4 minutes. Release the pressure, uncover, discard the thyme, stir the sauce, and serve.

Nutrition:

- Calories: 76
- Fat: 0.6
- Fiber: 0.6
- Carbs: 4
- Protein: 5

Melon Sauce

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- Flesh from 1 small melon
- 1 ounce sugar
- 1 cup sweet wine
- 1 tablespoon butter
- 1 teaspoon starch
- Juice of 1 lemon

Directions:

Put the melon and sweet wine into the Instant Pot, cover, and cook on the Manual setting for 7 minutes. Release the pressure, transfer the sauce to a blender, add the lemon juice, sugar, butter, and starch and blend very well. Return the sauce to the Instant Pot, set it on Manual mode, cook the sauce until it thickens for 3 minutes, and serve.

Nutrition:

- Calories: 68
- Fat: 0.3
- Carbs: 1
- Protein: 1

Peach Sauce

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 6

Ingredients:

- 10 ounces peaches, pitted and chopped
- 1/8 teaspoon nutmeg
- 2 tablespoons cornstarch
- 3 tablespoons sugar
- ½ cup water
- Salt
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon almond extract

Directions:

In the Instant Pot, mix the peaches with the nutmeg, cornstarch, sugar, cinnamon, and salt, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, uncover the Instant Pot, add the almond extract, stir, and serve sauce.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 0.6
- Carbs: 4
- Protein: 6

Parsley Sauce

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 6

Ingredients:

- 2 cups chicken stock
- 1 yellow onion, peeled and diced
- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{3}{4}$ cup whole milk
- 4 tablespoons fresh parsley, chopped
- 1 egg yolk
- $\frac{1}{4}$ cup heavy cream
- Salt and ground white pepper, to taste

Directions:

Put the stock and onion into the Instant Pot, set the Instant Pot on Manual mode, and bring to a boil. Heat up a pan with the butter over medium heat, add the flour and stir well to combine. Combine this mixture and whole milk with the stock and stir well. Bring to a boil, add the parsley, stir, cover, and cook on the Manual setting for 2 minutes. Release the pressure, uncover the Instant Pot, and set it back on Manual mode. In a bowl, mix the cream with egg yolk and some of the sauce from the Instant Pot. Stir this well, mix with the sauce, and whisk. Add the salt and pepper, stir again, cook for a couple of minutes until it thickens, and serve with chicken and rice.

Nutrition:

- Calories: 70
- Fat: 2.5
- Fiber: 0.5
- Carbs: 7.3
- Protein: 2.5

Cilantro Sauce

Preparation time: 5 minutes

Cooking time: 6 minutes

Servings: 6

Ingredients:

- 3 garlic cloves, peeled and minced
- 1 tablespoon olive oil
- 2 red chilies, minced
- 3 shallots, peeled and minced
- 3 scallions, chopped
- 3 tomatoes, cored and chopped
- Salt and ground black pepper, to taste
- 2 tablespoons fresh cilantro, chopped
- ¼ cup water

Directions:

Set the Instant Pot on Sauté mode, add oil and heat it up. Add garlic, shallots and chilies, stir and cook for 3 minutes. Add scallions, tomatoes, water, salt, pepper and cilantro, stir, cover and cook on High for 3 minutes. Release the pressure, uncover the Instant Pot, blend using an immersion blender, and serve.

Nutrition:

- Calories: 67
- Fat: 1
- Fiber: 0.4
- Carbs: 1
- Protein: 0.5

Peach and Whiskey Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1 cup brown sugar
- 3 cups peaches, pureed
- 6 tablespoons whiskey
- 1 cup white sugar
- 2 teaspoons lemon zest, grated

Directions:

In the Instant Pot mix the peaches with brown sugar, white sugar, whiskey, and lemon zest, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, stir the sauce, and transfer it to jars. Serve when needed.

Nutrition:

- Calories: 100
- Fat: 0.7
- Fiber: 0.6
- Carbs: 7
- Protein: 7

Leek Sauce

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 8

Ingredients:

- 2 leeks, sliced thin
- 2 tablespoons butter
- 1 cup whipping cream
- 3 tablespoons lemon juice
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the leeks, stir and cook for 2 minutes. Add the lemon juice, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, uncover the Instant Pot, transfer the sauce to your blender, add whipping cream and blend everything together. Return the sauce to the Instant Pot, set on Manual mode, add the salt and pepper, stir, and cook for 2 minutes. Serve with fish.

Nutrition:

- Calories: 140
- Fat: 13
- Fiber: 0.4
- Carbs: 5
- Protein: 1

Chestnut Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 11 ounces sugar
- 11 ounces water
- 1½ pounds chestnuts, cut into halves and peeled
- ⅛ cup rum liquor

Directions:

In the Instant Pot, mix the sugar with the water, rum, and chestnuts. Stir, cover, and cook on the Manual setting for 20 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, and blend everything with an immersion blender. Serve when needed.

Nutrition:

- Calories: 50
- Fat: 0
- Fiber: 0
- Carbs: 10
- Protein: 0
- Sugar: 12

Quince Sauce

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 pounds grated quince
- Juice of 1 lemon
- 10 cloves
- 2 pounds sugar
- ¼ cup water

Directions:

In the Instant Pot, mix the quince with the sugar and stir well. Add the water and stir again. Tie the cloves in cheesecloth and add to the Instant Pot. Cover and cook on the Manual setting for 10 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, stir the sauce again, and transfer to jars. Serve on top of sweet pastries.

Nutrition:

- Calories: 60
- Fat: 0
- Fiber: 1
- Carbs: 16
- Sugar: 9
- Protein: 1

Corn Sauce

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and chopped
- 1 tablespoon olive oil
- 1 teaspoon white flour
- 1³/₄ cups chicken stock
- 1/4 cup white wine
- 1 thyme sprig
- 2 cups corn kernels
- Salt and ground black pepper, to taste
- 2 teaspoons butter
- 1 teaspoon thyme, diced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir, and cook for 3 minutes. Add the flour, stir well, and cook for 1 minute. Add the wine, stir, and cook for 1 minute. Add the thyme sprig, stock, and corn, stir, cover, and cook on the Manual setting for 1 minute. Release the pressure, uncover the Instant Pot, discard the thyme sprig, transfer the sauce to a blender, add salt, pepper, butter, and chopped thyme, and blend well. Return to pot set it on Sauté mode again and cook 1-2 minutes. Serve when needed.

Nutrition:

- Calories: 100
- Fat: 4.5
- Fiber: 2
- Carbs: 13
- Protein: 3

Rhubarb Sauce

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 6

Ingredients:

- 8 ounces rhubarb, trimmed and chopped
- 1 tablespoon cider vinegar
- 1 small onion, peeled and chopped
- Ground cardamom
- 1 garlic clove, peeled and minced
- 2 jalapeño peppers, chopped
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup raisins
- $\frac{1}{4}$ cup water

Directions:

In the Instant Pot, mix the rhubarb with the vinegar, onion, cardamom, garlic, jalapeños, honey, water, and raisins, stir, cover, and cook on the Manual setting for 7 minutes. Release the pressure, uncover the Instant Pot, set it on Manual mode and cook for 3 minutes. Serve when needed.

Nutrition:

- Calories: 90
- Fat: 0
- Fiber: 1
- Carbs: 23
- Protein: 1

Cauliflower Risotto And Artichokes

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon extra virgin olive oil
- 5 ounces cauliflower rice
- 2 garlic cloves, minced
- 1 and $\frac{1}{4}$ cups chicken stock
- 2 tablespoons flax meal
- 1 and $\frac{1}{4}$ cups water
- 15 ounces artichoke hearts, chopped
- 16 ounces cashew cheese
- 1 and $\frac{1}{2}$ tablespoons thyme, chopped
- A pinch of sea salt and black pepper

Directions:

1. Set your instant pot on sauté mode, add the oil and cauliflower rice, stir and cook for 2 minutes.
2. Add garlic, stir, cook for 1 minute, transfer to a heat proof dish and mix with flax meal, salt, pepper and stock.
3. Put the water in your instant pot, add the steamer basket, put the dish with the

cauliflower rice inside, cover and cook on High for 7 minutes.

4. Add cashew cheese, artichoke hearts and thyme, stir, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 162, fat 2, fiber 2, carbs 4, protein 7

Cauliflower And Mushroom Risotto

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 2 cups cauliflower rice
- 4 cups chicken stock
- 2 garlic cloves, minced
- 2 ounces olive oil
- 1 yellow onion, chopped
- 8 ounces mushrooms, sliced
- 4 ounces coconut cream
- 4 ounces white vinegar
- 1 ounce basil, chopped

Directions:

1. Set your instant pot on sauté mode, add the oil and heat it up.
2. Add onions, garlic and mushrooms, stir and cook for 3 minutes
3. *Add cauliflower rice, stock and vinegar, stir, cover and cook on High for 10 minutes.*
4. *Add coconut cream and basil, stir, divide among plates and serve as a side dish.*

Enjoy!

Nutrition: calories 142, fat 2, fiber 1, carbs 2, protein
5

Pumpkin And Cauliflower Rice

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 ounces olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 12 ounces cauliflower rice
- 4 cups chicken stock
- 6 ounces pumpkin puree
- ½ teaspoon nutmeg, ground
- 1 teaspoon thyme chopped
- ½ teaspoon ginger, grated
- ½ teaspoon cinnamon powder
- ½ teaspoon allspice
- 4 ounces coconut cream

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add garlic and onion, stir and sauté for 3 minutes.
2. Add cauliflower rice, stock, pumpkin puree, thyme, nutmeg, cinnamon, ginger and allspice, stir, cover and cook on High for 12 minutes.

3. Add coconut cream, stir, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 2, fiber 3, carbs 5, protein 6

Special Veggie Side Dish

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 2 cups cauliflower rice
- 1 cup mixed carrots and green beans
- 2 cups water
- ½ teaspoon green chili, minced
- ½ teaspoon ginger, grated
- 3 garlic cloves, minced
- 2 tablespoons ghee
- 1 cinnamon stick
- 1 tablespoon cumin seeds
- 2 bay leaves
- 3 whole cloves
- 5 black peppercorns
- 2 whole cardamoms
- 1 tablespoon stevia
- A pinch of sea salt

Directions:

1. Put water in your instant pot, add cauliflower rice, mixed veggies, green chili, grated ginger, garlic cloves, cinnamon stick, whole cloves and ghee and stir..

2. *Also add cumin seeds, bay leaves, cardamoms, black peppercorns, salt and stevia, stir again, cover and cook on High for 12 minutes.*
3. *Discard cinnamon stick, bay leaves, cloves and cardamom, divide among plates and serve as a side dish.*

Enjoy!

Nutrition: calories 152, fat 2, fiber 1, carbs 4, protein 6

Simple Glazed Carrots

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 16 ounces baby carrots
- 2 tablespoons olive oil
- 2 ounces water
- 2 ounces ghee
- 2 tablespoons dill, chopped
- A pinch of salt and black pepper

Directions:

1. Put carrots in your instant pot, add the ghee, water, salt and pepper, stir, cover and cook on High for 7 minutes.
2. *Drain carrots, transfer them to a bowl, add dill and the oil, toss and serve right away as a side dish.*

Enjoy!

Nutrition: calories 172, fat 3, fiber 3, carbs 5, protein

7

Great Broccoli Dish

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 6

Ingredients:

- 31 oz broccoli florets
- 1 cup water
- 5 lemon slices
- A pinch of salt and black pepper

Directions:

1. Put the water in your instant pot, add the steamer basket, add broccoli florets and lemon slices, season with a pinch of salt and pepper, cover and cook on High for 12 minutes.
2. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 2, fiber 1, carbs 2, protein 3

Brussels Sprouts Delight

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons coconut aminos
- 1 and ½ pounds Brussels sprouts, halved
- 2 ounces water
- 1 and ½ teaspoon white pepper

Directions:

1. Put the oil in your instant pot, add garlic, Brussels sprouts, aminos, water and white pepper, stir, cover and cook on High for 8 minutes.
2. *Divide among plates and serve as a side dish.*

Enjoy!

Nutrition: calories 162, fat 2, fiber 1, carbs 2, protein 5

Special Sweet Potatoes

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 1 cup water
- 1 tablespoon lemon peel, grated
- 3 tablespoons stevia
- A pinch of sea salt
- 3 sweet potatoes, peeled and sliced
- ¼ cup ghee
- ¼ cup maple syrup
- 1 cup pecans, chopped
- 1 tablespoon arrowroot powder
- Whole pecans for garnish

Directions:

1. Pour the water in your instant pot, add lemon peel, stevia, sweet potatoes and salt, stir, cover, cook on High for 10 minutes and transfer them to a plate.
2. Set your instant pot on Sauté mode, add the ghee and heat it up
3. *Add pecans, maple syrup arrowroot powder, stir very well and cook for 1 minutes,*

4. *Divide sweet potatoes between plates, drizzle the pecans sauce all over, top with whole pecans and serve.*

Enjoy!

Nutrition: calories 162, fat 2, fiber 1, carbs 5, protein 6

Tasty Cauliflower And Mint Rice

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 cup cauliflower rice
- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- 1 and ½ cups veggie stock
- 2 tablespoons mint, chopped
- A pinch of salt and black pepper

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add onion, stir and cook for 3 minutes.

1. Add veggie stock, cauliflower rice, salt and pepper, stir, cover and cook on High for 5 minutes.
2. Add mint, toss everything to coat, divide between plates and serve right away as a side dish.

Enjoy!

Nutrition: calories 160, fat 3, fiber 2, carbs 6, protein 10

Special Collard Greens

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 tablespoons olive oil
- 16 ounces collard greens
- 1 cup yellow onion, chopped
- 2 garlic cloves, minced
- A pinch of sea salt and black pepper
- 14 ounces veggie stock
- 1 bay leaf

- 3 tablespoon balsamic vinegar

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add onion, stir and sauté for 3 minutes.
2. Add collard greens, stir and sauté for 2 minutes more.
3. Add garlic, salt, pepper, stock and bay leaf, stir, cover and cook on High for 5 minutes.
4. Add vinegar, toss, divide among plates and serve.

Enjoy!

Nutrition: calories 130, fat 1, fiber 2, carbs 3, protein 5

Amazing Carrots Side Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 12

Ingredients:

- 3 pounds carrots, peeled and cut into medium pieces
- A pinch of sea salt and black pepper
- ½ cup water
- ½ cup maple syrup
- 2 tablespoons olive oil
- ½ teaspoon orange rind, grated

Directions:

1. Put the oil in your instant pot, add the carrots and toss.
2. Add maple syrup, water, salt, pepper and orange rind, stir, cover and cook on High for 10 minutes.
3. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 140, fat 2, fiber 1, carbs 2, protein 6

Rich Beets Side Dish

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 6

Ingredients:

- 6 beets, peeled and cut into wedges
- A pinch of sea salt
- Black pepper to the taste
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 tablespoons agave nectar
- 1 tablespoon cider vinegar
- ½ teaspoon lemon rind, grated
- 2 rosemary sprigs

Directions:

1. Put the beets in your slow cooker.
2. Add a pinch of salt, black pepper, lemon juice, oil, agave nectar, rosemary and vinegar.
Stir everything, cover and cook on Low for 8 hours.
3. Add lemon rind, stir, divide among plates and serve.

Enjoy!

Nutrition: calories 120, fat 1, fiber 2, carbs 6, protein 6

Green Beans Side Dish

Preparation time: 10 minutes

Cooking time: 14 minutes

Servings: 6

Ingredients:

- 5 cups water
- 1 tablespoon olive oil

- 2 tablespoons thyme, chopped
- 1 cup yellow onion, chopped
- 5 garlic cloves, minced
- 3 tablespoons balsamic vinegar
- ½ cup tomato paste
- ½ cup maple syrup
- 2 tablespoons coconut aminos
- 2 tablespoons red chili paste
- 2 tablespoons mustard
- 1 and ½ cups green beans
- A pinch of sea salt and black pepper

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add onion, stir and sauté for 3 minutes.
2. Add garlic, thyme, vinegar and tomato paste, stir and cook for 1 minute more.

3. Add green beans, water, maple syrup, mustard, chili paste, salt, pepper and aminos, stir, cover and cook on High for 10 minutes
4. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 160, fat 2, fiber 4, carbs 7, protein 8

Sweet Potatoes Side Dish

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 4 pounds sweet potatoes, peeled and sliced
- 2 tablespoons olive oil
- 1 cup water
- ½ cup orange juice
- 2 tablespoons maple syrup
- ½ teaspoon thyme, dried
- A pinch of sea salt and black pepper
- ½ teaspoon sage, dried

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add sweet potato slices and cook for 4 minutes.
2. In a bowl, mix orange juice with honey, thyme, sage, a pinch of salt and black pepper and whisk well.
3. Add this over potatoes, toss to coat, cover and cook on High for 16 minutes.
4. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 130, fat 3, fiber 2, carbs 5, protein
6

Wonderful And Special Side Dish

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 12

Ingredients:

- 42 ounces veggie stock
- 1 cup carrot, shredded
- 2 and ½ cups cauliflower rice
- 2 tablespoons olive oil
- 2 teaspoons marjoram, dried
- 4 ounces mushrooms, sliced
- A pinch of sea salt and black pepper
- 2/3 cup cherries, dried
- ½ cup pecans, chopped
- 2/3 cup green onions, chopped

Directions:

1. Put the stock in your instant pot, add cauliflower rice, carrots, mushrooms, oil, salt, pepper and marjoram, stir, cover and cook on High for 12 minutes.
2. Add cherries and green onions, stir, cover and cook for 5 minutes more.
3. Divide among plates and serve as a side dish with chopped pecans on top.

Enjoy!

Nutrition: calories 130, fat 2, fiber 3, carbs 4, protein
6

Mashed Sweet Potatoes

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 12

Ingredients:

- 3 pounds sweet potatoes, peeled and cubed
- 1 cup coconut milk, hot
- 6 garlic cloves, minced
- 28 ounces veggie stock
- 1 bay leaf
- ¼ cup ghee, melted
- A pinch of sea salt and black pepper

Directions:

1. Put potatoes in your instant pot, add stock, garlic and bay leaf, stir, cover and cook on High for 16 minutes
2. Drain potatoes, discard bay leaf, transfer them to a bowl, mash using a potato masher, mix with coconut milk and ghee and whisk really well.
3. Season with a pinch of salt and pepper, stir well, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 135, fat 4, fiber 2, carbs 6, protein 4

Tasty Side Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 7

Ingredients:

- 2 tablespoons extra virgin olive oil
- ½ cup yellow onion, chopped
- ½ teaspoon saffron threads, crushed
- 2 tablespoons coconut milk, heated up
- 1 and ½ cups cauliflower rice
- 3 and ½ cups veggie stock
- A pinch of salt
- 1 tablespoon honey
- 1 cinnamon stick
- 1/3 cup almonds, chopped
- 1/3 cup currants, dried

Directions:

1. In a bowl, mix coconut milk with saffron and stir.
2. Set your instant pot on Sauté mode, add oil, heat it up, add onions, stir and sauté them for 5 minutes.
3. Add cauliflower rice, stock, saffron and milk, honey, salt, almonds, cinnamon stick

and currants, stir, cover and cook on High for 5 minutes.

4. Discard cinnamon stick, divide it between plates and serve as a side dish.

Enjoy!

Nutrition: calories 243, fat 3, fiber 1, carbs 5, protein 5

Spinach Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2 garlic cloves, minced
- $\frac{3}{4}$ cup yellow onion, chopped
- 2 tablespoons extra virgin olive oil
- 1 and $\frac{1}{2}$ cups cauliflower rice
- $\frac{1}{2}$ cup water
- 12 ounces spinach, chopped
- 3 and $\frac{1}{2}$ cups hot veggie stock
- A pinch of sea salt and black pepper
- 2 tablespoons lemon juice
- $\frac{1}{3}$ cup pecans, toasted and chopped

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add garlic and onions, stir and sauté for 5 minutes.
2. Add cauliflower rice and water, stir and cook for 1 minute more.
3. Add 3 cups stock, cover the pot and cook on High for 4 minutes.
4. Add spinach, stir, and set instant pot on Simmer mode, cook for 3 minutes and

mix with the rest of the stock, salt, pepper and lemon juice.

5. Stir, divide among plates, sprinkle pecans on top and serve as a side dish.

Enjoy!

Nutrition: calories 243, fat 2, fiber 2, carbs 6, protein 12

Squash Puree

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- ½ cup water
- 2 tablespoons ghee
- 2 acorn squash, halved
- A pinch of salt and black pepper
- ¼ teaspoon baking soda
- ½ teaspoon nutmeg, grated
- 2 tablespoons maple syrup

Directions:

1. Put the water in your instant pot, add the steamer basket, add squash halves inside, season with a pinch of salt, pepper and baking soda, rub a bit, cover and cook them on High for 20 minutes.
2. Transfer squash to a plate, cool it down, scrape flesh, transfer to a bowl and mix with ghee, maple syrup and nutmeg.
3. Mash using a potato masher, whisk well, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 143, fat 2, fiber 2, carbs 7, protein
2

Healthy Mushrooms and Green Beans

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound fresh green beans, trimmed
- 2 cups water
- 6 ounces bacon, chopped
- 1 small yellow onion, chopped
- 1 garlic clove, minced
- 8 ounces mushrooms, sliced
- A pinch of sea salt and black pepper
- A splash of balsamic vinegar

Directions:

1. Put the beans in your instant pot, add water to cover them, cover the pot, cook at High for 3 minutes, drain and leave them aside.
2. Set your instant pot on Sauté mode, add bacon, brown it for 1 minute and mix with onion and garlic.
3. Stir, cook 2 more minutes, add mushrooms, stir and cook until they are done.

4. Return green beans to instant pot, add salt, pepper and a splash of vinegar, toss, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 123, fat 2, fiber 3, carbs 4, protein 3

Delicious Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 cups cauliflower rice
- 2 cups water
- 1 small pineapple, peeled and chopped
- A pinch of sea salt and black pepper
- 2 teaspoons olive oil

Directions:

1. In your instant pot, mix cauliflower rice with pineapple, water, oil, salt and pepper, stir, cover and cook on Low for 20 minutes.
2. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 2, fiber 2, carbs 6, protein 5

Lovely Mash

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 4 turnips, peeled and chopped
- 1 yellow onion, chopped
- ½ cup chicken stock
- A pinch of sea salt and black pepper
- ¼ cup coconut cream

Directions:

1. Put turnips, stock and onion in your instant pot, stir, cover and cook on High for 5 minutes
2. Drain turnips, transfer them to a bowl, blend using an immersion blender, mix with a pinch of salt, pepper and coconut cream.
3. Blend again, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 2, fiber 2, carbs 6, protein 3

Carrot Puree

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds carrots, chopped
- A pinch of salt and white pepper
- 1 tablespoon ghee, melted
- 1 teaspoon stevia
- 1 cup water
- 1 tablespoon honey

Directions:

1. Put carrots in your instant pot, add the water, cover, cook on High for 4 minutes, drain, transfer to a bowl and mash using an immersion blender.
2. Add ghee, honey, a pinch of salt, pepper and stevia, blend again, divide among plates and serve.

Enjoy!

Nutrition: calories 73, fat 2, fiber 2, carbs 4, protein 6

Apple Mash

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 cup water
- 2 apples, peeled, cored and sliced
- A pinch of sea salt
- 1 butternut squash, peeled and cut into medium chunks
- 2 tablespoons maple syrup
- 1 yellow onion, chopped
- ½ teaspoon apple pie spice

Directions:

1. Put the water in your instant pot, add the steamer basket inside, add squash pieces, onion and apple slices inside, cover and cook on High for 8 minutes/
2. Transfer squash, onion and apple to a bowl, mash using a potato masher, add a pinch of salt, maple syrup and pie spices, stir well, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 142, fat 2, fiber 3, carbs 5, protein
6

Simple Fennel Side Dish

Preparation time: 5 minutes

Cooking time: 6 minutes

Servings: 3

Ingredients:

- 2 fennel bulbs, sliced
- 1 tablespoon coconut flour
- 2 tablespoons olive oil
- A pinch of sea salt
- 2 cups coconut milk
- A pinch of nutmeg, ground

Directions:

1. Set your instant pot on Sauté mode, add ghee, heat it up, add fennel, brown for a couple of minutes and mix with salt, pepper, nutmeg, coconut milk and flour.
2. Stir gently, cover and cook on Low for 6 minutes.
3. Divide among plates and serve.

Enjoy!

Nutrition: calories 152, fat 2, fiber 3, carbs 5, protein 6

Simple And Fast Side Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 5 bok choy bunches
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 5 cups water
- 1 teaspoon ginger, grated
- A pinch of sea salt

Directions:

1. Put bok choy in your instant pot, add the water, cover, cook on High for 7 minutes, drain and transfer to a bowl.
2. Clean the pot, set it on Sauté mode, add the oil and heat it up.
3. Return bok choy to the pot, add a pinch of salt, garlic and ginger, stir and sauté for 3 minutes.
4. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 75, fat 1, fiber 1, carbs 3, protein
5

Mixed Veggies

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 yellow bell peppers, sliced
- 1 tablespoon olive oil
- ¼ cup water
- 2 red bell peppers, sliced
- 1 green bell pepper, sliced
- 2 garlic cloves, minced
- 2 tomatoes, chopped
- 1 red onion, chopped
- A pinch of salt and black pepper
- 1 bunch parsley, finely chopped

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add onions, stir and cook for 3 minutes.
2. Add red, yellow peppers, green peppers, tomatoes, the water, salt and pepper, stir, cover and cook on High for 7 minutes
3. Transfer veggies to a bowl, add garlic and parsley, toss, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 1, fiber 2, carbs 5, protein 6

Italian Side Dish

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 2 eggplants, cubed
- 1 garlic clove
- 1 bunch oregano, chopped
- A pinch of salt and black pepper
- 2 tablespoons olive oil
- A pinch of hot pepper flakes
- ½ cup water
- 2 anchovies, chopped

Directions:

1. Put eggplant cubes in a bowl, season with a pinch of salt, leave aside for 10 minutes, press well and transfer to another bowl.
2. Set your instant pot on Sauté mode, add the oil, heat it up, add garlic, stir and cook for 1 minute.
3. Discard garlic clove, add eggplant pieces, anchovies, oregano, salt, pepper and pepper flakes, stir and cook for 6 minutes.
4. Add water, stir, cover the pot, cook at High for 3 minutes, divide among plates

and serve as a side dish.

Enjoy!

Nutrition: calories 142, fat 2, fiber 2, carbs 6, protein
8

Artichokes Delight

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 artichokes, trimmed
- 2 cup chicken stock
- 1 tablespoon tarragon, chopped
- 1 lemon, sliced
- Juice and zest from 1 lemon
- 1 celery stalk, chopped
- ½ cup olive oil
- A pinch of sea salt

Directions:

1. Put artichokes in your instant pot, add stock and sliced lemon, season with a pinch of salt, cover and cook on High for 20 minutes.
2. In your blender, mix tarragon with lemon zest and lemon juice, oil, celery and a pinch of salt and pulse really well.
3. Divide artichokes on plates, drizzle lemon sauce all over and serve as a side dish.

Enjoy!

Nutrition: calories 163, fat 4, fiber 6, carbs 8, protein
7

Beets Side Dish

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds small beets, peeled and halved
- 2 tablespoons balsamic vinegar
- 2 teaspoons orange zest, grated
- 3 strips orange peel
- 2 tablespoons stevia
- ½ cup orange juice
- 2 scallions, chopped
- 2 teaspoons mustard

Directions:

1. In your instant pot, mix beets with orange peel strips, vinegar and orange juice, toss a bit, cover and cook on High for 7 minutes.
2. Transfer beets to a bowl, discard orange peel, add stevia, mustard, grated orange zest, scallions and some cooking liquid from the beets, toss, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 2, fiber 2, carbs 5, protein
6

Tomato Side Salad

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 and ½ cups water
- 8 small beets, trimmed
- 1 pint colored cherry tomatoes, halved
- 1 red onion, sliced
- 1 cup balsamic vinegar
- 1 tablespoon stevia
- A pinch of salt and black pepper
- 2 tablespoons olive oil
- 2 ounces pecans

Directions:

1. Put 1 and ½ cups water in your instant pot, add the steamer basket, add beets inside, cover and cook on High for 17 minutes.
2. Leave beets to cool down, peel, cut them into medium cubes, transfer to a bowl, mix with tomatoes and onions, toss and leave aside.
3. Clean the instant pot, set it on Simmer mode, add 1 cup water, vinegar, stevia, a

pinch of salt and pepper, stir and cook for 2 minutes.

4. In a bowl, mix 4 tablespoons of vinegar mix with the oil, whisk well, add to tomato salad and toss.
5. Sprinkle pecans on top, toss to coat, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 3, fiber 3, carbs 6, protein 8

Broccoli Side Dish

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 1 broccoli head, florets separated
- ½ cup water
- 6 garlic cloves, minced
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- A pinch of black pepper

Directions:

1. Put the water in your instant pot, add the steamer basket, add broccoli florets inside, cover and cook on Low for 10 minutes.
2. Transfer broccoli to a bowl filled with ice water, cool down, drain and transfer to a bowl.
3. Clean your instant pot, set it on Sauté mode, add oil, heat it up, add garlic, stir and cook for 3 minutes.
4. Add broccoli florets, a pinch of black pepper and the vinegar, stir, sauté for 1

minute more, divide among plates and
serve.

Enjoy!

Nutrition: calories 100, fat 2, fiber 0, carbs 1, protein
5

Light Brussels Sprouts Side Dish

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 pound Brussels sprouts
- 1 cup water
- Seeds from 1 pomegranate
- A pinch of sea salt and black pepper
- 1 tablespoon olive oil
- ¼ cup pine nuts, toasted

Directions:

1. Put the water in your instant pot, add the steamer basket, add Brussels sprouts inside, cover and cook on High for 5 minutes.
 2. Transfer sprouts to a bowl, add pomegranate seeds, pine nuts, salt, pepper and oil, toss, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 2, protein 6

Perfect Side Dish

Preparation time: 4 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound Brussels sprouts, halved
- 1 tablespoon mustard
- 1 cup chicken stock
- A pinch of sea salt and black pepper
- ½ cup bacon, chopped
- 1 tablespoon olive oil
- 2 tablespoons dill, chopped

Directions:

1. Set your instant pot on Sauté mode, add bacon, brown for a few minutes, add sprouts, salt, pepper, mustard and stock, stir, cover and cook on High for 5 minutes.
2. Add oil and dill, toss, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 3, fiber 3, carbs 6, protein 8

Unbelievable Cabbage Side Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cabbage, roughly shredded
- 1 tablespoon olive oil
- 2 carrots, grated
- ¼ cup balsamic vinegar
- 1 and ¼ cups water+2 teaspoons
- 1 teaspoon stevia
- A pinch of cayenne pepper
- A pinch of red pepper flakes
- 2 teaspoons arrowroot powder

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add cabbage, stir and sauté for 3 minutes.
2. Add carrots, 1 and ¼ cups water, stevia, vinegar, cayenne and pepper flakes, stir, cover and cook at High for 5 minutes.
3. Divide cabbage mix on plates and leave aside.
4. Set the pot on Simmer mode, add arrowroot, the remaining water, stir, cook

for 2 minutes, drizzle over cabbage and serve as a side dish.

Enjoy!

Nutrition: calories 73, fat 2, fiber 3, carbs 7, protein 1

Special Flavored Side Dish

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 8

Ingredients:

- 2 cups chicken stock
- 1 green cabbage head, chopped
- 3 tablespoons olive oil
- 3 bacon slices, chopped
- A pinch of black pepper

Directions:

1. Set your instant pot on Sauté mode, add bacon, stir, cook for 4 minutes.
2. Add oil, cabbage, stock and pepper, stir, cover and cook at High for 3 minutes.
3. Divide cabbage between plates and serve.

Enjoy!

Nutrition: calories 100, fat 3, fiber 2, carbs 6, protein 5

Southern Side Dish

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 6

Ingredients:

- 1 sweet onion, chopped
- 3 garlic cloves minced
- 2 tablespoons olive oil
- 2 and ½ pounds collard greens, roughly chopped
- A pinch of sea salt and black pepper
- 2 cups chicken stock
- 2 tablespoons balsamic vinegar
- 1 tablespoon stevia
- A pinch of red pepper, crushed
- ½ teaspoon smoked paprika

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onions, stir and cook for 2 minutes.
2. Add garlic, stock, greens, vinegar, salt, pepper, crushed red pepper, stevia and paprika, stir, cover and cook on High for 10 minutes.

3. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 1, fiber 1, carbs 2, protein 3

French Endives Side Dish

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 4 endives, trimmed and halved
- 1 tablespoon ghee
- ½ cup water
- A pinch of sea salt and black pepper
- 1 tablespoon lemon juice

Directions:

1. Set your instant pot on Sauté mode, add ghee, heat it up, add endives, water, salt, pepper and lemon juice, toss, cover and cook on High for 7 minutes.
2. Divide endives on plates, drizzle cooking juices all over and serve as a side dish.

Enjoy!

Nutrition: calories 73, fat 2, fiber 1, carbs 1, protein 3

Fast Side Dish Delight

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 8 endives, trimmed
- A pinch of sea salt and black pepper
- 4 tablespoon ghee
- 1 teaspoon stevia
- Juice from ½ lemon
- ½ cup water
- 2 tablespoons parsley, chopped

Directions:

1. Put the endives in your instant pot, add 1 tablespoon ghee, lemon juice, water, stevia, salt and pepper, stir, cover, cook on High for 10 minutes, transfer to a plate and leave aside for now.
2. Clean your instant pot, set it on Sauté mode, add the rest of the ghee, heat it up, return endives to the pot, add parsley, stir, sauté for 5 minutes, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 62, fat 1, fiber 2, carbs 2, protein
3

Delicious Okra

Preparation time: 10 minutes

Cooking time: 14 minutes

Servings: 3

Ingredients:

- 2 cups okra, sliced
- 2 teaspoons sweet paprika
- 4 bacon slices, chopped
- 1 cup tomatoes, chopped
- 2 and ¼ cups water
- Black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add bacon, brown it for 2 minutes, add okra and paprika, stir and cook for 4 minutes more.
2. Add black pepper, tomatoes and water, stir, cover and cook on High for 8 minutes.
3. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 93, fat 2, fiber 2, carbs 2, protein 6

Kale And Carrots Side Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 10 ounces kale, chopped
- 1 yellow onion, chopped
- 3 carrots, sliced
- 1 tablespoon olive oil
- ½ cup chicken stock
- A pinch of black pepper
- 5 garlic cloves, minced
- A splash of balsamic vinegar
- ¼ teaspoon red pepper flakes

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add onion and carrots, stir and cook for 2 minutes.
2. Add garlic, kale, stock and pepper, stir, cover and cook at High for 7 minutes.
3. Add vinegar and pepper flakes, toss to coat, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 73, fat 1, fiber 2, carbs 2, protein
3

Sweet Potatoes

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 4

Ingredients:

- 2 pounds sweet potatoes, cut into medium wedges
- 5 tablespoons olive oil
- 5 garlic cloves, minced
- Black pepper to the taste
- 1 rosemary spring
- ½ cup stock

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add potatoes, rosemary and garlic, stir and brown them for 6 minutes.
2. Add stock and pepper to the pot, cover and cook at High for 10 minutes.
3. Discard rosemary, divide potatoes on plates and serve.

Enjoy!

Nutrition: calories 73, fat 1, fiber 1, carbs 2, protein 2

Classic Indian Side Dish

Preparation time: 10 minutes

Cooking time: 18 minutes

Servings: 4

Ingredients:

- 20 ounces turnips, peeled and chopped
- 1 cup water
- 2 tablespoons olive oil
- 1 teaspoon garlic, minced
- 2 tomatoes, chopped
- 2 yellow onions, chopped
- 1 teaspoon ginger, grated
- 1 teaspoon stevia
- 2 green chilies, chopped
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- ½ teaspoon turmeric powder
- 1 tablespoon coriander leaves, chopped

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add green chilies, garlic and ginger, stir and cook for 1 minute.
2. Add onions, tomatoes, cumin, coriander and turmeric, stir and sauté for 4 minutes more.

3. Add turnips and water, stir, cover and cook on Low for 13 minutes.
4. Add stevia and coriander, toss, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 2, fiber 2, carbs 5, protein 7

Delicious Pumpkin Side Dish

Preparation time: 10 minutes

Cooking time: 11 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- ½ cup water
- 2 garlic cloves, minced
- 3 tablespoons coconut aminos
- 1 inch ginger, grated
- ½ teaspoons red pepper flakes
- 4 bok choy bunches,, cut into quarters
- 1 small pumpkin, peeled, seeded and chopped
- 1 tablespoon sesame seeds, toasted

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add garlic, ginger, aminos and pepper flakes, stir and sauté for 1 minutes.
2. Add pumpkin, bok choy and water, stir gently, cover and cook on High for 10 minutes.
3. Divide among plates, sprinkle sesame seeds on top and serve as a side dish.

Enjoy!

Nutrition: calories 119 fat 2, fiber 2, carbs 3 protein 6

Healthy Broccoli Side Dish

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 8 garlic cloves, minced
- 2 tablespoons olive oil
- 8 cups broccoli florets
- 1 cup water
- Zest from 1 lemon, grated
- ¼ cup parsley, chopped
- Black pepper to the taste

Directions:

1. Set your instant pot on sauté mode, add garlic, stir and cook for 1 minute.
2. Add broccoli, lemon zest, water and black pepper, stir, cover and cook on High for 6 minutes.
3. Add parsley, toss, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 120, fat 1, fiber 2, carbs 3, protein 6

Cauliflower And Leeks

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 1 and ½ cups leeks, chopped
- 1 and ½ cups cauliflower florets
- 1 and ½ cups artichokes
- 1 cup water
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- Black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add garlic, stir and sauté for 1 minute.
2. Add leeks, cauliflower, artichokes and water, stir, cover and cook on High for 7 minutes.
3. Divide among plates, sprinkle some black pepper on top and serve as a side dish.

Enjoy!

Nutrition: calories 110, fat 2, fiber 2, carbs 6, protein 3

Tasty Squash Side Dish

Preparation time: 10 minutes

Cooking time: 11 minutes

Servings: 2

Ingredients:

- 1 tablespoon olive oil
- 1 butternut squash, peeled and cubed
- 1 cup water
- 2 garlic cloves, minced
- 12 ounces coconut milk
- 1 small yellow onion, chopped
- ½ cup cranberries, dried
- 1 teaspoon curry powder
- 1 teaspoon cinnamon powder

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add garlic and onion, stir and cook for 2 minutes.
2. Add squash, curry powder and cinnamon, stir, cover and cook on High for 6 minutes.
3. Add coconut milk and cranberries, set the pot on simmer mode and cook for 3 minutes more.
4. Divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 2, fiber 2, carbs 3, protein
2

Special Carrots Side Dish

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- ½ cup water
- 1 tablespoon olive oil
- 1 pound baby carrots
- 2 tablespoons dill, chopped
- 1 tablespoon honey
- A pinch of black pepper

Directions:

1. Set your instant pot on sauté mode, add the oil and heat it up.
2. Add carrots, stir and sauté them for 1 minute.
3. Add honey, black pepper and water, cover and cook on High for 5 minutes.
4. Add dill, stir, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 2, fiber 3, carbs 3, protein 4

Nutritious Side Dish

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 3 ounces bacon, chopped
- 1 garlic clove, minced
- ½ cup veggie stock
- 1 bunch kale, roughly chopped
- 1 tablespoon lemon juice
- Black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add bacon and brown for 3 minutes on each side.
2. Add kale, stock, garlic, lemon juice and black pepper, stir, cover and cook on High for 4 minutes.
3. Stir gently the whole mix, divide it between plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 2, fiber 1, carbs 4, protein 5

Zucchini Side Dish

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 2 tablespoons mint, chopped
- 1 tablespoon olive oil
- ½ cup water
- 2 zucchinis, halved and roughly chopped
- ½ tablespoon dill, chopped
- A pinch of black pepper

Directions:

1. Set your instant pot on sauté mode, add the oil, heat it up, add zucchinis, stir and cook for 1 minute.
2. Add water and black pepper, stir, cover and cook on High for 3 minutes.
3. Add mint and dill, stir gently, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 30, fat 0, fiber 1, carbs 2, protein 2

Napa Cabbage Side Salad

Preparation time: 40 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- Salt and black pepper to the taste
- 1 pound napa cabbage, chopped
- 1 carrot, julienned
- 2 tablespoons veggie stock
- ½ cup daikon radish
- 3 garlic cloves, minced
- 3 green onion stalks, chopped
- 1 tablespoon coconut aminos
- 3 tablespoons chili flakes
- 1 tablespoon olive oil
- ½ inch ginger, grated

Directions:

1. In a bowl, mix cabbage with salt and black pepper, massage well for 10 minutes, cover and leave aside for 30 minutes.
2. In another bowl, mix chili flakes with aminos, garlic, oil and ginger and stir whisk well.
3. Drain cabbage well, transfer to your instant pot, add stock, carrots, green

onions, radish and the chili paste you made, stir, cover and cook on High for 5 minutes.

4. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 3, fiber 4, carbs 5, protein 2

Asian Brussels Sprouts

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 pound Brussels sprouts, halved
- 3 tablespoons chicken stock
- Salt and black pepper to the taste
- 1 teaspoon sesame seeds, toasted
- 1 tablespoon green onions, chopped
- 1 and ½ tablespoons stevia
- 1 tablespoon coconut aminos
- 2 tablespoons olive oil
- 1 tablespoon keto sriracha sauce

Directions:

1. In a bowl, mix oil with coconut aminos, sriracha, stevia, salt and black pepper and whisk well.
2. Put Brussels sprouts in your instant pot, add sriracha mix, stock, green onions and sesame seeds, stir, cover and cook on High for 4 minutes.
3. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 110, fat 4, fiber 2, carbs 4, protein
2

Cauliflower and Parmesan

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 6

Ingredients:

- 1 cauliflower head, florets separated
- ½ cup veggie stock
- 2 garlic cloves, minced
- Salt and black pepper to the taste
- 1/3 cup parmesan, grated
- 1 tablespoon parsley, chopped
- 3 tablespoons olive oil

Directions:

1. In a bowl, mix oil with garlic, salt, pepper and cauliflower florets, toss and transfer to your instant pot.
2. Add stock, cover pot and cook on High for 4 minutes.
3. Add parsley and parmesan, toss, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 120, fat 2, fiber 3, carbs 5, protein 3

Swiss Chard and Garlic

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 2

Ingredients:

- 2 tablespoons ghee
- 3 tablespoons lemon juice
- ½ cup chicken stock
- 4 bacon slices, chopped
- 1 bunch Swiss chard, roughly chopped
- ½ teaspoon garlic paste
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on sauté mode, add bacon, stir and cook for a couple of minutes.
2. Add ghee, lemon juice and garlic paste and stir.
3. Add Swiss chard, salt, pepper and stock, cover pot and cook on High for 3 minutes.
4. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 160, fat 7, fiber 3, carbs 6, protein 4

Mushroom and Arugula Side Dish

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 tablespoons ghee
- Salt and black pepper to the taste
- 1 pound cremini mushrooms, chopped
- 4 tablespoons veggie stock
- 4 bunches arugula
- 8 slices prosciutto, chopped
- 2 tablespoons balsamic vinegar
- 8 sun-dried tomatoes in oil, chopped
- 1 tablespoon parsley, chopped

Directions:

1. Set your instant pot on sauté mode, add prosciutto, stir and cook for 2 minutes.
2. Add ghee, melt it, add mushrooms, salt and pepper, stir and cook for 2 minutes.
3. Add vinegar, stock and tomatoes, stir, cover and cook on High for 3 minutes.
4. Add parsley, stir and transfer this mix to a bowl.
5. Add arugula, toss, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 200, fat 3, fiber 2, carbs 5, protein 6

Red Chard and Olives

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 1 bunch red chard, roughly chopped
- 3 tablespoons veggie stock
- 2 tablespoons capers
- 1 yellow onion, chopped
- Juice of 1 lemon
- Salt and black pepper to the taste
- 1 teaspoon stevia
- ¼ cup kalamata olives, pitted and chopped

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion, stir and cook for 2 minutes.
2. Add stevia, olives, chard, salt, pepper and stock, stir, cover and cook on High for 3 minutes.
3. Add capers and lemon juice, stir, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 123, fat 4, fiber 3, carbs 4, protein
5

Kale and Almonds

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 cup water
- 1 big kale bunch, roughly chopped
- 1 tablespoon balsamic vinegar
- 1/3 cup almonds, toasted
- 3 garlic cloves, minced
- 1 small yellow onion, chopped
- 2 tablespoons olive oil

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion, stir and cook for 3 minutes.
2. Add garlic, water and kale, stir, cover and cook on High for 4 minutes.
3. Add salt, pepper, vinegar and almonds, toss well, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 140, fat 6, fiber 3, carbs 5, protein 3

Green Cabbage and Paprika

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 and ½ pound green cabbage, shredded
- Salt and black pepper to the taste
- 3 tablespoons ghee
- 1 cup veggie stock
- ¼ teaspoon sweet paprika

Directions:

1. Set your instant pot on sauté mode, add ghee, melt it, add cabbage, salt, pepper and stock, stir, cover and cook on High for 7 minutes.
2. Add paprika, toss a bit, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 170, fat 4, fiber 2, carbs 5, protein 5

Coconut Cream and Sausage Gravy

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 4 ounces sausages, minced
- Salt and black pepper to the taste
- 1 cup coconut cream
- 2 tablespoons ghee
- ½ teaspoon stevia

Directions:

1. Set your instant pot on sauté mode, add minced sausage, stir and cook for a couple of minutes.
2. Add ghee, cream, stevia, salt and pepper, stir, cover and cook on High for 5 minutes.
3. Serve this with a steak.

Enjoy!

Nutrition: calories 125, fat 7, fiber 1, carbs 5, protein 4

Vietnamese Eggplant Side Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 big eggplant, roughly chopped
- 1 yellow onion, chopped
- 2 tablespoons olive oil
- 2 teaspoons chili paste
- 2 teaspoons garlic, minced
- ½ cup water
- 3 tablespoons coconut milk
- 4 green onions, chopped

For the sauce:

- 1 teaspoon stevia
- ½ cup chicken stock
- 2 tablespoons coconut aminos

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add eggplant and brown for a couple of minutes.
2. Add yellow onion, garlic, water, chili paste and coconut milk and stir.

3. Heat up a pan with the chicken stock over medium heat, add stevia and aminos, stir, cook for a couple of minutes and transfer to the instant pot as well.
4. Cover your instant pot and cook on High for 4 minutes.
5. Add green onions as well, stir, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 182, fat 3, fiber 4, carbs 7, protein 4

Baby Mushrooms Sauté

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 tablespoons ghee
- 3 tablespoons veggie stock
- 1 teaspoon garlic powder
- 16 ounces baby mushrooms
- Salt and black pepper to the taste
- 3 tablespoons onion, dried
- 3 tablespoons parsley flakes

Directions:

1. In a bowl, mix parsley flakes with onion, salt, pepper, garlic powder and mushrooms and toss well.
2. Set your instant pot on sauté mode, add ghee, melt it, add mushrooms mix, stir and cook for 3-4 minutes.
3. Add stock, cover pot and cook on High for 6 minutes.
4. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 172, fat 6, fiber 5, carbs 6, protein
2

Cauliflower and Eggs Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 10

Ingredients:

- 21 ounces cauliflower, florets separated
- 1 cup red onion, chopped
- 1 cup celery, chopped
- ½ cup water
- Salt and black pepper to the taste
- 2 tablespoons balsamic vinegar
- 1 teaspoon stevia
- 4 eggs, hard-boiled, peeled and chopped
- 1 cup mayonnaise

Directions:

1. Put the water in your instant pot, add steamer basket, add cauliflower, cover pot and cook on High for 5 minutes.
2. Transfer cauliflower to a bowl, add eggs, celery and onion and toss.
3. In a separate bowl, mix mayo with salt, pepper, vinegar and stevia and whisk well.
4. Add this to your salad, toss, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 171, fat 6, fiber 2, carbs 6, protein 3

Asparagus and Cheese Side Dish

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 10 ounces asparagus, cut into medium pieces
- Salt and black pepper to the taste
- 2 tablespoons parmesan, grated
- 1/3 cup Monterey jack cheese, shredded
- 2 tablespoons mustard
- 2 ounces cream cheese
- 1/3 cup coconut cream
- 3 tablespoons bacon, cooked and crumbled

Directions:

1. In your instant pot, mix asparagus with salt, pepper, parmesan, Monterey jack cheese, mustard, cream cheese, coconut cream and bacon, stir, cover and cook on High for 6 minutes.
2. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 156, fat 3, fiber 2, carbs 5, protein
7

Sprouts and Apple Side Dish

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 green apple, cored and julienned
- 1 and ½ teaspoons olive oil
- 4 cups alfalfa sprouts
- Salt and black pepper to the taste
- ¼ cup coconut milk

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add apple and sprouts, stir, cover pot and cook on High for 5 minutes.
2. Add salt, pepper and coconut milk, stir, cover pot again and cook on High for 2 minutes more.
3. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 120, fat 3, fiber 1, carbs 3, protein 3

Radishes and Chives

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 2

Ingredients:

- 2 cups radishes, cut into quarters
- ½ cup chicken stock
- Salt and black pepper to the taste
- 2 tablespoons ghee, melted
- 1 tablespoon chives, chopped
- 1 tablespoon lemon zest, grated

Directions:

1. In your instant pot, mix radishes with stock, salt, pepper and lemon zest, stir, cover pot and cook on High for 7 minutes.
2. Add melted ghee, toss a bit, divide between plates, sprinkle chives on top and serve as a side dish.

Enjoy!

Nutrition: calories 102, fat 4, fiber 1, carbs 6, protein 5

Hot Radishes with Bacon and Cheese

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

Ingredients:

- 7 ounces red radishes, halved
- ½ cup veggie stock
- 2 tablespoons coconut cream
- 2 bacon slices, chopped
- 1 tablespoon green onion, chopped
- 1 tablespoon cheddar cheese, grated
- Hot sauce to the taste
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on sauté mode, add bacon, stir and cook for a couple of minutes.
2. Add radishes, salt, pepper and stock, stir, cover and cook on High for 4 minutes.
3. Add green onion, cream, cheese and hot sauce, stir, cover the pot again and cook on High for 2 minutes more.
4. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 170, fat 16, fiber 3, carbs 6,
protein 12

Avocado Side Salad

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 4 cups mixed lettuce leaves, torn
- 4 eggs
- 2 cups water
- 2 teaspoons mustard
- 1 avocado, pitted and sliced
- ¼ cup mayonnaise
- 2 garlic cloves, minced
- 1 tablespoon chives, chopped
- Salt and black pepper to the taste

Directions:

1. Put the water in your instant pot, add steamer basket, add eggs inside, cover pot, cook on High for 7 minutes, cool them down, chop and transfer to a bowl.
2. Add lettuce, avocado, garlic, chives, salt and pepper and toss.
3. In a small bowl, mix mustard with mayo, salt and pepper, whisk well, add to salad, toss to coat and serve as a side salad.

Enjoy!

Nutrition: calories 134, fat 7, fiber 4, carbs 7, protein 10

Swiss Chard and Pine Nuts

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 bunch Swiss chard, cut into strips
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 small yellow onion, chopped
- ¼ teaspoon red pepper flakes
- ¼ cup pine nuts, toasted
- ¼ cup raisins
- 1 tablespoon balsamic vinegar
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion and chard, stir and cook for 2 minutes.
2. Add pepper flakes, salt, pepper and vinegar, stir, cover and cook on High for 3 minutes.
3. Add raisins and pine nuts, toss, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 120, fat 2, fiber 1, carbs 2, protein
4

Spinach and Chard Mix

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 apple, cored and chopped
- 1 yellow onion, sliced
- 4 tablespoons pine nuts, toasted
- 3 tablespoons olive oil
- ¼ cup raisins
- 6 garlic cloves, chopped
- ¼ cup balsamic vinegar
- 2 and ½ cups baby spinach
- 2 and ½ cups Swiss chard, roughly torn
- Salt and black pepper to the taste
- A pinch of nutmeg

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion and apple, stir and cook for 3 minutes.
2. Add garlic, raisins, spinach, chard and vinegar, stir, cover and cook on High for 3 minutes.
3. Add salt, pepper, nutmeg and pine nuts, stir, divide between plates and serve as a

side dish.

Enjoy!

Nutrition: calories 140, fat 1, fiber 2, carbs 3, protein
3

Cherry Tomatoes and Parmesan Mix

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 8

Ingredients:

- 1 jalapeno pepper, chopped
- 4 garlic cloves, minced
- Salt and black pepper to the taste
- 2 pounds cherry tomatoes, cut into halves
- 1 yellow onion, cut into wedges
- ¼ cup olive oil
- ½ teaspoon oregano, dried
- 1 and ½ cups chicken stock
- ¼ cup basil, chopped
- ½ cup parmesan, grated

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion and garlic, stir and cook for 2-3 minutes.
2. Add jalapeno, tomatoes, oregano, salt, pepper and stock, stir, cover and cook on High for 4 minutes.
3. Add basil and parmesan, toss a bit, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 120, fat 2, fiber 3, carbs 5, protein 4

Almond Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- ½ cup yellow onion, finely chopped
- 1 tablespoon ghee
- 1 celery stalk, chopped
- 1 and ½ cups cauliflower rice
- 4 ounces chicken stock
- Salt and black pepper to the taste
- ½ cup almonds, toasted and chopped
- 2 tablespoons parsley, chopped

Directions:

1. Set your instant pot on Sauté mode, add ghee, melt it, add celery and onion, stir and sauté for 3 minutes.
2. Add cauliflower, salt, pepper and stock, stir, cover and cook on High for 4 minutes.
3. Add parsley and almonds, toss, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 172, fat 3, fiber 5, carbs 7, protein 12

Saffron Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 6

Ingredients:

- 2 tablespoons olive oil
- ½ teaspoon saffron threads, crushed
- ½ cup onion, chopped
- 2 tablespoons coconut milk
- 1 and ½ cups cauliflower rice
- 2 cups veggie stock
- Salt and black pepper to the taste
- 1 tablespoon stevia
- 1 cinnamon stick
- 1/3 cup almonds, chopped

Directions:

1. In a bowl, mix milk with saffron and stir.
2. Set your instant pot on sauté mode, add oil, heat it up, add onion, stir and cook for 2 minutes.
3. Add cauliflower rice, stock, saffron mix, stevia, almonds, salt, pepper and cinnamon, stir, cover and cook on High for 5 minutes.

4. Stir your rice one more time, discard cinnamon, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 162, fat 4, fiber 3, carbs 7, protein 4

Hot Cauliflower Rice and Avocado

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 8

Ingredients:

- 1 cup cauliflower rice
- 1 and ¼ cups veggie stock
- ¼ cup green hot sauce
- ½ cup cilantro, chopped
- ½ avocado, pitted, peeled and chopped
- Salt and black pepper to the taste

Directions:

1. In your instant pot, mix cauliflower rice with stock, salt and pepper, stir, cover and cook on High for 4 minutes.
2. In your blender, mix avocado with hot sauce and cilantro, pulse well and add to cauliflower rice.
3. Stir everything, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 154, fat 1, fiber 2, carbs 5, protein 7

Celery and Rosemary Side Dish

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound celery, peeled and cubed
- 1 cup water
- 2 garlic cloves, minced
- Salt and black pepper to the taste
- ¼ teaspoon rosemary, dried
- 1 tablespoon olive oil

Directions:

1. Put the water in your instant pot, add steamer basket, add celery cubes inside, cover pot and cook on High for 4 minutes.
2. In a bowl, mix oil with garlic and rosemary and whisk well.
3. Add steamed celery, toss well, spread on a lined baking sheet and introduce in a preheated broiler for 3 minutes.
4. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 3, fiber 3, carbs 8, protein 3

Lemon Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1 and ½ cup cauliflower rice
- 2 tablespoons ghee
- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest, grated
- 2 cups chicken stock
- 2 tablespoons parsley, chopped
- Salt and black pepper to the taste
- 2 tablespoons parmesan, grated

Directions:

1. Set your instant pot on sauté mode, add ghee and oil, heat them up, add onion, stir and sauté them for 3 minutes.
2. Add cauliflower rice, stock, lemon juice, salt and pepper, stir, cover and cook on High for 4 minutes.
3. Add parmesan, lemon zest and parsley, stir well, cover pot and leave aside for 3 minutes more.

4. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 172, fat 3, fiber 3, carbs 4, protein 3

Spinach Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 6

Ingredients:

- 2 garlic cloves, minced
- 2 tablespoons olive oil
- $\frac{3}{4}$ cup yellow onion, chopped
- 1 and $\frac{1}{2}$ cups cauliflower rice
- 12 ounces spinach, chopped
- 2 and $\frac{1}{2}$ cups hot veggie stock
- Salt and black pepper to the taste
- 4 ounces goat cheese, crumbled
- 2 tablespoons lemon juice

Directions:

1. Set your instant pot on sauté mode, add oil, heat it up, add onion and garlic, stir and cook for 2 minutes.
2. Add cauliflower rice, stock, salt and pepper, cover and cook on High for 4 minutes.
3. Add lemon juice and spinach, stir, cover and cook on High for 2 minutes more.
4. Add goat cheese, stir your rice, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 210, fat 4, fiber 4, carbs 6, protein 8

Squash Puree

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- ½ cup water
- 2 acorn squash, cut into halves and seeded
- Salt and black pepper to the taste
- ¼ teaspoon baking soda
- 2 tablespoons ghee, melted
- ½ teaspoon nutmeg, grated
- 2 tablespoons stevia

Directions:

1. Add the water to your instant pot, add the steamer basket, add squash halves, season them with salt, pepper and baking soda, cover pot and cook on High for 20 minutes.
2. Scrape squash flesh, transfer to a bowl, Add salt, pepper, ghee, nutmeg and stevia, mash well, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 3, fiber 2, carbs 4, protein 3

Celeriac Fries

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 big celeriac, peeled and cut into medium wedges
- 1 cup water
- Salt to the taste
- ¼ teaspoon baking soda
- Olive oil for frying

Directions:

1. Put the water in your instant pot, add salt and the baking soda, and the steamer basket, add celeriac fries inside, cover, cook on High for 4 minutes, drain and transfer them to a bowl.
2. Heat up a pan with some olive oil over medium high heat, add celeriac fries, cook until they are gold on all sides, drain grease, transfer them to plates and serve as a side dish.

Enjoy!

Nutrition: calories 182, fat 5, fiber 5, carbs 7, protein 10

Green Beans Side Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 pound fresh green beans, trimmed
- 1 small yellow onion, chopped
- 6 ounces bacon, chopped
- 1 garlic clove, minced
- 8 ounces mushrooms, sliced
- Salt and black pepper to the taste
- A splash of balsamic vinegar

Directions:

1. Put green beans in your instant pot, add water to cover them, cover the pot, cook at High for 3 minutes, drain and transfer them to a bowl.
2. Clean your instant pot, set on sauté mode, add bacon, stir and cook for 2 minutes.
3. Add onion, mushroom and garlic, stir and cook for 3 minutes more.
4. Return green beans to the pot, add salt, pepper and vinegar, toss well, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 6, fiber 3, carbs 6, protein 6

Cauliflower and Pineapple Risotto

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 6

Ingredients:

- 2 cups cauliflower rice
- 3 cups water
- ¼ teaspoon sweet paprika
- ½ pineapple, peeled and chopped
- Salt and black pepper to the taste
- 2 teaspoons olive oil

Directions:

1. In your instant pot, mix cauliflower rice with pineapple, water, oil, salt and pepper, stir, cover and cook on High for 6 minutes.
2. Add paprika and more salt and pepper if needed, toss a bit, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 162, fat 4, fiber 3, carbs 6, protein 6

Parsnips Mash

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 and ½ pounds parsnips, chopped
- 4 tablespoons ghee, melted
- Salt and black pepper to the taste
- 1 and ½ cups beef stock
- 1 thyme sprigs, chopped
- 1 yellow onion, roughly chopped

Directions:

1. Set your instant pot on Sauté mode, add 3 tablespoons ghee, melt it, add onion, stir and cook for 3 minutes.
2. Add parsnips, stir and cook for 3 minutes more.
3. Add thyme and stock, cover pot and cook on High for 4 minutes.
4. Transfer this to your blender, add the rest of the ghee, pulse well, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 3, fiber 3, carbs 6, protein 8

Cauliflower Mash

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 cauliflower, florets separated
- Salt and black pepper to the taste
- 1 and ½ cups water
- ½ teaspoon turmeric, ground
- 1 tablespoon ghee, melted
- 3 chives, chopped

Directions:

1. Put the water in your instant pot, add the steamer basket, add cauliflower inside, cover and cook on High for 6 minutes.
2. Transfer cauliflower to a bowl, mash using a potato masher, add melted ghee, turmeric, salt and pepper and whisk really well.
3. Divide between plates and serve as a side dish with chives sprinkled on top.

Enjoy!

Nutrition: calories 100, fat 3, fiber 2, carbs 5, protein 5

Turnips Puree

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 4 turnips, peeled and chopped
- ½ cup chicken stock
- Salt and black pepper to the taste
- 1 yellow onion, chopped
- ¼ cup coconut cream

Directions:

1. In your instant pot, mix turnips with stock and onion, stir, cover, cook on High for 5 minutes, blend using an immersion blender and transfer to a bowl.
2. Add salt, pepper and cream blend again with your immersion blender, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 3, fiber 3, carbs 7, protein 3

Carrot Mash

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds carrots, peeled and chopped
- 1 tablespoon ghee, melted
- Salt and white pepper to the taste
- 1 cup water
- 1 tablespoon stevia

Directions:

1. Put carrots in your instant pot, add water, cover, cook at High for 4 minutes, drain, transfer to a bowl and mash using an immersion blender.
2. Add ghee, salt, pepper and stevia, blend again, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 3, fiber 2, carbs 5, protein 2

Carrots with Thyme and Dill

Preparation time: 10 minutes

Cooking time; 5 minutes

Servings: 4

Ingredients:

- ½ cup water
- 1 pound baby carrots
- 3 tablespoons stevia
- 1 tablespoon thyme, chopped
- 1 tablespoon dill, chopped
- Salt to the taste
- 2 tablespoons ghee

Directions:

1. Put the water in your instant pot, add the steamer basket, add carrots inside, cover, cook on High for 3 minutes, drain and transfer to a bowl.
2. Set your instant pot on Sauté mode, add ghee, melt it, add stevia, thyme, dill and return carrots as well.
3. Stir, cook for a couple of minutes, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 162, fat 4, fiber 4, carbs 8, protein
3

Lemon Broccoli

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 31 oz broccoli, florets separated
- 1 cup water
- 5 lemon slices
- Salt and black pepper to the taste

Directions:

1. Pour the water in your instant pot, add broccoli, salt, pepper and lemon slices, cover and cook on High for 15 minutes.
2. Drain broccoli, divide between plates, season with more salt and pepper and serve as a side dish.

Enjoy!

Nutrition: calories 82, fat 1, fiber 2, carbs 6, protein 3

Poached Fennel

Preparation time: 5 minutes

Cooking time: 6 minutes

Servings: 3

Ingredients:

- 2 big fennel bulbs, sliced
- 2 tablespoons ghee
- 1 tablespoon coconut flour
- 2 cups coconut milk
- ¼ teaspoon nutmeg, ground
- Salt and black pepper to the taste.

Directions:

1. Set your instant pot on Sauté mode, add ghee, melt it, add fennel, stir and cook for 2 minutes.
2. Add coconut flour, salt, pepper, milk and nutmeg, stir, cover and cook on High for 4 minutes.
3. Divide poached fennel between plates and serve as a side dish.

Enjoy!

Nutrition: calories 121, fat 2, fiber 3, carbs 6, protein 3

Mixed Bell Peppers Side Dish

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 2 yellow bell peppers, thinly sliced
- 1 green bell pepper, thinly sliced
- 2 red bell peppers, thinly sliced
- 2 tomatoes, chopped
- 2 garlic cloves, minced
- 1 red onion, thinly sliced
- Salt and black pepper to the taste
- 1 bunch parsley, finely chopped
- A drizzle of olive oil

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add onion, stir and cook for 2 minutes,
2. Add red, yellow and green peppers, tomatoes, salt and pepper, stir, cover and cook at High for 6 minutes.
3. Add garlic and parsley, stir, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 3, fiber 3, carbs 5, protein 4

Beet and Garlic

Preparation time: 10 minutes

Cooking time: 18 minutes

Servings: 4

Ingredients:

- 3 beets, washed
- 2 cups water
- 1 tablespoon olive oil
- Salt and black pepper to the taste
- 2 garlic cloves, minced
- 1 teaspoon lemon juice

Directions:

1. Put the water in your instant pot, add steamer basket, add beets inside, cover, cook on High for 15 minutes, drain, transfer them to a cutting board, cool them down, peel and cut them into medium cubes.
2. Clean your instant pot, set on sauté mode, add oil heat it up, add beets, stir and cook for 3 minutes.
3. Add garlic, lemon juice, salt and pepper, toss well, divide between plates and serve as a side dish,

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 6, protein
3

Green Beans and Tomatoes

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 2 cups tomatoes, chopped
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 pound green beans, trimmed
- Salt to the taste
- ½ tablespoon basil, chopped

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add garlic, stir and cook for 1 minute.
2. Add tomatoes and green beans, stir, cover and cook on High for 5 minutes.
3. Add salt, pepper and basil, toss well, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 4, fiber 3, carbs 3, protein 2

Bok Choy and Garlic

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 5 bunches bok choy
- 5 cups water
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 1 tablespoon olive oil
- Salt and black pepper to the taste

Directions:

1. Put bok choy in your instant pot, add water, cover the pot, cook on High for 7 minutes, drain, chop and transfer to a bowl.
2. Clean your instant pot, set on sauté mode, add oil, heat it up, add bok choy, salt, pepper, garlic and ginger, stir, cook for 2 minutes, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 1, fiber 2, carbs 3, protein 2

Red Cabbage and Applesauce

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 4 garlic cloves, minced
- ½ cup yellow onion, chopped
- 1 tablespoon olive oil
- 6 cups red cabbage, chopped
- 1 cup water
- 1 tablespoon balsamic vinegar
- 1 cup natural applesauce
- Salt and black pepper to the taste

Directions:

1. Set your instant pot on Sauté mode, add the oil, heat it up, add onion and garlic, stir and cook for 3 minutes.
2. Add cabbage, water, applesauce, vinegar, salt and pepper, stir, cover, cook on High for 10 minutes, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 152, fat 4, fiber 6, carbs 10, protein 4

Beets and Capers

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 4 beets
- 1 cup water
- 2 tablespoons balsamic vinegar
- 2 tablespoons capers
- A bunch of parsley, chopped
- Salt and black pepper to the taste
- 1 tablespoon olive oil
- 1 garlic clove, minced

Directions:

1. Put the water in your instant pot, add the steamer basket, add beets inside, cover and cook on High for 20 minutes.
2. In a bowl, mix parsley with garlic, salt, pepper, olive oil and capers and whisk
3. Transfer beets to a cutting board, cool them down, peel and slice them and divide them between plates.
4. Add vinegar and capers mix, toss a bit and serve as a side dish.

Enjoy!

Nutrition: calories 63, fat 2, fiber 1, carbs 2, protein
4

Beet and Arugula Side Salad

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds beets, washed and halved
- 2 teaspoons lemon zest, grated
- 2 tablespoons balsamic vinegar
- 2 tablespoons lemon juice
- 2 tablespoons stevia
- 2 scallions, chopped
- 2 teaspoons mustard
- 2 cups arugula

Directions:

1. In your instant pot, mix vinegar and lemon juice and beets, stir, cover and cook on High for 7 minutes.
2. Peel beets, roughly chop them and transfer them to a bowl,
3. Add mustard, stevia, scallions and lemon zest and toss.
4. Add arugula, toss well, divide between plates and serve as a side salad.

Enjoy!

Nutrition: calories 142, fat 3, fiber 2, carbs 6, protein 4

Tomato and Beet Side Salad

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 2 and ½ cups water
- 8 small beets, trimmed
- 1 red onion, sliced
- 4 ounces goat cheese
- 1 cup balsamic vinegar
- Salt and black pepper to the taste
- 2 tablespoons stevia
- 1 pint mixed cherry tomatoes, halved
- 2 tablespoons olive oil

Directions:

1. Put 1 and ½ cups water in your instant pot, add the steamer basket, add beets, cover, cook on High for 20 minutes, transfer them to a cutting board, cool them down, peel, chop and put them into a bowl.
2. Clean your instant pot, add the rest of the water, vinegar, stevia, salt and pepper, stir, set the pot on simmer mode and cook for a couple of minutes.

3. Strain this into a bowl, add onion, leave aside for 10 minutes, drain them well and add to the bowl with the beets.
4. Also add tomatoes, oil, salt, pepper, 2 tablespoons liquid from the onions and goat cheese, toss everything, divide between plates and serve as a side salad.

Enjoy!

Nutrition: calories 152, fat 4, fiber 3, carbs 4, protein 3

Broccoli and Garlic

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 broccoli head, cut into 4
- ½ cup water
- 1 tablespoon olive oil
- 6 garlic cloves, minced
- 1 tablespoon balsamic vinegar
- Salt and black pepper to the taste

Directions:

1. Put the water in your instant pot, add the steamer basket, add broccoli inside, cover, cook on Low for 12 minutes, transfer to a bowl filled with ice water, cool it down and drain it.
2. Clean your instant pot, set it on sauté mode, add oil, heat it up, add garlic, stir and cook for 2 minutes.
3. Add broccoli, vinegar, salt and pepper, stir, cook for 1 minute more, divide among plates and serve as a side dish.

Enjoy!

Nutrition: calories 100, fat 2, fiber 1, carbs 2, protein
7

Brussels Sprouts and Dill

Preparation time: 4 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- ½ cup bacon, chopped
- Salt and black pepper to the taste
- 1 tablespoon mustard
- 1 cup chicken stock
- 1 tablespoon ghee
- 2 tablespoons dill, chopped

Directions:

1. Set your instant pot on Sauté mode, add bacon, stir and cook for 2 minutes
2. Add sprouts, mustard, stock, salt and pepper, stir, cover and cook on High for 4 minutes.
3. Add ghee and dill, stir, set the pot on sauté mode, cook everything for a couple more minutes, divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 162, fat 4, fiber 3, carbs 6, protein 6

Savoy Cabbage and Bacon

Preparation time: 10 minutes

Cooking time: 9 minutes

Servings: 4

Ingredients:

- 1 cup bacon, chopped
- 1 Savoy cabbage head, shredded
- ¼ teaspoon nutmeg, ground
- 1 yellow onion, chopped
- 2 cups beef stock
- Salt and black pepper to the taste
- 1 bay leaf
- 1 cup coconut milk
- 2 tablespoons parsley flakes

Directions:

1. Set your instant pot on Sauté mode, add bacon and onion, stir and cook for 2 minutes.
2. Add stock, cabbage, bay leaf, salt, pepper and nutmeg, stir, cover, cook on High for 5 minutes, mix with milk and parsley, stir and cook on sauté mode for 4 minutes more.
3. Divide between plates and serve as a side dish.

Enjoy!

Nutrition: calories 157, fat 3, fiber 3, carbs 6, protein 6

Sweet Cabbage

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 1 cabbage, cut into 8 wedges
- 1 tablespoon olive oil
- 1 carrot, grated
- ¼ cup balsamic vinegar
- 1 and ¼ cups water
- 1 teaspoon stevia
- A pinch of cayenne pepper
- ½ teaspoon red pepper flakes

Directions:

1. Set your instant pot on Sauté mode, add oil, heat it up, add cabbage, stir and cook for 3 minutes.
2. Add carrots, water, stevia, vinegar, cayenne and pepper flakes, stir, cover and cook at High for 5 minutes.
3. Divide between plates and serve right away.

Enjoy!

Nutrition: calories 100, fat 3, fiber 3, carbs 4, protein
4

Collard Greens and Tomato Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 bunch collard greens, trimmed
- 2 tablespoons olive oil
- ½ cup chicken stock
- 2 tablespoons tomato puree
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- Salt and black pepper to the taste
- 1 tablespoon balsamic vinegar
- 1 teaspoon stevia

Directions:

1. In your instant pot, mix stock with oil, garlic, vinegar, onion, tomato puree, collard greens, salt, pepper and stevia, stir a bit, cover and cook on High for 20 minutes.
2. Divide between plates and serve right away.

Enjoy!

Nutrition: calories 132, fat 2, fiber 2, carbs 5, protein
3

Wild Rice and Farro Pilaf

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 12

Ingredients:

- 1 shallot, peeled and diced
- 1 teaspoon garlic, minced
- Extra virgin olive oil
- 1½ cups whole grain farro
- ¾ cup wild rice
- 6 cups chicken stock
- Salt and ground black pepper, to taste
- ½ tablespoons dried parsley, minced
- ½ tablespoons dried sage, minced
- ½ cup hazelnuts, toasted and chopped
- ¾ cup cherries, dried
- Minced chives, for serving

Directions:

Set the Instant Pot on Sauté mode, add a drizzle of olive oil and heat it up. Add the onion and garlic, stir, and cook for 2-3 minutes. Add the farro, rice, salt, pepper, stock, sage, and parsley, stir, cover the Instant Pot and cook on Multigrain mode for 25 minutes. Put the cherries in a pot, add enough hot water to cover, set aside for 10 minutes, and drain. Release the pressure from the Instant Pot for 5 minutes, drain the excess liquid, add the hazelnuts and cherries, stir gently, divide among plates, and garnish with chopped chives.

Nutrition:

- Calories: 120
- Fat: 1
- Fiber: 1.5
- Carbs: 21

- Protein: 4.5

Pink Rice

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 teaspoon salt
- 2½ cups water
- 2 cups pink rice

Directions:

Put the rice into the Instant Pot. Add the water and salt, stir, cover and cook on the Manual setting for 5 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, fluff rice with a fork, divide among plates, and serve.

Nutrition:

- Calories: 114
- Fat: 1
- Fiber: 2
- Carbs: 13
- Protein: 4

Quinoa Pilaf

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 2 cups quinoa
- 2 garlic cloves, peeled and minced
- 2 tablespoons extra virgin olive oil
- Salt, to taste
- 2 teaspoons turmeric
- 3 cups water
- ½ cup fresh parsley, chopped
- 2 teaspoons cumin

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the garlic, stir, and cook for 30 seconds. Add the water, quinoa, cumin, turmeric, and salt, stir, cover and cook on the Manual setting for 1 minute. Release the pressure naturally for 10 minutes, fluff the quinoa with a fork, transfer to plates, season with more salt, if needed, sprinkle the parsley on top, and serve.

Nutrition:

- Calories: 130
- Fat: 0.9
- Fiber: 3.2
- Carbs: 12
- Protein: 6.9

Quinoa with Almonds

Preparation time: 10 minutes

Cooking time: 11 minutes

Servings: 4

Ingredients:

- ½ cup yellow onion, peeled and diced
- 1 tablespoon butter
- 1 celery stalk, chopped
- 1½ cups quinoa, rinsed
- 14 ounces chicken stock
- Salt and ground black pepper, to taste
- ¼ cup water
- ½ cup almonds, toasted and sliced
- 2 tablespoons parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the onion and celery, stir, and cook for 5 minutes. Add the quinoa, water, stock, salt, and pepper, stir, cover and cook on the Manual setting for 3 minutes. Release the pressure for 5 minutes, uncover, fluff with a fork, add the almonds and parsley, stir, divide among plates, and serve.

Nutrition:

- Calories: 140
- Fat: 3
- Fiber: 2
- Carbs: 12
- Protein: 12.4

Mushroom Risotto

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 cups risotto rice
- 4 cups chicken stock
- 2 garlic cloves, peeled and crushed
- 2 ounces extra virgin olive oil
- 1 yellow onion, peeled and chopped
- 8 ounces mushrooms, sliced
- 4 ounces heavy cream
- 4 ounces sherry vinegar
- 2 tablespoons Parmesan cheese, grated
- 1 ounce fresh basil, minced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions, garlic, and mushrooms, stir and cook for 3 minutes. Add the rice, stock and vinegar, stir, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, add the cream and Parmesan and stir. Divide among plates, sprinkle with the basil, and serve.

Nutrition:

- Calories: 340
- Fat: 1
- Fiber: 1
- Carbs: 15
- Protein: 4

Pumpkin Risotto

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 ounces extra virgin olive oil
- 1 small yellow onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 12 ounces Arborio rice
- 4 cups chicken stock
- 6 ounces pumpkin puree
- ½ teaspoon nutmeg
- 1 teaspoon fresh thyme, chopped
- ½ teaspoon ginger, grated
- ½ teaspoon ground cinnamon
- ½ teaspoon allspice
- 4 ounces heavy cream

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion and garlic, stir and cook for 1-2 minutes. Add the rice, chicken stock, pumpkin puree, thyme, nutmeg, cinnamon, ginger and allspice, and stir. Cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure, add the cream, stir well, and serve.

Nutrition:

- Calories: 263
- Fat: 5
- Fiber: 2
- Carbs: 37
- Protein: 6

Tasty Saffron Risotto

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 10

Ingredients:

- 2 tablespoons extra virgin olive oil
- ½ teaspoon saffron threads, crushed
- ½ cup onion, peeled and chopped
- 2 tablespoons hot milk
- 1½ cups Arborio rice
- 3½ cups vegetable stock
- Salt, to taste
- 1 tablespoon honey
- 1 cinnamon stick
- ⅓ cup almonds, chopped
- ⅓ cup dried currants

Directions:

In a bowl, mix the milk with the saffron, stir and set aside. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions, stir and cook for 5 minutes. Add the rice, stock, saffron and milk, honey, salt, almonds, cinnamon stick, and currants. Stir, cover the Instant Pot and cook on the Rice setting for 5 minutes. Release the pressure, fluff the rice a bit, discard the cinnamon stick, divide it among plates, and serve.

Nutrition:

- Calories: 260
- Fat: 7
- Fiber: 2
- Carbs: 41
- Sugar: 1.5
- Protein: 3.9

Cherry Farro

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- 1 tablespoon apple cider vinegar
- 1 cup whole grain farro
- 1 teaspoon lemon juice
- Salt, to taste
- 3 cups water
- 1 tablespoon extra virgin olive oil
- ½ cup cherries, dried and chopped
- ¼ cup green onions, chopped
- 10 mint leaves, chopped
- 2 cups cherries, pitted and cut into halves

Directions:

Put the water into the Instant Pot, add the rinsed farro, stir, cover and cook on the Multigrain setting for 40 minutes. Release the pressure, drain the farro, transfer to a bowl and mix with the salt, oil, lemon juice, vinegar, dried cherries, fresh cherries, green onions, and mint. Stir well, divide among plates, and serve.

Nutrition:

- Calories: 160
- Fat: 1
- Fiber: 2
- Carbs: 12
- Protein: 4

Vegetables and Rice

Preparation time: 6 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 cups basmati rice
- 1 cup frozen mixed vegetables
- 2 cups water
- ½ teaspoon canned green chilies, minced
- ½ teaspoon ginger, grated
- 3 garlic cloves, peeled and minced
- 2 tablespoons butter
- 1 cinnamon stick
- 1 tablespoon cumin seeds
- 2 bay leaves
- 3 whole cloves
- 5 black peppercorns
- 2 whole cardamoms
- 1 tablespoon sugar
- Salt, to taste

Directions:

Put the water into the Instant Pot. Add the rice, vegetables, chilies, grated ginger, garlic, cinnamon, cloves, butter, cumin seeds, bay leaves, cardamoms, peppercorns, salt, and sugar. Stir, cover, and cook on the Rice setting for 15 minutes. Release the pressure, remove the cinnamon stick, bay leaves, peppercorns, cloves, and cardamoms, divide among plates, and serve.

Nutrition:

- Calories: 340
- Fat: 6
- Fiber: 5.5

- Carbs: 40
- Protein: 14.2

Flavored Mashed Sweet Potatoes

Preparation time: 10 minutes

Cooking time: 9 minutes

Servings: 8

Ingredients:

- 2 garlic cloves
- 3 pounds sweet potatoes, peeled and chopped
- Salt and ground black pepper, to taste
- ½ teaspoon dried parsley
- ¼ teaspoon dried sage
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- 1½ cups water
- ¼ cup milk
- ½ cup Parmesan cheese, grated
- 2 tablespoon butter

Directions:

Put the potatoes and garlic in the steamer basket of the Instant Pot, add 1½ cups water to the Instant Pot, cover, and cook on the Manual setting for 10 minutes. Release the pressure, drain water, transfer the potatoes and garlic to a bowl and mix them using kitchen hand mixer. Add the butter, cheese, milk, salt, pepper, parsley, sage, rosemary, and thyme and blend everything well. Divide among plates, and serve.

Nutrition:

- Calories: 240
- Fat: 1
- Fiber: 8.2
- Carbs: 34
- Protein: 4.5

Herbed Polenta

Preparation time: 15 minutes

Cooking time: 6 minutes

Servings: 6

Ingredients:

- 4 cups vegetable stock
- 2 tablespoons extra virgin olive oil
- 2 teaspoons garlic, minced
- ½ cup yellow onion, peeled and chopped
- ⅓ cup sundried tomatoes, chopped
- Salt, to taste
- 1 cup polenta
- 1 bay leaf
- 2 teaspoons fresh oregano, diced
- 3 tablespoons fresh basil, diced
- 1 teaspoon fresh rosemary, diced
- 2 tablespoons fresh parsley, diced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir and cook for 1 minute. Add the garlic, stir again and cook for 1 minute. Add the stock, salt, tomatoes, bay leaf, rosemary, oregano, half of the basil, half of the parsley, and polenta. Without stirring, cover the Instant Pot, cook on the Porridge setting for 5 minutes and release pressure naturally for 10 minutes. Uncover the Instant Pot, discard the bay leaf, stir the polenta gently, add the rest of the parsley, basil and more salt, stir, divide among plates, and serve.

Nutrition:

- Calories: 150
- Fat: 1.6
- Fiber: 3.6
- Carbs: 35

- Protein: 3.7

Mexican Rice

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 8

Ingredients:

- 1 cup long grain rice
- 1¼ cups vegetable stock
- ½ cup fresh cilantro, chopped
- ½ avocado, pitted, peeled and chopped
- Salt and ground black pepper, to taste
- ¼ cup green hot sauce

Directions:

Put the rice into the Instant Pot, add the stock, stir, cover and cook on the Rice setting for 4 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, fluff it with a fork and transfer to a bowl. In a food processor, mix the avocado with the hot sauce and cilantro and puree until smooth. Pour this over the rice, stir well, add salt and pepper, stir again, divide among plates, and serve.

Nutrition:

- Calories: 100
- Fat: 2
- Fiber: 1
- Carbs: 18
- Protein: 2

Lemon Parmesan and Peas Risotto

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 6

Ingredients:

- 1½ cup rice
- 2 tablespoons butter
- 1 yellow onion, peeled and chopped
- 1 tablespoon extra virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest, grated
- 3½ cups chicken stock
- 2 tablespoons parsley, diced
- Salt and ground black pepper, to taste
- 1½ cup peas
- 2 tablespoons Parmesan cheese, finely grated

Directions:

Set the Instant Pot on Sauté mode, add 1 tablespoon butter and the oil and heat them up. Add the onions, stir and cook for 5 minutes. Add the rice, stir and cook for 3 more minutes. Add 3 cups stock and the lemon juice, stir, cover, and cook on the Rice setting for 5 minutes. Release the pressure, set the Instant Pot on Manual mode, add the peas and the rest of the stock, stir, and cook for 2 minutes. Add the cheese, parsley, the rest of the butter, lemon zest, salt, and pepper to taste and stir. Divide among plates, and serve.

Nutrition:

- Calories: 140
- Fat: 1.5
- Fiber: 1
- Carbs: 27
- Protein: 5

Spinach and Goat Cheese Risotto

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 2 garlic cloves, peeled and minced
- 2 tablespoons extra virgin olive oil
- $\frac{3}{4}$ cup yellow onion, chopped
- $1\frac{1}{2}$ cups Arborio rice
- $\frac{1}{2}$ cup white wine
- 12 ounces spinach, chopped
- $3\frac{1}{2}$ cups hot vegetable stock
- Salt and ground black pepper, to taste
- 4 ounces goat cheese, soft and crumbled
- 2 tablespoons lemon juice
- $\frac{1}{3}$ cup pecans, toasted and chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the garlic and onions, stir, and cook for 5 minutes. Add the rice, stir and cook for 1 minute. Add the wine, stir, and cook until it's absorbed. Add 3 cups stock, cover the Instant Pot and cook on the Rice setting for 4 minutes. Release the pressure, uncover the Instant Pot, add spinach, stir and cook on Manual mode for 3 minutes. Add the salt, pepper, the rest of the stock, lemon juice, and goat cheese and stir. Divide among plates, garnish with pecans, and serve.

Nutrition:

- Calories: 340
- Fat: 23
- Fiber: 4.5
- Carbs: 24
- Protein: 18.9

Cauliflower and Barley Risotto

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 4

Ingredients:

- 4 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 1 cauliflower head, separated into florets
- ½ cup Parmesan cheese, grated
- 2 garlic cloves, peeled and minced
- 1 cup pearled barley
- 1 yellow onion, peeled and chopped
- 3 cups chicken stock
- 2 thyme sprigs
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon butter

Directions:

Spread the cauliflower florets on a lined baking dish, add 3 tablespoons oil, salt and pepper, toss to coat, introduce in the oven at 425 degrees Fahrenheit and bake for 20 minutes, turning them every 10 minutes. Take cauliflower out of the oven, sprinkle with ¼ cup cheese and bake for 5 minutes. Set the Instant Pot on Sauté mode, add 1 tablespoon oil and heat it up. Add the onion, stir, and cook for 5 minutes. Add the garlic, stir, and cook for 1 minute. Add the stock, thyme, and barley, stir, cover the Instant Pot, and cook on the Manual setting for 25 minutes. Release the pressure, uncover, the Instant Pot, stir the barley, discard the thyme, add the butter, the rest of the cheese, cauliflower, salt, pepper, and parsley. Stir the risotto, divide among plates, and serve.

Nutrition:

- Calories: 350

- Fat: 16
- Fiber: 10
- Carbs: 25
- Protein: 14.6

Garlicky Potatoes

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound new potatoes, peeled and sliced thin
- 1 cup water
- Salt and ground black pepper, to taste
- ¼ teaspoon dried rosemary
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, peeled and minced

Directions:

Put the potatoes and the water in the steamer basket of the Instant Pot, cover and cook on the Manual setting for 4 minutes. In a heat-proof dish, mix the rosemary with oil and garlic, cover and microwave for 1 minute. Release the pressure from the Instant Pot, drain the potatoes and spread them on a lined baking sheet. Add the oil mix, salt and pepper, toss to coat, divide among plates, and serve.

Nutrition:

- Calories: 94
- Fat: 1
- Fiber: 2.2
- Carbs: 21
- Protein: 2.5

Rice and Artichokes

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 tablespoon extra virgin olive oil
- 5 ounces Arborio rice
- 2 garlic cloves, peeled and crushed
- 1¼ cups chicken broth
- 1 tablespoon white wine
- 6 ounces graham cracker crumbs
- 1¼ cups water
- 15 ounces canned artichoke hearts, chopped
- 16 ounces cream cheese
- 1 tablespoon grated Parmesan cheese
- 1½ tablespoons fresh thyme, chopped
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil, heat up, add the rice and cook for 2 minutes. Add the garlic, stir and cook for 1 minute. Transfer this to a heat-proof dish. Add the stock, crumbs, salt, pepper, and wine, stir and cover the dish with aluminum foil. Place the dish in the steamer basket of the Instant Pot, add the water, cover and cook on the Rice setting for 8 minutes. Release the pressure, take the dish out, uncover, add the cream cheese, Parmesan cheese, artichoke hearts, and thyme. Mix well, and serve.

Nutrition:

- Calories: 240
- Fat: 7.2
- Fiber: 5.1
- Carbs: 34

- Protein: 6

Potatoes Au Gratin

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 6

Ingredients:

- 1 cup chicken stock
- ½ cup yellow onion, chopped
- 2 tablespoons butter
- 6 potatoes, peeled and sliced
- Salt and ground black pepper, to taste
- ½ cup sour cream
- 1 cup Monterey jack cheese, shredded

For the topping:

- 3 tablespoons melted butter
- 1 cup bread crumbs

Directions:

Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the onion, stir and cook for 5 minutes. Add the stock, salt, and pepper, and put the steamer basket in the Instant Pot as well. Add the potatoes, cover the Instant Pot and cook on the Manual setting for 5 minutes. In a bowl, mix 3 tablespoons butter with bread crumbs and stir well. Release the pressure from the Instant Pot fast, take the steamer basket out, and transfer potatoes to a baking dish. Pour the cream and cheese into Instant Pot and stir. Add the potatoes and stir gently. Spread the bread crumbs mix all over, introduce under a preheated broiler, and broil for 7 minutes. Let it cool for a couple of minutes and serve.

Nutrition:

- Calories: 340
- Fat: 22
- Fiber: 2

- Carbs: 32
- Protein: 11

French Fries

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 8 medium potatoes, peeled, cut into medium matchsticks, and patted dry
- 1 cup water
- Salt, to taste
- ¼ teaspoon baking soda
- Oil for frying

Directions:

Put the water into the Instant Pot, add salt and the baking soda and stir. Put potatoes in the steamer basket and introduce it in the Instant Pot. Cover and cook on the Manual setting for 3 minutes. Release the pressure naturally, take the fries out of the Instant Pot and put them in a bowl. Heat up a pan with enough oil over medium-high heat, add the fries, spread them, and cook until they become golden. Transfer the fries to paper towels to drain excess grease and then put them in a bowl. Add salt, toss to coat, and serve.

Nutrition:

- Calories: 300
- Fat: 10
- Fiber: 3.7
- Carbs: 41
- Protein: 3.4

Green Beans and Mushrooms

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound fresh green beans, trimmed
- 1 small yellow onion, peeled and chopped
- 6 ounces bacon, chopped
- 1 garlic clove, peeled and minced
- 8 ounces mushrooms, sliced
- Salt and ground black pepper, to taste
- Balsamic vinegar

Directions:

Put the beans into the Instant Pot, add water to cover them, cover the Instant Pot and cook on the Manual setting for 3 minutes.

Release the pressure naturally, drain the beans and set aside.

Set the Instant Pot on Sauté mode, add the bacon and brown it for 1-2 minutes, stirring often. Add the garlic and onion, stir, and cook 2 minutes. Add the mushrooms, stir and cook until they are soft. Add the drained beans, salt, pepper and a splash of vinegar, stir, take off the heat, divide among plates, and serve.

Nutrition:

- Calories: 120
- Fat: 3.7
- Fiber: 3.3
- Carbs: 7.5
- Protein: 2.4

Mashed Squash

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- ½ cup water
- 2 acorn squashes, cut into halves and seeded
- Salt and ground black pepper, to taste
- ¼ teaspoon baking soda
- 2 tablespoons butter
- ½ teaspoon fresh nutmeg, grated
- 2 tablespoons brown sugar

Directions:

Sprinkle the squash halves with salt, pepper, and baking soda and place them in the steamer basket of the Instant Pot. Add the water to the Instant Pot, cover and cook on the Manual setting for 20 minutes. Release the pressure, take the squash and set aside on a plate to cool down. Scrape the flesh from the squash and put in a bowl. Add the salt, pepper, butter, sugar, and nutmeg and mash everything with a potato masher. Stir well, and serve.

Nutrition:

- Calories: 140
- Fat: 1
- Fiber: 0.5
- Carbs: 10.5
- Protein: 1.7

Potato Casserole

Preparation time: 15 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 3 pounds sweet potatoes, scrubbed
- 1 cup water
- ¼ cup coconut milk
- ⅓ cup brown sugar
- ½ teaspoon fresh nutmeg, ground
- 2 tablespoons coconut flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon allspice
- Salt, to taste

For the topping:

- ½ cup almond flour
- ½ cup walnuts, soaked, drained, and ground
- ¼ cup pecans, soaked, drained, and ground
- ¼ cup shredded coconut
- 1 tablespoon chia seeds
- ¼ cup brown sugar
- Salt, to taste
- 1 teaspoon ground cinnamon
- 5 tablespoons salted butter

Directions:

Prick the potatoes with a fork, place them in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 20 minutes. In a bowl, mix the almond flour with pecans, walnuts, coconut, ¼ cup brown sugar, chia seeds, 1 teaspoon cinnamon, a pinch of salt, and the butter and stir everything. Release the pressure naturally from the Instant Pot, take the potatoes and peel them and add ½ cup

water to the Instant Pot. Chop the potatoes and place them in a baking dish. Add the crumble mix, stir everything, spread evenly in the dish, cover, place in the steamer basket, cover the Instant Pot again and cook on the Manual setting for 10 minutes. Release the pressure, take the dish out of the Instant Pot, uncover, let it cool briefly, cut, and serve.

Nutrition:

- Calories: 150
- Fat: 9
- Fiber: 3
- Carbs: 25
- Sugar: 10
- Protein: 4

Easy Refried Beans

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 3 cups pinto beans, soaked for 4 hours and drained
- 1 yellow onion, peeled and cut into halves
- 1 jalapeño, chopped
- 2 tablespoons garlic, minced
- Salt and ground black pepper, to taste
- 9 cups vegetable stock
- 1/8 teaspoon cumin

Directions:

In the Instant Pot, mix the beans with salt, pepper, stock, onion, jalapeño, garlic, and cumin. Stir, cover and cook on the Bean/Chili setting for 20 minutes. Release the pressure naturally, discard the onion halves, strain beans, transfer them to your blender and reserve cooking liquid. Blend well, adding some of the liquid as needed, transfer to a bowl, and serve.

Nutrition:

- Calories: 100
- Fat: 2
- Fiber: 5
- Carbs: 15
- Protein: 6

Three Bean Medley

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 cup garbanzo beans, soaked overnight and drained
- 1 cup cranberry beans, soaked overnight and drained
- 1½ cups green beans
- 4 cups water
- 1 garlic clove, peeled and crushed
- 1 bay leaf
- 2 celery stalks, chopped
- 1 bunch parsley, chopped
- 1 small red onion, peeled and chopped
- 1 tablespoon sugar
- 5 tablespoons apple cider vinegar
- 4 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste

Directions:

Put the water into the Instant Pot. Add the bay leaf, garlic and garbanzo beans. Put the steamer basket into the pot as well and add the cranberry beans to it. Wrap the green beans in aluminum foil and also place in the steamer basket. Cover the Instant Pot and cook on the Bean/Chili setting for 15 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, drain beans, unwrap the green beans and put them all in a bowl. In another bowl, mix onion with vinegar and sugar, stir well and set aside for a few minutes. Add the onions to beans and toss to coat. Also add the celery, olive oil, salt, pepper to taste and parsley, toss to coat, divide among plates, and serve.

Nutrition:

- Calories: 200

- Fat: 1
- Fiber: 6
- Carbs: 45
- Protein: 4

Red Beans and Rice

Preparation time: 20 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 pound red kidney beans, soaked overnight and drained
- Salt, to taste
- 1 teaspoon vegetable oil
- 1 pound smoked sausage, cut into wedges
- 1 yellow onion, peeled and chopped
- 1 celery stalk, chopped
- 4 garlic cloves, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 teaspoon dried thyme
- 2 bay leaves
- 5 cups water
- Long grain rice already cooked
- 2 green onions, minced, for serving
- 2 tablespoons parsley, minced, for serving
- Hot sauce, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the sausage, onion, bell pepper, celery, garlic, thyme, and salt, stir, and cook for 8 minutes. Add the beans, bay leaves, and the water, stir, cover the Instant Pot and cook on the Bean/Chili setting for 15 minutes. Release the pressure naturally for 20 minutes, discard the bay leaves, and put 2 cups of beans and some liquid into the blender. Pulse them well and return to pot. Divide the rice among plates, add the beans, sausage, and vegetables on top, sprinkle with green onions and parsley, and serve with hot sauce.

Nutrition:

- Calories: 160
- Fat: 3.8
- Fiber: 3.4
- Carbs: 24
- Protein: 4.6

Savory Stuffing

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1½ cups water
- ½ cup butter
- 1¼ cup turkey stock
- 1 bread loaf, cubed and toasted
- 1 cup celery, chopped
- 1 yellow onion, peeled and chopped
- Salt and ground black pepper, to taste
- 1 teaspoon sage
- 1 teaspoon poultry seasoning

Directions:

Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the stock, onion, celery, salt, pepper, sage, and poultry seasoning and stir well. Add the bread cubes, stir, and cook for 1 minute. Transfer this to a Bundt pan and cover it with aluminum foil. Clean the Instant Pot, add the water and place the pan in the steamer basket, cover the Instant Pot and cook on the Manual setting for 15 minutes. Release the pressure, uncover the pan, place it in the oven at 350°F, and bake for 5 minutes. Serve hot.

Nutrition:

- Calories: 230
- Fat: 3.4
- Fiber: 3.2
- Carbs: 23
- Protein: 11

Black Beans

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 cup black beans, soaked overnight, drained and rinsed
- 1 piece dried seaweed
- $\frac{2}{3}$ cup water
- Salt, to taste
- 1 teaspoon coriander seeds
- 2 garlic cloves, peeled and minced
- $\frac{1}{2}$ teaspoon cumin seeds

Directions:

In the Instant Pot, mix beans with seaweed, water, garlic, coriander, and cumin. Stir, cover the Instant Pot and cook on the Bean/Chili setting for 5 minutes. Release the pressure, discard seaweed and coriander seeds, divide beans among plates, season with salt, and serve.

Nutrition:

- Calories: 330
- Fat: 1
- Fiber: 16
- Carbs: 23
- Protein: 21

Pineapple and Cauliflower Rice

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 cups rice
- 4 cups water
- 1 cauliflower, separated into florets and chopped
- ½ pineapple, peeled and chopped
- Salt and ground black pepper, to taste
- 2 teaspoons extra virgin olive oil

Directions:

In the Instant Pot, mix rice with pineapple, cauliflower, water, oil, salt, and pepper, stir, cover and cook for 20 minutes on Manual mode. Release the pressure naturally for 10 minutes, uncover the Instant Pot, fluff with a fork, add more salt and pepper, divide among plates, and serve.

Nutrition:

- Calories: 100
- Fat: 2.7
- Fiber: 2.9
- Carbs: 12

Protein: 4.9

Parsnips and Onions

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2½ pounds parsnips, peeled and chopped
- 4 tablespoons vegetable shortening
- Salt and ground black pepper, to taste
- 1½ cups beef stock
- 1 thyme sprig

1 yellow onion, peeled and sliced thin

Directions:

Set the Instant Pot on Sauté mode, add 3 tablespoons of the shortening and heat it up. Add the parsnips, stir and cook for 15 minutes. Add the stock and thyme, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure, transfer the parsnips mixture to a blender, add salt and pepper to taste, and pulse. Set the Instant Pot on Sauté mode again, add the rest of the shortening and heat it up. Add the onion, stir, and cook for 10 minutes. Transfer the parsnips to plates, top with sautéed onions, and serve.

Nutrition:

- Calories: 130
- Fat: 2
- Fiber: 3
- Carbs: 6.7
- Protein: 10.1

Cauliflower Mash

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 cauliflower, separated into florets
- Salt and ground black pepper, to taste
- 1½ cups water
- ½ teaspoon turmeric
- 1 tablespoon butter
- 3 chives, diced

Directions:

Put the water into the Instant Pot, place the cauliflower in the steamer basket, cover the Instant Pot and cook on the Steam setting for 6 minutes. Release the pressure naturally for 2 minutes and then release the rest quickly. Transfer cauliflower to a bowl and mash it with a potato masher. Add the salt, pepper, butter, and turmeric, stir, transfer to a blender, and pulse well. Serve with chives sprinkled on top.

Nutrition:

- Calories: 70
- Fat: 5
- Fiber: 2
- Carbs: 5
- Protein: 2

Butternut and Apple Mash

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 cup water
- 1 butternut squash, peeled and cut into medium chunks
- 2 apples, cored and sliced
- 2 tablespoons butter, browned
- 1 yellow onion, thinly sliced
- ½ teaspoon apple pie spice
- Salt, to taste

Directions:

Put the squash, onion, and apple pieces in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 8 minutes. Release the pressure quickly and transfer the squash, onion, and apple to a bowl. Mash everything using a potato masher, add the salt, apple pie spice, and brown butter, stir well, and serve warm.

Nutrition:

- Calories: 140
- Fat: 2.3
- Fiber: 6.5
- Carbs: 24
- Protein: 2.5

Glazed Carrots

Preparation time: 10 minutes

Cooking time; 6 minutes

Servings: 4

Ingredients:

- ½ cup water
- 1 pound baby carrots
- ½ cup honey
- 1 teaspoon dried thyme
- 1 teaspoon dried dill
- Salt, to taste
- 2 tablespoons butter

Directions:

Put the water into the Instant Pot, place the carrots in the steamer basket, cover, and cook on the Manual setting for 3 minutes.

Release the pressure, drain the carrots and put them in a bowl.

Set the Instant Pot on Sauté mode, add the butter and melt it.

Add the dill, thyme, honey, and salt and stir well. Add the carrots, toss to coat, cook for 1 minute, transfer them to plates, and serve.

Nutrition:

- Calories: 200
- Fat: 11
- Fiber: 4
- Carbs: 12
- Protein: 1.4

Mashed Turnips

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 4 turnips, peeled and chopped
- Salt and ground black pepper, to taste
- 1 yellow onion, peeled and chopped
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{2}$ cup chicken stock

Directions:

In the Instant Pot, mix the turnips with the stock and onion. Stir, cover, and cook on the Manual setting for 5 minutes. Release the pressure naturally, drain the turnips, and transfer them to a bowl. Puree them using a food processor and add salt and pepper to taste and sour cream. Blend again, and serve.

Nutrition:

- Calories: 70
- Fat: 1
- Fiber: 4.6
- Carbs: 11.2
- Protein: 1.6

Sweet Carrot Puree

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1½ pounds carrots, peeled and chopped
- 1 tablespoon butter, softened
- Salt, to taste
- 1 cup water
- 1 tablespoon honey
- 1 teaspoon brown sugar

Directions:

Put carrots into the Instant Pot, add the water, cover and cook on the Manual setting for 4 minutes. Release the pressure naturally, drain the carrots, and place them in a bowl. Puree them using an immersion blender, add the butter, salt, and honey. Blend again, add sugar on top, and serve.

Nutrition:

- Calories: 50
- Fat: 1
- Fiber: 3
- Carbs: 11
- Protein: 1

Sweet Brussels Sprouts

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 8

Ingredients:

- 2 pounds Brussels sprouts
- Salt and ground black pepper, to taste
- ¼ cup orange juice
- 1 teaspoon orange zest, grated
- 1 tablespoon butter
- 2 tablespoons maple syrup

Directions:

In the Instant Pot, mix the Brussels sprouts with the orange juice, orange zest, butter, maple syrup, salt, and pepper, stir, cover and cook on the Manual setting for 4 minutes. Release the pressure naturally, transfer sprouts mixture to plates, and serve them.

Nutrition:

- Calories: 65
- Fat: 2
- Fiber: 3
- Carbs: 12
- Protein: 3

Lemony Broccoli

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 head of broccoli, separated into florets
- 1 cup water
- 5 lemon slices
- Salt and ground black pepper, to taste

Directions:

Pour the water into the Instant Pot. Season the broccoli with salt and pepper to taste and add it to the Instant Pot. Add the lemon slices and stir gently. Cover the Instant Pot and cook on the Steam setting for 15 minutes. Release the pressure, divide broccoli among plates and serve.

Nutrition:

- Calories: 55
- Fat: 0.5
- Fiber: 5
- Carbs: 11
- Protein: 3.4

Drunken Peas

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 4 ounces smoked pancetta, chopped
- 1 pound fresh peas
- 1 green onion, sliced
- 1 tablespoon fresh mint, chopped
- ¼ cup beer
- 1 tablespoon butter
- Salt and ground black pepper, to taste
- 2 cups water

Directions:

Put the water into the Instant Pot, place the steamer basket inside, and set aside. In a heat-proof pan, mix the pancetta with half of the onion and spread on the bottom. Heat this up on the stove over medium-high heat for 3 minutes, add the beer, peas, and salt, stir, and take off the heat. Cover this pan with some aluminum foil, place in the steamer basket, cover the Instant Pot and cook on the Manual setting for 1 minute. Release the pressure, uncover the pan, add the salt, pepper, mint, and butter, stir, divide among plates, and serve with the rest of the onions sprinkled on top.

Nutrition:

- Calories: 134
- Fat: 2
- Fiber: 2.5
- Carbs: 10
- Protein: 4.3

Artichokes

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 cup water
- 2 medium artichokes, trimmed
- 1 lemon wedges
- Salt, to taste

Directions:

Rub the artichokes with the lemon wedges, place them in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 20 minutes.

Release the pressure for 10 minutes, divide the artichokes among plates, add salt on top, and serve.

Nutrition:

- Calories: 78
- Fat: 0.4
- Fiber: 3
- Carbs: 2
- Protein: 4

Garlic and Parmesan Asparagus

Preparation time: 5 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 3 garlic cloves, peeled and minced
- 1 bunch asparagus, trimmed
- 1 cup water
- 3 tablespoons butter
- 3 tablespoons Parmesan cheese, grated

Directions:

Put the water into the Instant Pot. Place the asparagus on aluminum foil, add the garlic and butter and seal the edges of the foil. Place this into the pot, cover it and cook on the Manual setting for 8 minutes. Release the pressure, arrange the asparagus on plates, sprinkle with cheese, and serve.

Nutrition:

- Calories: 70
- Fat: 5.2
- Fiber: 1.8
- Carbs: 3.8
- Protein: 4

Poached Fennel

Preparation time: 5 minutes

Cooking time: 6 minutes

Servings: 3

Ingredients:

- 2 big fennel bulbs, sliced
- 2 tablespoons butter
- 1 tablespoon white flour
- 2 cups milk
- Ground nutmeg
- Salt, to taste

Directions:

Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the fennel slices, stir, and cook until slightly browned. Add the flour, salt, pepper, nutmeg, and milk, stir, cover, and cook on Manual for 6 minutes. Release the pressure, transfer the fennel to plates, and serve.

Nutrition:

- Calories: 140
- Fat: 5
- Fiber: 4.7
- Carbs: 12
- Protein: 4.4

Harvest Vegetables

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 2 yellow bell peppers, seeded and sliced thin
- 1 green bell pepper, seeded and sliced thin
- 2 red bell peppers, seeded and sliced, thin
- 2 tomatoes, cored and chopped
- 2 garlic cloves, peeled and minced
- 1 red onion, peeled and sliced thin
- Salt and ground black pepper, to taste
- 1 bunch parsley, diced
- Extra virgin olive oil

Directions:

Set the Instant Pot on Sauté mode, add a drizzle of oil, and heat it up. Add the onions, stir, and cook for 3 minutes. Add the red, yellow and green peppers, stir, and cook for 5 minutes. Add the tomatoes, salt and pepper, stir, cover and cook on the Manual setting for 6 minutes. Release the pressure, uncover the Instant Pot, transfer the peppers and tomatoes to a bowl, add more salt and pepper with the garlic, parsley, and a drizzle of oil. Toss to coat, and serve.

Nutrition:

- Calories: 146
- Fat: 2.2
- Fiber: 8.1
- Carbs: 28.1
- Protein: 4.5

Eggplant

Preparation time: 40 minutes

Cooking time: 13 minutes

Servings: 4

Ingredients:

- 2 eggplants, cubed
- Salt and ground black pepper, to taste
- 2 tablespoons extra virgin olive oil
- 1 garlic clove, peeled and crushed
- Red pepper flakes
- 1 bunch oregano, chopped
- ½ cup water
- 2 anchovies, chopped

Directions:

Sprinkle the eggplant pieces with salt, place them in a strainer, press them with a plate, set aside for 30 minutes, and then drain them. Set the Instant Pot on Sauté mode, add the oil and the garlic and heat it up. Add the anchovies, oregano, and a pinch of pepper flakes, stir and cook for 5 minutes. Discard the garlic, add the eggplant, salt and pepper, toss to coat, and cook for 5 minutes. Add the water, stir, cover the Instant Pot and cook on the Manual setting for 3 minutes. Release the pressure, transfer the eggplant mixture to plates, and serve.

Nutrition:

- Calories: 130
- Fat: 5
- Fiber: 10
- Carbs: 12
- Protein: 15

Beets and Garlic

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 3 beets, greens cut off and washed
- Water to cover
- 1 tablespoon extra virgin olive oil
- Salt, to taste
- 2 garlic cloves, peeled and minced
- 1 teaspoon lemon juice

Directions:

Put beets into the Instant Pot, add enough water to cover, add salt, cover the Instant Pot, and cook on the Manual setting for 15 minutes. Release the pressure naturally for 10 minutes, strain the beets, peel them, and chop them. Heat up a pan with the oil over medium-high heat, add the beets, stir, and cook for 3 minutes. Add the garlic, lemon juice, and salt, stir, take off heat, divide among plates, and serve.

Nutrition:

- Calories: 70
- Fat: 1
- Fiber: 3.8
- Carbs: 13
- Protein: 2.2

Fava Bean Sauté

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 3 pounds fava beans, shelled
- 1 teaspoon extra virgin olive oil
- Salt and ground black pepper, to taste
- 4 ounces bacon, chopped
- ½ cup white wine
- 3 parsley sprigs, chopped
- ¾ cup water

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat up. Add the bacon, stir, and cook until it browns. Add the wine, stir and cook for 2 minutes. Add the water and fava beans, stir, cover, and cook on the Bean/Chili setting for 7 minutes. Release pressure, transfer the beans to plates, add the parsley, salt and pepper, stir, and serve.

Nutrition:

- Calories: 140
- Fat: 3
- Fiber: 1
- Carbs: 23
- Protein: 13

Calamari and Tomatoes

Preparation time: 10 minutes

Cooking time: 32 minutes

Servings: 4

Ingredients:

- 1½ pounds calamari, washed, tentacles separated, and cut into strips
- Salt and ground black pepper, to taste
- 14 ounces canned tomatoes, chopped
- 1 bunch parsley, chopped
- 1 garlic clove, peeled and crushed
- ½ cup white wine
- 1 cup water
- 2 anchovies
- Juice of 1 lemon
- 2 tablespoons extra virgin olive oil
- Red pepper flakes

Directions:

Set the Instant Pot on Sauté mode, add oil, pepper flakes, garlic and anchovies, stir, and cook for 3 minutes. Add the calamari, stir, and cook for 5 minutes. Add the wine, stir, and cook 3 minutes. Add tomatoes, 1 cup water, half of the parsley, salt, and pepper. Stir, cover the Instant Pot and cook on the Manual setting for 20 minutes. Release the pressure, add the rest of the parsley, lemon juice, salt, and pepper, stir, divide among plates, and serve.

Nutrition:

- Calories: 230
- Fat: 6.5
- Fiber: 1.2
- Carbs: 11
- Protein: 24

Cauliflower, Broccoli, and Citrus

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 cauliflower, florets separated
- 1 pound broccoli, florets separated
- 1 romanesco cauliflower, florets separated
- 2 oranges, peeled and sliced
- Zest from 1 orange
- Juice from 1 orange
- Red pepper flakes
- 4 anchovies
- 1 tablespoon capers, chopped
- Salt and ground black pepper, to taste
- 4 tablespoons extra virgin olive oil
- 1 cup water

Directions:

In a bowl, mix the orange zest with orange juice, pepper flakes, anchovies, capers, salt, pepper, and olive oil, stir well and set the dish aside. Place the cauliflower and broccoli in the steamer basket of your Instant Pot, add 1 cup water to the Instant Pot, cover and cook on Steam mode for 6 minutes. Release the pressure, uncover the Instant Pot, transfer florets to a bowl and mix with orange slices. Add the orange vinaigrette, toss to coat, and divide among plates and serve.

Nutrition:

- Calories: 260
- Fat: 2.9
- Fiber: 6.5
- Carbs: 33
- Protein: 4.2

Israeli Couscous

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 10

Ingredients:

- 16 ounces harvest grains blend
- Salt and ground black pepper, to taste
- 2½ cups chicken stock
- 2 tablespoons butter
- Parsley leaves, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the grains and stock and stir. Cover the Instant Pot and cook on the Multigrain setting for 5 minutes. Release the pressure, fluff the couscous with a fork, season with salt and pepper, divide among plates, sprinkle parsley on top, and serve.

Nutrition:

- Calories: 190
- Fat: 1
- Fiber: 2
- Carbs: 34
- Protein: 6

Red Cabbage

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 garlic cloves, peeled and minced
- ½ cup yellow onion, peeled and chopped
- 1 tablespoon vegetable oil
- 6 cups red cabbage, chopped
- 1 cup water
- 1 tablespoon apple cider vinegar
- 1 cup applesauce
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions, stir, and cook for 4 minutes. Add the garlic, stir, and cook for 1 minute. Add the cabbage, water, applesauce, vinegar, salt, and pepper, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, stir the cabbage, add more vinegar, salt, and pepper, if needed, divide among plates, and serve.

Nutrition:

- Calories: 160
- Fat: 12
- Fiber: 2.2
- Crabs 10.2

Protein: 5.6

Green Beans

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 cups tomatoes, cored and chopped
- 1 tablespoon extra virgin olive oil
- 1 garlic clove, peeled and crushed
- 1 pound green beans, trimmed
- 1 teaspoon extra virgin olive oil
- Salt, to taste
- ½ cup basil leaves, chopped

Directions:

Set the Instant Pot on Sauté mode, add 1 tablespoon of oil and heat it up. Add the garlic, stir, and cook for 1 minute. Add the tomatoes, stir, and cook for 1 minute. Place the green beans in the steamer basket and place it in the Instant Pot. Add the salt, cover the Instant Pot and cook on the Manual setting for 5 minutes. Release the pressure, transfer the green beans from the basket into the Instant Pot, and toss to coat. Transfer to plates, sprinkle with the basil, and drizzle 1 teaspoon oil on them and serve.

Nutrition:

- Calories: 55
- Fat: 3.2
- Fiber: 2.6
- Carbs: 1.6
- Protein: 1.6

Savory Bok Choy

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 5 bok choy bunches, ends cut off
- 5 cups water
- 2 garlic cloves, peeled and minced
- 1 teaspoon ginger, grated
- 1 tablespoon coconut oil
- Salt, to taste

Directions:

Put the bok choy into the Instant Pot, add the water, cover the Instant Pot and cook on the Manual setting for 7 minutes.

Release the pressure, drain the bok choy, chop it, and put them in a bowl. Heat up a pan with the oil over medium heat, add the bok choy, stir, and cook for 3 minutes. Add more salt, garlic, and ginger, stir, and cook for 2 minutes. Divide among plates, and serve.

Nutrition:

- Calories: 60
- Fat: 0.4
- Fiber: 1.3
- Carbs: 6.5
- Protein: 2.4

Artichokes with Lemon Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 artichokes
- 1 tablespoon tarragon, chopped
- 2 cups chicken stock
- 2 lemons
- 1 celery stalk, chopped
- ½ cup extra virgin olive oil
- Salt, to taste

Directions:

Discard the stems and petal tips from artichokes. Zest the lemons, cut into 4 slices and place them into the Instant Pot. Place an artichoke on each lemon slices, add the stock, cover the Instant Pot and cook on the Steam setting for 20 minutes. Release the pressure, uncover the Instant Pot and transfer artichokes to a platter. In a food processor, mix the tarragon with the lemon zest, the pulp from the second lemon, celery, salt, and olive oil and pulse well. Drizzle this over artichokes, and serve.

Nutrition:

- Calories: 200
- Fat: 12
- Fiber: 9
- Carbs: 20
- Protein: 6

Savory Artichoke Dip

Preparation time: 10 minutes

Cooking time: 22 minutes

Servings: 2

Ingredients:

- 2 artichokes, washed, stems and petal tips cut off
- 1 bay leaf
- 1 cup water
- 2 garlic cloves, chopped
- 1 lemon cut into halves

For the sauce:

- ¼ cup coconut oil
- ¼ cup extra virgin olive oil
- 3 anchovy fillets
- 3 garlic cloves

Directions:

Put the artichokes in the steamer basket of the Instant Pot, add the water to the Instant Pot, lemon halves, 2 garlic cloves, and bay leaf, cover, and cook on the Manual setting for 20 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot and divide the artichokes among plates. In a food processor, mix the coconut oil with the anchovies, garlic, and olive oil and blend well. Pour this into a bowl, and serve.

Nutrition:

- Calories: 300
- Fat: 14
- Fiber: 9
- Carbs: 45
- Protein: 15

Wrapped Asparagus Spears

Preparation time: 5 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 1 pound asparagus, trimmed
- 8 ounces prosciutto slices
- 2 cups water
- Salt

Directions:

Wrap the asparagus spears in prosciutto slices and place them on the bottom of the steamer basket into the Instant Pot. Add the water to the Instant Pot, add a pinch of salt, cover and cook on the Steam setting for 4 minutes. Release the pressure naturally, uncover, transfer the asparagus spears on a platter, and serve at room temperature.

Nutrition:

- Calories: 60
- Fat: 3
- Fiber: 1
- Carbs: 3
- Protein: 4

Artichoke Hearts

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 4 artichokes, washed, stems and petal tips cut off
- Salt and ground black pepper, to taste
- 2 tablespoons lemon juice
- ¼ cup extra virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon dried oregano
- 2 cups water
- 2 garlic cloves, peeled and minced

Directions:

Put the artichokes in the steamer basket of the Instant Pot. Add the water to the Instant Pot, cover and cook them on Steam mode for 8 minutes. In a bowl, mix lemon juice with vinegar, oil, salt, pepper, garlic, and oregano, and stir very well. Release the pressure from the Instant Pot, transfer artichokes to a plate, cut them into halves, take out the hearts and arrange them on a platter. Drizzle the vinaigrette over artichokes and let them marinate for 30 minutes. Heat up a grill over medium heat, add the artichokes, and cook for 3 minutes on each side. Serve them warm.

Nutrition:

- Calories: 120
- Fat: 2
- Fiber: 1
- Carbs: 1
- Protein: 4

Artichokes and Spinach Dip

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 14 ounces canned artichoke hearts
- 8 ounces cream cheese
- 16 ounces Parmesan cheese, grated
- 10 ounces spinach
- ½ cup chicken stock
- 8 ounces mozzarella cheese, shredded
- ½ cup sour cream
- 3 garlic cloves, peeled and minced
- ½ cup mayonnaise

1 teaspoon onion powder

Directions:

In the Instant Pot, mix the artichokes with the stock, garlic, spinach, cream cheese, sour cream, onion powder and mayonnaise, stir, cover and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, add the cheeses, stir well, transfer to a bowl and serve with chips or crackers.

Nutrition:

- Calories: 288
- Fat: 20
- Fiber: 0
- Carbs: 8
- Protein: 15

Asparagus and Shrimp

Preparation time: 4 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 1 cup water
- 1 pound shrimp, peeled and deveined
- 1 teaspoon extra virgin olive oil
- 1 bunch asparagus, trimmed
- ½ tablespoon Cajun seasoning

Directions:

Put the water into the Instant Pot. Put the asparagus in the steamer basket of the Instant Pot and add the shrimp on top. Drizzle with olive oil, sprinkle with Cajun seasoning, stir, cover and cook on Steam mode for 2 minutes. Release the pressure naturally, transfer the asparagus and shrimp to plates, and serve.

Nutrition:

- Calories: 150
- Fat: 1.4
- Fiber: 4
- Carbs: 15
- Protein: 23

Beet Salad

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 4 beets
- 1 cup water
- 2 tablespoons balsamic vinegar
- A bunch of fresh parsley, chopped
- Salt and ground black pepper, to taste
- 1 tablespoon extra virgin olive oil
- 1 garlic clove, peeled and chopped
- 2 tablespoons capers

Directions:

Put the beets in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook for 20 minutes on the Steam mode. In a bowl, mix the parsley with garlic, salt, pepper, olive oil, and capers and stir well. Release the pressure from the Instant Pot, uncover, transfer the beets to a cutting board, let them cool briefly, peel and slice them, and arrange them on a platter. Add the vinegar over them and drizzle the parsley dressing at the end.

Nutrition:

- Calories: 44
- Fat: 2.4
- Fiber: 1
- Carbs: 0
- Protein: 1

Beet and Tomato Salad

Preparation time: 30 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 1½ cups water
- 8 small beets, trimmed
- 1 red onion, peeled and sliced
- 4 ounces goat cheese
- 1 cup apple cider vinegar
- 1 cup water
- 2 teaspoons pickling juice
- Salt and ground black pepper, to taste
- 2 tablespoons sugar
- 1 pint mixed cherry tomatoes, cut into halves
- 2 ounces pecans
- 2 tablespoons extra virgin olive oil

Directions:

Put the beets in the steamer basket of the Instant Pot, add 1½ cups water, cover, and cook on the Steam setting for 20 minutes. Release the pressure, uncover the Instant Pot, transfer the beets to a cutting board, let them cool down, peel them, chop them, and put them in a bowl. Clean the Instant Pot, add the water, vinegar, sugar, pickling juice, and salt, stir, cover, and cook on the Manual setting for 2 minutes. Release the pressure, strain the liquid into a bowl, add the onions, stir, and set aside for 10 minutes. Add the tomatoes to beets and onions and stir. In a bowl, mix 4 tablespoons of liquid from the onions with 2 tablespoons olive oil, salt, and pepper and stir. Add this to beet salad and stir. Add goat cheese and pecans, toss to coat, and serve.

Nutrition:

- Calories: 163

- Fat: 8
- Fiber: 4
- Carbs: 12
- Protein: 4.5

Turkey-stuffed Bell Peppers

Preparation time: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 pound turkey meat, ground
- 1 cup water
- 2 green onions, chopped
- 5 ounces canned green chilies, chopped
- 1 jalapeño pepper, chopped
- 2 teaspoons chili powder
- ½ cup panko bread crumbs
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- Salt, to taste
- 4 bell peppers, tops, and seeds discarded
- 4 pepper jack cheese slices
- 1 avocado, pitted, peeled, and chopped
- Crushed tortilla chips
- Pico de gallo

For the chipotle sauce:

- Zest from 1 lime
- Juice from 1 lime
- ½ cup sour cream
- 2 tablespoons chipotle in adobo sauce
- 1/8 teaspoon garlic powder

Directions:

In a bowl, mix the sour cream with chipotle in adobo sauce, lime zest, lime juice, and garlic powder, stir well, and keep in the refrigerator until you are ready to serve. In a bowl, mix the turkey with green onions, green chilies, bread crumbs, jalapeño, cumin, salt, chili powder, and garlic powder, stir well, and stuff the

peppers with this mixture. Add the water to the Instant Pot, add the peppers in the steamer basket, cover, and cook on the Manual setting for 15 minutes. Release the pressure naturally for 10 minutes, transfer the bell peppers to a pan, add cheese on top, place under a preheated broiler and broil until cheese is browned. Divide the bell peppers on plates, top with the chipotle sauce, and serve.

Nutrition:

- Calories: 177
- Fat: 5
- Fiber: 3.3
- Carbs: 22
- Protein: 13

Beets with Blue Cheese

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 6 beets
- Salt and ground black pepper, to taste
- ¼ cup blue cheese, crumbled
- 1 cup water

Directions:

Put the beets in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 20 minutes. Release the pressure naturally, uncover the Instant Pot, transfer the beets to a cutting board, set aside to cool down, peel them, and cut them into quarters. Put beets in a bowl, add the blue cheese, salt and pepper, stir, and serve.

Nutrition:

- Calories: 160
- Fat: 1
- Fiber: 5
- Carbs: 10
- Protein: 7

Beet and Orange Salad

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1½ pounds beets
- 2 teaspoons orange zest, grated
- 3 strips orange peel
- 2 tablespoons cider vinegar
- ½ cup orange juice
- 2 tablespoons brown sugar
- 2 scallions, chopped
- 2 teaspoons mustard
- 1 cup arugula
- 1 cup mustard greens

Directions:

Scrub the beets well, cut them in half, and put them in a bowl. In the Instant Pot, mix the orange peel with the vinegar and orange juice and stir. Add the beets, cover the Instant Pot, cook on the Steam setting for 7 minutes, and release the pressure naturally. Uncover the Instant Pot, take the beets, and transfer them to a bowl. Discard the peel strips from the Instant Pot, add the mustard and sugar and stir well. Add the scallions and grated orange zest to the beets and toss them. Add the liquid from the Instant Pot over the beets, toss to coat, and serve on plates on top of mixed salad greens.

Nutrition:

- Calories: 140
- Fat: 6
- Fiber: 3.1
- Carbs: 11
- Protein: 4

Stuffed Bell Peppers

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 bell peppers, tops and seeds removed
- Salt and ground black pepper, to taste
- 16 ounces ground beef
- 1 cup white rice, already cooked
- 1 egg
- ½ cup milk
- 2 onions, peeled and chopped
- 8 ounces water
- 10 ounces canned tomato soup

Directions:

Put some water in a pot, bring to a boil over medium heat, add the bell peppers, blanch them for 3 minutes, drain, and transfer them to a working surface. In a bowl, mix the beef with rice, salt, pepper, egg, milk, and onions and stir well. Stuff the bell peppers with this mixture and place them into the Instant Pot. Add the tomato soup mixed with the water, cover the Instant Pot and cook on the Manual setting for 12 minutes. Release the pressure, divide the bell peppers among plates, drizzle tomato sauce on top, and serve.

Nutrition:

- Calories: 200
- Fat: 12
- Fiber: 1.5
- Carbs: 13
- Proteins 12

Brussels Sprouts and Bacon

Preparation time: 4 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound Brussels sprouts, trimmed and cut into halves
- Salt and ground black pepper, to taste
- ½ cup bacon, chopped
- 1 tablespoon mustard
- 1 cup chicken stock
- 1 tablespoon butter
- 2 tablespoons fresh dill, diced

Directions:

Set the Instant Pot on Sauté mode, add the bacon and cook until crispy. Add the Brussels sprouts, stir, and cook for 2 minutes. Add the stock, mustard, salt, and pepper, stir, cover, and cook on the Steam setting for 4 minutes. Release the pressure, uncover the Instant Pot, add the butter and dill, set the Instant Pot on Sauté mode, stir, and divide among serving plates.

Nutrition:

- Calories: 175
- Fat: 11
- Fiber: 5.6
- Carbs: 14
- Protein: 6.6

Brussels Sprouts with Parmesan Cheese

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 pound Brussels sprouts, washed
- Juice of 1 lemon
- Salt and ground black pepper, to taste
- 2 tablespoons butter
- 1 cup water
- 3 tablespoons Parmesan cheese, grated

Directions:

Put the Brussels sprouts into the Instant Pot, add salt, pepper, and the water, stir, cover, and cook on the Steam setting for 3 minutes. Release the pressure, transfer the Brussels sprouts to a bowl, discard the water, and wipe the Instant Pot clean. Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the lemon juice and stir well. Add the Brussels sprouts, stir, and transfer to plates. Add more salt and pepper, if needed and the Parmesan cheese on top.

Nutrition:

- Calories: 160
- Fat: 2
- Fiber: 1
- Carbs: 7
- Protein: 12

Broccoli and Garlic

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 broccoli head, cut into 4 pieces
- ½ cup water
- 1 tablespoon peanut oil
- 6 garlic cloves, peeled and minced
- 1 tablespoon Chinese rice wine
- Salt, to taste

Directions:

Put the broccoli in the steamer basket of you Instant Pot, add the water to the Instant Pot, cover, and cook on Steam mode for 12 minutes. Release the pressure, transfer the broccoli to a bowl filled with cold water, drain, and place it in a bowl. Heat up a pan with the oil over medium high heat, add the garlic, stir, and cook for 3 minutes. Add the broccoli and rice wine, stir, and cook for 1 minute. Add the salt, stir, and cook 30 seconds. Transfer to plates, and serve.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 0
- Carbs: 3
- Protein: 6

Brussels Sprouts with Pomegranate

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 pound Brussels sprouts
- Salt and ground black pepper, to taste
- 1 pomegranate, seeds separated
- ¼ cup pine nuts, toasted
- Extra virgin olive oil
- 1 cup water

Directions:

Put the Brussels sprouts in the pressure cooker of the Instant Pot, add 1 cup water to the Instant Pot, cover and cook on the Manual setting for 4 minutes. Release the pressure, uncover the Instant Pot, and transfer sprouts to a bowl. Add the salt, pepper, pomegranate seeds, and pine nuts and stir. Add the olive oil, toss to coat, and serve.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 4
- Carbs: 11
- Protein: 4

Brussels Sprouts and Potatoes

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1½ pounds Brussels sprouts, washed and trimmed
- 1 cup new potatoes, chopped
- 1½ tablespoons bread crumbs
- ½ cup beef stock
- Salt and ground black pepper, to taste
- 1½ tablespoons butter

Directions:

Put the Brussels sprouts and potatoes into the Instant Pot. Add the stock, salt, and pepper, cover, and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, set on Sauté mode, add the butter and bread crumbs, toss to coat well, divide among plates, and serve.

Nutrition:

- Calories: 100
- Fat: 2.5
- Fiber: 4.6
- Carbs: 18
- Protein: 4

Savoy Cabbage and Cream

Preparation time: 10 minutes

Cooking time: 9 minutes

Servings: 4

Ingredients:

- 1 cup bacon, chopped
- 1 medium Savoy cabbage head, chopped
- 1 yellow onion, peeled and chopped
- 2 cups vegetable stock
- ¼ teaspoon nutmeg
- Salt and ground black pepper, to taste
- 1 bay leaf
- 1 cup coconut milk
- 2 tablespoons dried parsley

Directions:

Set the Instant Pot on Sauté mode, add the bacon and onion, stir, and cook until bacon is crispy. Add the stock, cabbage, bay leaf, salt, pepper, and nutmeg, stir, cover, and cook on Steam mode for 5 minutes. Release the pressure, uncover the Instant Pot, and set it on Sauté mode again. Add the milk, more salt and pepper, if needed, and parsley, stir, and cook for 4 minutes. Divide among plates and serve.

Nutrition:

- Calories: 160
- Fat: 10
- Fiber: 2.2
- Carbs: 13
- Protein: 5

Sweet and Spicy Cabbage

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 1 cabbage, cut into 8 wedges
- 1 tablespoon sesame seed oil
- 1 carrots, peeled and grated
- ¼ cup apple cider vinegar
- 1½ cups water
- 1 teaspoon sugar
- ½ teaspoon cayenne pepper
- ½ teaspoon red pepper flakes
- 2 teaspoons cornstarch

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the cabbage, stir, and cook for 3 minutes. Add the carrots, 1¼ cups water, sugar, vinegar, cayenne pepper, and pepper flakes, stir, cover, and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, and divide cabbage and carrots among plates. Add the cornstarch mixed with the remaining water to the Instant Pot, set it on Manual mode, stir well, and bring to a boil. Drizzle over the cabbage and carrots, and serve.

Nutrition:

- Calories: 90
- Fat: 4.5
- Fiber: 2.1
- Carbs: 11
- Protein: 1

Sweet Carrots

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 cups baby carrots
- A pinch of salt
- 1 tablespoon brown sugar
- ½ tablespoon butter
- ½ cup water

Directions:

In the Instant Pot, mix the butter with the water, salt, and sugar and stir well. Set the Instant Pot on Sauté mode and cook for 30 seconds. Add the carrots, stir, cover, and cook on the Steam setting for 15 minutes. Release the pressure, uncover the Instant Pot, set it on Sauté mode, and cook for 1 minute. Serve hot.

Nutrition:

- Calories: 60
- Fat: 0.1
- Fiber: 1
- Carbs: 4
- Protein: 1

Cabbage with Bacon

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 8

Ingredients:

- 1 green cabbage head, chopped
- ¼ cup butter
- 2 cups chicken stock
- 3 bacon slices, chopped
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the bacon, stir, and cook for 4 minutes. Add the butter and stir until it melts. Add the cabbage, stock, salt, and pepper, stir, cover, and cook on the Steam setting for 3 minutes. Release the pressure, uncover the Instant Pot, transfer the cabbage to plates, and serve.

Nutrition:

- Calories: 100
- Fat: 4
- Fiber: 3
- Carbs: 7
- Protein: 2

Cabbage and Sausages

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 3 tablespoons butter
- 1 green cabbage head, chopped
- Salt and ground black pepper, to taste
- 1 pound sausage links, sliced
- 15 ounces canned diced tomatoes
- ½ cup yellow onion, chopped
- 2 teaspoons turmeric

Directions:

Set the Instant Pot on Sauté mode, add the sausage, stir, and cook until they are brown. Drain the excess grease, add the butter, cabbage, tomatoes salt, pepper, onion, and turmeric, stir, cover, and cook on the Manual setting for 2 minutes. Release the pressure, uncover, divide cabbage, and sausages among plates, and serve.

Nutrition:

- Calories: 140
- Fat: 6
- Fiber: 4
- Carbs: 11
- Protein: 10

Maple-glazed Carrots

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 2 pounds carrots, peeled and sliced diagonally
- 1 tablespoon maple syrup
- Ground black pepper, to taste
- 1 tablespoon butter
- 1 cup water
- ¼ cup raisins

Directions:

Put the carrots into the Instant Pot. Add the water and raisins, cover, and cook on the Steam setting for 4 minutes. Release the pressure, uncover, add the butter and maple syrup, stir, divide the carrots among plates, and sprinkle with black pepper before serving them.

Nutrition:

- Calories: 60
- Fat: 1.1
- Fiber: 2.6
- Carbs: 12
- Protein: 1

Carrots with Molasses

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 16 ounces baby carrots
- Salt and ground black pepper, to taste
- 2 tablespoons butter
- 4 ounces molasses
- 2 ounces water
- 2 tablespoon dill, chopped

Directions:

Put the carrots, water, salt, pepper, and molasses into the Instant Pot, stir, cover, and cook on the Manual setting for 3 minutes.

Release the pressure, uncover the Instant Pot, add the butter and dill, stir, divide among plates, and serve.

Nutrition:

- Calories: 60
- Fat: 1
- Fiber: 2
- Carbs: 4
- Protein: 3

Savory Collard Greens

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 bunch collard greens, trimmed
- 2 tablespoons extra virgin olive oil
- ½ cup chicken stock
- 2 tablespoons tomato puree
- 1 yellow onion, peeled and chopped
- 3 garlic cloves, peeled and minced
- Salt and ground black pepper, to taste
- 1 tablespoon balsamic vinegar
- 1 teaspoon sugar

Directions:

In the Instant Pot, mix the stock with the oil, garlic, vinegar, onion, and tomato puree and stir well. Roll the collard greens into cigar-shaped bundles to the Instant Pot. Add the salt, pepper, and sugar, cover, and cook on the Steam setting for 20 minutes.

Release the pressure, uncover the Instant Pot, divide the collard greens among plates, and serve.

Nutrition:

- Calories: 130
- Fat: 7
- Fiber: 4.5
- Carbs: 12
- Protein: 4
- Sugar: 4

Classic Collard Greens

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- 1 onion, peeled and chopped
- 2 tablespoons extra virgin olive oil
- 3 garlic cloves, peeled and crushed
- 2½ pounds collard greens, chopped
- Salt and ground black pepper, to taste
- 2 cups chicken stock
- 2 tablespoons apple cider vinegar
- 1 tablespoon brown sugar
- ½ teaspoon crushed red pepper
- 2 smoked turkey wings

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions, stir, and cook for 2 minutes. Add the garlic, stir, and cook for 1 minute. Add the stock, greens, vinegar, salt, pepper, crushed red pepper, and sugar and stir. Add the turkey, cover, and cook on the Steam setting for 20 minutes. Release the pressure fast, uncover the Instant Pot, divide greens and turkey among plates, and serve.

Nutrition:

- Calories: 100
- Fat: 1.4
- Fiber: 1.7
- Carbs: 4
- Protein: 6

Cauliflower with Pasta

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 tablespoons butter
- 8 cups cauliflower florets
- 2 garlic cloves, peeled and minced
- 1 cup chicken stock
- Salt, to taste
- 2 cups spinach, chopped
- 1 pound fettuccine noodles
- 2 green onions, chopped
- 1 tablespoon gorgonzola cheese, grated
- 3 sundried tomatoes, chopped
- Balsamic vinegar

Directions:

Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the garlic, stir, and cook for 2 minutes. Add the stock, salt, and cauliflower, stir, cover, and cook on the Manual setting for 6 minutes. Release the pressure for 10 minutes, transfer the cauliflower to a blender, and pulse well. Add the spinach and green onions and stir. Heat up a pot with some water and a pinch of salt over medium-high heat, bring to a boil, add the pasta, cook according to instructions, drain, and divide among plates. Add the cauliflower sauce, cheese, tomatoes, and a splash of vinegar on top, toss to coat, and serve.

Nutrition:

- Calories: 160
- Fat: 5
- Fiber: 3
- Carbs: 23

- Protein: 13

Collard Greens and Bacon

Preparation time: 10 minutes

Cooking time: 26 minutes

Servings: 6

Ingredients:

- 1 pound collard greens, trimmed
- ¼ pound bacon, chopped
- Salt and ground black pepper, to taste
- ½ cup water

Directions:

Set the Instant Pot on Sauté mode, add the bacon, stir, and cook for 5 minutes. Add the collard greens, salt, pepper, and water, stir, cover and cook on the Steam setting for 20 minutes. Release the pressure, uncover, divide the mixture among plates, and serve.

Nutrition:

- Calories: 130
- Fat: 8
- Fiber: 2
- Carbs: 4
- Protein: 6

Braised Endive

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 4 endives, trimmed and cut into halves
- Salt and ground black pepper, to taste
- 1 tablespoon lemon juice
- 1 tablespoon butter

Directions:

Set the Instant Pot on Sauté mode. Add the butter and melt it. Arrange the endives in the Instant Pot, add the salt, pepper, and lemon juice, cover, and cook on the Steam setting for 7 minutes. Release the pressure naturally, arrange the endives on a platter, add the cooking liquid all over them, and serve.

Nutrition:

- Calories: 80
- Fat: 3.1
- Fiber: 0.5
- Carbs: 12
- Protein: 1.2

Endive with Ham

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 endives, trimmed
- Salt and ground black pepper, to taste
- 1 tablespoon white flour
- 4 slices ham
- 2 tablespoons butter
- ½ teaspoon nutmeg
- 14 ounces milk

Directions:

Put the endives in the steamer basket of the Instant Pot, add some water to the Instant Pot, cover and cook on the Steam setting for 10 minutes. Heat up a pan with the butter over medium heat, stir, and melt it. Add the flour, stir well, and cook for 3 minutes. Add the milk, salt, pepper, and nutmeg, stir well, reduce the heat to low, and cook for 10 minutes. Release the pressure from the Instant Pot, uncover it, transfer them to a cutting board, and roll each in a slice of ham. Arrange the endives in a pan, add the milk mixture over them, place under a preheated broiler and broil for 10 minutes. Slice, arrange on plates, and serve.

Nutrition:

- Calories: 120
- Fat: 1
- Fiber: 2
- Carbs: 6
- Protein: 23

Eggplant Ratatouille

Preparation time: 15 minutes

Cooking time: 8 minutes

Servings: 6

Ingredients:

- 1 eggplant, peeled and thinly sliced
- 2 garlic cloves, peeled and minced
- 3 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 1 cup onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- ½ cup water
- 1 teaspoon dried thyme
- 14 ounces canned diced tomatoes
- Sugar
- 1 cup fresh basil, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the bell peppers, onion, and garlic, stir, and cook for 3 minutes. Add the eggplant, water, salt, pepper, thyme, sugar, and tomatoes, cover the Instant Pot and cook on the Steam setting for 4 minutes. Release the pressure fast, uncover the Instant Pot, add the basil, stir gently, divide among plates, and serve.

Nutrition:

- Calories: 109
- Fat: 5
- Fiber: 3
- Carbs: 14
- Protein: 2

Eggplant Marinara

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 2

Ingredients:

- 4 cups eggplant, cubed
- 1 tablespoon extra virgin olive oil
- 3 garlic cloves, peeled and minced
- 1 tablespoon onion powder
- Salt and ground black pepper, to taste
- 1 cup marinara sauce
- ½ cup water
- Spaghetti noodles, already cooked

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the garlic, stir, and cook for 2 minutes. Add the eggplant, salt, pepper, onion powder, marinara sauce, and water, stir gently, cover and cook on the Steam setting for 8 minutes. Release the pressure, uncover the Instant Pot, and serve with spaghetti.

Nutrition:

- Calories: 130
- Fat: 3
- Fiber: 2
- Carbs: 3
- Protein: 3

Sautéed Endive

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 8 endives, trimmed
- Salt and ground black pepper, to taste
- 4 tablespoon butter
- Juice of ½ lemon
- ½ cup water
- 1 teaspoon sugar
- 2 tablespoons fresh parsley, chopped

Directions:

Put the endives into the Instant Pot, add 1 tablespoon butter, lemon juice, ½ cup water, sugar, salt, and pepper, stir, cover, and cook on the Steam setting for 10 minutes. Release the pressure, uncover the Instant Pot, and transfer the endives to a plate. Heat up a pan with the remaining tablespoons butter over medium-high heat, add the endives, more salt and pepper, if needed, and parsley. Stir and cook for 5 minutes. Transfer the endives to plates, and serve.

Nutrition:

- Calories: 90
- Fat: 1
- Fiber: 4
- Carbs: 4
- Protein: 2

Endive Risotto

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

- $\frac{3}{4}$ cup rice
- 2 Belgian endives, trimmed, cut into halves lengthwise, and roughly chopped
- $\frac{1}{2}$ yellow onion, peeled and chopped
- 2 tablespoons extra virgin olive oil
- $\frac{1}{2}$ cup white wine
- 2 cups vegetable stock
- 2 ounces Parmesan cheese, grated
- 3 tablespoons heavy cream
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, stir, and sauté for 4 minutes. Add the endives, stir, and cook for 4 minutes. Add the rice, wine, salt, pepper, stock, stir, cover, and cook on the Steam setting for 10 minutes. Release the pressure fast, uncover the Instant Pot, and set it on Sauté mode. Add the cheese and heavy cream, stir, cook for 1 minute, transfer to plates, and serve.

Nutrition:

- Calories: 260
- Fat: 5
- Fiber: 5
- Carbs: 13
- Protein: 16

Babaganoush

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 6

Ingredients:

- 2 pounds eggplant, peeled and cut into medium chunks
- Salt and ground black pepper, to taste
- $\frac{1}{3}$ cup extra virgin olive oil
- $\frac{1}{2}$ cup water
- 4 garlic cloves, peeled
- $\frac{1}{4}$ cup lemon juice
- 1 bunch thyme, chopped
- 1 tablespoon tahini
- 3 olives, pitted and sliced

Directions:

Put the eggplant pieces into the Instant Pot, add $\frac{1}{4}$ cup oil, set the Instant Pot on Sauté mode, and heat up. Add the garlic, water, salt, and pepper, stir, cover, and cook on the Steam setting for 3 minutes. Release the pressure, uncover the Instant Pot, transfer the eggplant pieces and garlic to a blender, add the lemon juice and tahini and pulse well. Add the thyme and blend again. Transfer eggplant spread to a bowl, top with olive slices and a drizzle of oil, and serve.

Nutrition:

- Calories: 70
- Fat: 2
- Fiber: 2
- Carbs: 7
- Protein: 1

Eggplant Surprise

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 eggplant, roughly chopped
- 3 zucchini, roughly chopped
- 3 tomatoes, cored and sliced
- 2 tablespoons lemon juice
- Salt and ground black pepper, to taste
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 3 tablespoons extra virgin olive oil

Directions:

Put the eggplant pieces into the Instant Pot. Add the zucchini and tomatoes. In a bowl, mix the lemon juice with salt, pepper, thyme, oregano, and oil and stir well. Pour this over the vegetables, toss to coat, cover the Instant Pot and cook on the Steam setting for 7 minutes. Release the pressure, uncover the Instant Pot, divide among plates, and serve.

Nutrition:

- Calories: 140
- Fat: 3.4
- Fiber: 7
- Carbs: 20
- Protein: 5

Kale with Garlic and Lemon

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 3 garlic cloves, peeled and chopped
- 1 tablespoon extra virgin olive oil
- 1 pound kale, trimmed
- Salt and ground black pepper, to taste
- ½ cup water
- Juice of ½ lemon

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the garlic, stir, and cook for 2 minutes. Add the kale and water, cover, and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, add the salt, pepper, and lemon juice, stir, divide among plates, and serve.

Nutrition:

- Calories: 60
- Fat: 3
- Fiber: 1
- Carbs: 2.4
- Protein: 0.7

Braised Kale

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 10 ounces kale, chopped
- 1 yellow onion, peeled and sliced thin
- 1 tablespoon kale
- 3 carrots, peeled and sliced
- ½ cup chicken stock
- 1 tablespoon butter
- 5 garlic cloves, peeled and chopped
- Salt and ground black pepper, to taste
- Balsamic vinegar
- ¼ teaspoon red pepper flakes

Directions:

Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the carrots and onion, stir, and sauté for 2 minutes. Add the garlic, stir, and cook for 1 minute. Add the kale, stock, salt, and pepper, stir, cover, and cook on the Manual setting for 7 minutes. Release the pressure, uncover the Instant Pot, add the vinegar and pepper flakes, toss to coat, divide among plates, and serve.

Nutrition:

- Calories: 60
- Fat: 2
- Fiber: 2
- Carbs: 4
- Protein: 1

Braised Fennel

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 2 fennel bulbs, trimmed and cut into quarters
- 3 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 1 garlic clove, peeled and chopped
- 1 dried red pepper
- $\frac{3}{4}$ cup vegetable stock
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{4}$ cup white wine
- $\frac{1}{4}$ cup Parmesan cheese, grated

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the garlic and red pepper, stir, cook for 2 minutes, and discard the garlic. Add the fennel, stir, and brown it for 8 minutes. Add the salt, pepper, stock, wine, cover, and cook on the Steam setting for 4 minutes. Release the pressure, uncover the Instant Pot, add the lemon juice, more salt and pepper, if needed, and cheese. Toss to coat, divide among plates, and serve.

Nutrition:

- Calories: 70
- Fat: 1
- Fiber: 2
- Carbs: 2
- Protein: 1

Okra Pilaf

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 cups okra, sliced
- 4 bacon slices, chopped
- 2 teaspoons paprika
- 1 cup brown rice
- 1 cup tomatoes, cored and chopped
- 2¼ cups water
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the bacon, and brown it for 2 minutes. Add the okra, stir, and cook for 5 minutes. Add the paprika and rice, stir, and cook for 2 minutes. Add the salt, pepper, water, and tomatoes, stir, cover, and cook for 16 minutes. Release the pressure, uncover the Instant Pot, divide pilaf among plates, and serve.

Nutrition:

- Calories: 300
- Fat: 11
- Fiber: 4.2
- Carbs: 41
- Protein: 7.8

Okra and Corn

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 6

Ingredients:

- 1 pound okra, trimmed
- 6 scallions, chopped
- 3 green bell peppers, seeded and chopped
- Salt and ground black pepper, to taste
- 2 tablespoons vegetable oil
- 1 teaspoon sugar
- 28 ounces canned diced tomatoes
- 1 cup corn kernels

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the scallions and bell peppers, stir, and cook for 5 minutes. Add the okra, salt, pepper, sugar, and tomatoes, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure fast, uncover, add the corn, cover the Instant Pot again and cook on the Manual setting for 2 minutes. Release the pressure, transfer the okra mixture on plates, and serve.

Nutrition:

- Calories: 140
- Fat: 5
- Fiber: 6
- Carbs: 22
- Protein: 4
- Sugar: 9

Fennel Risotto

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 1½ cups Arborio rice
- 1 yellow onion, peeled and chopped
- 3 cups chicken stock
- 1 fennel bulb, trimmed and chopped
- 2 tablespoons butter
- 1 tablespoon extra virgin olive oil
- ¼ cup white wine
- Salt and ground black pepper, to taste
- ½ teaspoon thyme, dried
- 3 tablespoons tomato paste
- ⅓ cup Parmesan cheese, grated

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the fennel and onion, stir, sauté for 4 minutes, and transfer to a bowl. Add the oil to the Instant Pot and heat it up. Add the rice, stir, and cook for 3 minutes. Add the tomato paste, stock, fennel, onions, wine, salt, pepper, and thyme, stir, cover, and cook on the Manual setting for 8 minutes. Release the pressure, uncover, add cheese, stir, divide among plates, and serve.

Nutrition:

- Calories: 200
- Fat: 10
- Fiber: 2
- Carbs: 20
- Protein: 12

Kale and Bacon

Preparation time: 10 minutes

Cooking time: 10 minute

Servings: 4

Ingredients:

- 6 bacon slices, chopped
- 1 tablespoon vegetable oil
- 1 onion, peeled and sliced thin
- 6 garlic cloves, peeled and chopped
- 1½ cups chicken stock
- 1 tablespoon brown sugar
- 2 tablespoons apple cider vinegar
- 10 ounces kale leaves, chopped
- 1 teaspoon red chili peppers
- 1 teaspoon liquid smoke
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the bacon, stir, and cook for 1-2 minutes. Add the onion, stir, and cook for 3 minutes. Add the garlic, stir, and cook for 1 minute. Add the vinegar, stock, sugar, liquid smoke, red chilies, salt, pepper, kale, stir, cover, and cook on the Manual setting for 5 minutes. Release the pressure fast, uncover, divide among plates, and serve.

Nutrition:

- Calories: 140
- Fat: 7
- Fiber: 1
- Carbs: 7
- Protein: 2

Steamed Leeks

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 leeks, washed, roots and ends cut off
- Salt and ground black pepper, to taste
- $\frac{1}{3}$ cup water
- 1 tablespoon butter

Directions:

Put the leeks into the Instant Pot, add the water, butter, salt, and pepper, stir, cover, and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, set it on Sauté mode, and cook the leeks for 5 minutes. Divide among plates, and serve.

Nutrition:

- Calories: 70
- Fat: 4
- Fiber: 1.4
- Carbs: 10
- Protein: 1.2

Crispy Potatoes

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- ½ cup water
- 1 pound Yukon gold potatoes, cubed
- Salt and ground black pepper, to taste
- 2 tablespoons butter
- Juice of ½ lemon
- ¼ cup parsley leaves, chopped

Directions:

Put the water into the Instant Pot, add the potatoes in the steamer basket, cover, and cook on the Steam setting for 5 minutes.

Release the pressure naturally, uncover the Instant Pot, and set it on Sauté mode. Add the butter, lemon juice, parsley, salt, and pepper, stir, and cook for 2 minutes. Transfer to plates, and serve.

Nutrition:

- Calories: 132
- Fat: 1
- Fiber: 0
- Carbs: 23
- Protein: 3

Turnips and Carrots

Preparation time: 5 minutes

Cooking time: 9 minutes

Servings: 4

Ingredients:

- 2 turnips, peeled and sliced
- 3 carrots, peeled and sliced
- 1 small onion, peeled and chopped
- 1 teaspoon cumin
- 1 tablespoon extra virgin olive oil
- 1 cup water
- Salt and ground black pepper, to taste
- 1 teaspoon lemon juice

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, stir, and sauté for 2 minutes. Add the turnips, carrots, cumin, and lemon juice, stir, and cook for 1 minute. Add the salt, pepper, and water, stir, cover, and cook on the Steam setting for 6 minutes. Release the pressure, uncover the Instant Pot, divide the turnips and carrots among plates, and serve.

Nutrition:

- Calories: 70
- Fat: 0
- Fiber: 1
- Carbs: 0.4
- Protein: 2

Spicy Turnips

Preparation time: 10 minutes

Cooking time: 22 minutes

Servings: 4

Ingredients:

- 20 ounces turnips, peeled and chopped
- 1 teaspoon garlic, peeled and minced
- 1 teaspoon ginger, grated
- 2 yellow onions, peeled and chopped
- 2 tomatoes, cored and chopped
- 1 teaspoon sugar
- 1 teaspoon cumin
- 1 teaspoon coriander
- 2 green chilies, chopped
- ½ teaspoon turmeric
- 1 cup water
- 2 tablespoons butter
- Salt, to taste
- ½ cup fresh cilantro, chopped

Directions:

Set the Instant Pot on Sauté mode, add the butter, and melt it. Add the green chilies, garlic, and ginger, stir, and cook for 1 minute. Add the onions, stir, and cook 3 minutes. Add the salt, tomatoes, turmeric, cumin, and coriander, stir, and cook 3 minutes. Add the turnips and water, stir, cover, and cook on Steam mode for 15 minutes. Release the pressure, uncover the Instant Pot, add the sugar, and coriander, stir, divide among plates, and serve.

Nutrition:

- Calories: 80
- Fat: 2.4
- Fiber: 4

- Carbs: 12
- Protein: 3

Roasted Potatoes

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

- 2 pounds baby potatoes
- 5 tablespoons vegetable oil
- Salt and ground black pepper, to taste
- 1 rosemary sprig
- 5 garlic cloves
- ½ cup stock

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the potatoes, rosemary, and garlic, stir, and brown them for 10 minutes. Prick each potato with a fork, add the stock, salt, and pepper, to the Instant Pot, cover, and cook on the Manual setting for 7 minutes. Release the pressure, uncover the Instant Pot, divide the potatoes among plates, and serve.

Nutrition:

- Calories: 50
- Fat: 1.4
- Fiber: 1
- Carbs: 7.4
- Protein: 1

Zucchini and Tomatoes

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 6 zucchini, roughly chopped
- 2 yellow onions, chopped
- 1 tablespoon vegetable oil
- 1 cup tomato puree
- 1 pound cherry tomatoes, cut into halves
- A drizzle of olive oil
- Salt and ground black pepper, to taste
- 2 garlic cloves, minced
- 1 bunch basil, chopped

Directions:

Set the Instant Pot on Sauté mode, add the vegetable oil, and heat it up. Add the onion, stir, and cook for 5 minutes. Add the tomatoes, tomato puree, zucchini, salt, and pepper, stir, cover, and cook on the Steam setting for 5 minutes. Release the pressure, uncover the Instant Pot, add the garlic and basil, stir, and divide among plates. Drizzle some olive oil at the end, and serve.

Nutrition:

- Calories: 155
- Fat: 2
- Fiber: 4
- Carbs: 12
- Protein: 22

Stuffed Tomatoes

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 tomatoes, tops cut off and flesh removed
- Salt and ground black pepper, to taste
- 1 yellow onion, peeled and chopped
- 1 tablespoon butter
- 2 tablespoons celery, chopped
- ½ cup mushrooms, chopped
- 1 slice of bread, crumbled
- 1 cup cottage cheese
- ¼ teaspoon caraway seeds
- 1 tablespoon fresh parsley, chopped
- ½ cup water

Directions:

Chop the tomato flesh and put it in a bowl. Heat up a pan with the butter over medium-high heat, add the onion and celery, stir, and cook for 3 minutes. Add the tomato flesh, and mushrooms, stir, and cook for 1 minute. Add the salt, pepper, bread, cheese, caraway seeds, and parsley, stir, and cook for 4 minutes. Fill each tomato shell with this mix and arrange them in the steamer basket of the Instant Pot. Add the water to the Instant Pot, cover, and cook on the Manual setting for 2 minutes. Release the pressure fast, uncover the Instant Pot, transfer stuffed tomatoes to plates, and serve.

Nutrition:

- Calories: 140
- Fat: 3
- Fiber: 1.4
- Carbs: 10

- Protein: 4

Soups and Stews Recipes

Chicken Soup

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

- 4 chicken breasts, skinless and boneless
- 2 tablespoons extra virgin olive oil
- 1 onion, peeled and chopped
- 3 garlic cloves, peeled and minced
- 16 ounces chunky salsa
- 29 ounces canned diced tomatoes
- 29 ounces chicken stock
- Salt and ground black pepper, to taste
- 2 tablespoons dried parsley
- 1 teaspoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon chili powder
- 15 ounces frozen corn
- 32 ounces canned black beans, drained

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, stir, and cook 5 minutes. Add the garlic, stir, and cook for 1 minute. Add the chicken breasts, salsa, tomatoes, stock, salt, pepper, parsley, garlic powder, onion powder, and chili powder, stir, cover, and cook on the Soup setting for 8 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, transfer the chicken breasts to a cutting board, shred with 2 forks, and return to pot. Add the beans and corn, set the Instant Pot on Manual mode and cook for 2-3 minutes. Divide into soup bowls, and serve.

Nutrition:

- Calories: 210
- Fat: 4.4
- Fiber: 4.3
- Carbs: 18
- Protein: 26

Potato and Cheese Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 6 cups potatoes, cubed
- 2 tablespoons butter
- ½ cup yellow onion, chopped
- 28 ounces chicken stock
- Salt and ground black pepper, to taste
- 2 tablespoons dried parsley
- 1/8 teaspoon red pepper flakes
- 2 tablespoons cornstarch
- 2 tablespoons water
- 3 ounces cream cheese, cubed
- 2 cups half and half
- 1 cup cheddar cheese, shredded
- 1 cup corn
- 6 bacon slices, cooked and crumbled

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the onion, stir, and cook 5 minutes. Add half of the stock, salt, pepper, pepper flakes, and parsley and stir. Put the potatoes in the steamer basket, cover the Instant Pot and cook on the Steam setting for 4 minutes. Release the pressure fast, uncover the Instant Pot, and transfer the potatoes to a bowl. In another bowl, mix the cornstarch with water and stir well. Set the Instant Pot to Manual mode, add the cornstarch slurry, cream cheese, and shredded cheese and stir well. Add the rest of the stock, corn, bacon, potatoes, half and half. Stir, bring to a simmer, ladle into bowls, and serve.

Nutrition:

- Calories: 188
- Fat: 7.14
- Fiber: 1.5
- Carbs: 22
- Protein: 9

Split Pea Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 tablespoons butter
- 1 pound chicken sausage, ground
- 1 yellow onion, peeled and chopped
- ½ cup carrots, peeled and chopped
- ½ cup celery, chopped
- 2 garlic cloves, peeled and minced
- 29 ounces chicken stock
- Salt and ground black pepper, to taste
- 2 cups water
- 16 ounces split peas, rinsed
- ½ cup half and half
- ¼ teaspoon red pepper flakes

Directions:

Set the Instant Pot on Sauté mode, add the sausage, brown it on all sides and transfer to a plate. Add the butter to the Instant Pot and melt it. Add the celery, onions, and carrots, stir, and cook 4 minutes. Add the garlic, stir and cook for 1 minute. Add the water, stock, peas and pepper flakes, stir, cover and cook on the Soup setting for 10 minutes. Release the pressure, puree the mix using an immersion blender and set the Instant Pot on Manual mode. Add the sausage, salt, pepper, and half and half, stir, bring to a simmer, and ladle into soup bowls.

Nutrition:

- Calories: 30
- Fat: 11
- Fiber: 12
- Carbs: 14

- Protein: 20

Corn Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 leeks, chopped
- 2 tablespoons butter
- 2 garlic cloves, peeled and minced
- 6 ears of corn, kernels cut off, cobs reserved
- 2 bay leaves
- 4 tarragon sprigs, chopped
- 1-quart chicken stock
- Salt and ground black pepper, to taste
- Extra virgin olive oil
- 1 tablespoon fresh chives, chopped

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the garlic and leeks, stir, and cook for 4 minutes. Add the corn, corn cobs, bay leaves, tarragon, and stock to cover everything, cover the Instant Pot and cook on the Soup setting for 15 minutes. Release the pressure, uncover the Instant Pot, discard the bay leaves and corn cobs, and transfer everything to a blender. Pulse well to obtain a smooth soup, add the rest of the stock and blend again. Add the salt and pepper, stir well, divide into soup bowls, and serve cold with chives and olive oil on top.

Nutrition:

- Calories: 300
- Fat: 8.3
- Fiber: 8
- Carbs: 50
- Protein: 13

Butternut Squash Soup

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 6

Ingredients:

- 1½ pounds butternut squash, baked, peeled and cubed
- ½ cup green onions, chopped
- 3 tablespoons butter
- ½ cup carrots, peeled and chopped
- ½ cup celery, chopped
- 29 ounces chicken stock
- 1 garlic clove, peeled and minced
- ½ teaspoon Italian seasoning
- 15 ounces canned diced tomatoes
- Salt and ground black pepper, to taste
- 1/8 teaspoon red pepper flakes
- 1 cup orzo, already cooked
- 1/8 teaspoon nutmeg, grated
- 1½ cup half and half
- 1 cup chicken meat, already cooked and shredded
- Green onions, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the celery, carrots, and onions, stir, and cook for 3 minutes. Add the garlic, stir, and cook for 1 minute. Add the squash, tomatoes, stock, Italian seasoning, salt, pepper, pepper flakes, and nutmeg. Stir, cover the Instant Pot, and cook on the Soup setting for 10 minutes. Release the pressure, uncover, and puree everything with an immersion blender. Set the Instant Pot on Manual mode, add the half and half, orzo, and chicken, stir, and cook for 3 minutes. Divide the soup into bowls, sprinkle green onions on top, and serve.

Nutrition:

- Calories: 130
- Fat: 2.3
- Fiber: 0.4
- Carbs: 18
- Protein: 6

Beef and Rice Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 pound ground beef
- 3 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 1 tablespoon vegetable oil
- 1 celery stalk, chopped
- 28 ounces beef stock
- 14 ounces canned crushed tomatoes
- ½ cup white rice
- 12 ounces spicy tomato juice
- 15 ounces canned garbanzo beans, rinsed
- 1 potato, cubed
- Salt and ground black pepper, to taste
- ½ cup frozen peas
- 2 carrots, peeled and sliced thin

Directions:

Set the Instant Pot on Sauté mode, add the beef, stir, cook until it browns, and transfer to a plate. Add the oil to the Instant Pot and heat it up. Add the celery and onion, stir, and cook for 5 minutes. Add the garlic, stir and cook for 1 minute. Add the tomato juice, stock, tomatoes, rice, beans, carrots, potatoes, beef, salt, and pepper, stir, cover and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, and set it on Manual mode. Add more salt and pepper, if needed, and the peas, stir, bring to a simmer, transfer to bowls, and serve hot.

Nutrition:

- Calories: 230
- Fat: 7

- Fiber: 4
- Carbs: 10
- Protein: 3

Chicken Noodle Soup

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 6

Ingredients:

- 1 yellow onion, peeled and chopped
- 1 tablespoon butter
- 1 celery stalk, chopped
- 4 carrots, peeled and sliced
- Salt and ground black pepper, to taste
- 6 cups chicken stock
- 2 cups chicken, already cooked and shredded
- Egg noodles, already cooked

Directions:

Set the Instant Pot on Sauté mode, add the butter and heat it up. Add the onion, stir, and cook 2 minutes. Add the celery and carrots, stir, and cook 5 minutes. Add the chicken and stock, stir, cover the Instant Pot and cook on the Soup setting for 5 minutes. Release the pressure, uncover the Instant Pot, add salt and pepper to taste, and stir. Divide the noodles into soup bowls, add the soup over them, and serve.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 1
- Carbs: 4
- Protein: 7

Zuppa Toscana

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 8

Ingredients:

- 1 pound chicken sausage, ground
- 6 bacon slices, chopped
- 3 garlic cloves, peeled and minced
- 1 cup yellow onion, peeled and chopped
- 1 tablespoon butter
- 40 ounces chicken stock
- Salt and ground black pepper, to taste
- Red pepper flakes
- 3 potatoes, cubed
- 3 tablespoons cornstarch
- 12 ounces evaporated milk
- 1 cup Parmesan, shredded
- 2 cup spinach, chopped

Directions:

Set the Instant Pot on Sauté mode, add the bacon, stir, cook until it's crispy, and transfer to a plate. Add the sausage to the Instant Pot, stir, cook until it browns on all sides, and also transfer to a plate. Add the butter to the Instant Pot and melt it. Add the onion, stir, and cook for 5 minutes. Add the garlic, stir, and cook for 1 minute. Add $\frac{1}{3}$ of the stock, salt, pepper, and pepper flakes and stir. Place the potatoes in the steamer basket of the Instant Pot, cover and cook on the Steam setting for 4 minutes. Release the pressure, uncover the Instant Pot, and transfer the potatoes to a bowl. Add the rest of the stock to the Instant Pot with the cornstarch mixed with the evaporated milk, stir, and set the Instant Pot on Manual mode. Add the cheese, sausage, bacon, potatoes, spinach, more salt and pepper, if needed, stir, divide into bowls, and serve.

Nutrition:

- Calories: 170
- Fat: 4
- Fiber: 2
- Carbs: 24
- Protein: 10

Minestrone Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 celery stalk, chopped
- 2 carrots, peeled and chopped
- 1 onion, peeled and chopped
- 1 cup corn kernels
- 1 zucchini, chopped
- 3 pounds tomatoes, cored, peeled, and chopped
- 4 garlic cloves, peeled and minced
- 29 ounces chicken stock
- 1 cup uncooked pasta
- Salt and ground black pepper, to taste
- 1 teaspoon Italian seasoning
- 2 cups baby spinach
- 15 ounces canned kidney beans
- 1 cup Asiago cheese, grated
- 2 tablespoons fresh basil, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir, and cook for 5 minutes. Add the carrots, garlic, celery, corn, and zucchini, stir, and cook 5 minutes. Add the tomatoes, stock, Italian seasoning, pasta, salt, and pepper, stir, cover, and cook on the Soup setting for 4 minutes. Release the pressure fast, uncover, add the beans, basil, and spinach. Add more salt and pepper, if needed, divide into bowls, add the cheese on top, and serve.

Nutrition:

- Calories: 110

- Fat: 2
- Fiber: 4
- Carbs: 18
- Protein: 5

Chicken and Wild Rice Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 cup yellow onion, peeled and chopped
- 2 tablespoons butter
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 28 ounces chicken stock
- 2 chicken breasts, skinless, boneless and chopped
- 6 ounces wild rice
- Red pepper flakes
- Salt and ground black pepper, to taste
- 1 tablespoon dried parsley
- 2 tablespoons cornstarch mixed with 2 tablespoons water
- 1 cup milk
- 1 cup half and half
- 4 ounces cream cheese, cubed

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the carrot, onion, and celery, stir and cook for 5 minutes. Add the rice, chicken, stock, parsley, salt, and pepper, stir, cover, and cook on the Soup setting for 5 minutes. Release the pressure, uncover, add the cornstarch mixed with water, stir, and set the Instant Pot on Manual mode. Add the cheese, milk, and half and half, stir, heat up, transfer to bowls, and serve.

Nutrition:

- Calories: 200
- Fat: 7
- Fiber: 1
- Carbs: 19

- Protein: 5

Creamy Tomato Soup

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 8

Ingredients:

- 1 yellow onion, peeled and chopped
- 3 tablespoons butter
- 1 carrot, peeled and chopped
- 2 celery stalks, chopped
- 2 garlic cloves, peeled and minced
- 29 ounces chicken stock
- Salt and ground black pepper, to taste
- ¼ cup fresh basil, chopped
- 3 pounds tomatoes, peeled, cored, and cut into quarters
- 1 tablespoon tomato paste
- 1 cup half and half
- ½ cup Parmesan cheese, shredded

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the onion, carrots, and celery, stir, and cook for 3 minutes. Add the garlic, stir, and cook for 1 minute. Add the tomatoes, tomato paste, stock, basil, salt, and pepper, stir, cover, and cook on the Soup setting for 5 minutes. Release the pressure, uncover the Instant Pot and puree the soup using an immersion blender. Add the half and half and cheese, stir, set the Instant Pot on Manual mode and heat everything up. Divide the soup into soup bowls, and serve.

Nutrition:

- Calories: 280
- Fat: 8
- Fiber: 4
- Carbs: 32

- Protein: 24

Tomato Soup

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 6

Ingredients:

For the roasted tomatoes:

- 14 garlic cloves, peeled and crushed
- 3 pounds cherry tomatoes, cut into halves
- Salt and ground black pepper, to taste
- 2 tablespoons extra virgin olive oil
- ½ teaspoon red pepper flakes

For the soup:

- 1 yellow onion, peeled and chopped
- 2 tablespoons olive oil
- 1 red bell pepper, seeded and chopped
- 3 tablespoons tomato paste
- 2 celery ribs, chopped
- 2 cups chicken stock
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ tablespoon dried basil
- ½ teaspoon red pepper flakes
- Salt and ground black pepper, to taste
- 1 cup heavy cream

For serving:

- Fresh basil leaves, chopped
- ½ cup Parmesan cheese, grated

Directions:

Place the tomatoes and garlic in a baking tray, drizzle 2 tablespoons oil, season with salt, pepper and a ½ teaspoon of red pepper flakes, toss to coat, introduce in the oven at 425°F, and

roast for 25 minutes. Take the tomatoes out of the oven and set aside. Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, bell pepper, celery, salt, pepper, garlic powder, onion powder, basil, the remaining red pepper flakes, stir, and cook for 3 minutes. Add the tomato paste, roasted tomatoes, and garlic and stir. Add the stock, cover the Instant Pot, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot and set it on Sauté mode. Add the heavy cream and blend everything using an immersion blender. Divide in bowls, add basil and cheese on top, and serve.

Nutrition:

- Calories: 150
- Fat: 1
- Fiber: 3
- Carbs: 3
- Protein: 4

Carrot Soup

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 4

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, peeled and chopped
- 1 tablespoon butter
- 1 garlic clove, peeled and minced
- 1 pound carrots, peeled and chopped
- 1 small ginger piece, peeled and grated
- Salt and ground black pepper, to taste
- ¼ teaspoon brown sugar
- 2 cups chicken stock
- 1 tablespoon Sriracha
- 14 ounces canned coconut milk
- Cilantro leaves, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the butter and oil, and heat them up. Add the onion, stir and cook for 3 minutes. Add the ginger and garlic, stir, and cook for 1 minute. Add the sugar, carrots, salt, and pepper, stir, and cook 2 minutes. Add the sriracha, coconut milk, stock, stir, cover, and cook on the Soup setting for 6 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, blend the soup with an immersion blender, add more salt and pepper, if needed, and divide into soup bowls. Add the cilantro on top, and serve.

Nutrition:

- Calories: 60
- Fat: 1
- Fiber: 3.1
- Carbs: 12

- Protein: 2

Cabbage Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cabbage head, chopped
- 12 ounces baby carrots
- 3 celery stalks, chopped
- ½ onion, peeled and chopped
- 1 packet vegetable soup mix
- 2 tablespoons olive oil
- 12 ounces soy burger
- 3 teaspoons garlic, peeled and minced
- ¼ cup cilantro, chopped
- 4 cups chicken stock
- Salt and ground black pepper, to taste

Directions:

In the Instant Pot, mix the cabbage with the celery, carrots, onion, soup mix, soy burger, stock, olive oil, and garlic, stir, cover, and cook on Soup mode for 5 minutes. Release the pressure, uncover the Instant Pot, add the salt, pepper, and cilantro, stir again well, divide into soup bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 2
- Carbs: 10
- Protein: 10

Cream of Asparagus

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 pounds green asparagus, trimmed, tips cut off and cut into medium pieces
- 3 tablespoons butter
- 1 yellow onion, peeled and chopped
- 6 cups chicken stock
- ¼ teaspoon lemon juice
- ½ cup crème fraiche
- Salt and ground white pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the asparagus, salt, and pepper, stir, and cook for 5 minutes. Add 5 cups of the stock, cover the Instant Pot, and cook on Soup mode for 15 minutes. Release the pressure, uncover the Instant Pot and transfer soup to a blender. Pulse several times and return to the Instant Pot. Set the Instant Pot on Manual mode, add the crème fraiche, the rest of the stock, salt, pepper, and lemon juice, bring to a boil, divide into soup bowls, and serve.

Nutrition:

- Calories: 80
- Fat: 8
- Fiber: 1
- Carbs: 16
- Protein: 6.3

Ham and White Bean Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 1 pound white beans, soaked for 1 hour and drained
- 1 carrot, peeled and chopped
- 1 tablespoon extra virgin olive oil
- 1 yellow onion, peeled and chopped
- 3 garlic cloves, peeled and minced
- 1 tomato, cored, peeled and chopped
- 1 pound ham, chopped
- Salt and ground black pepper, to taste
- 4 cups water
- 4 cups vegetable stock
- 1 teaspoon dried mint
- 1 teaspoon paprika
- 1 teaspoon dried thyme

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the carrot, onion, garlic, tomato, stir, and cook for 5 minutes. Add the beans, ham, salt, pepper, water, stock, mint, paprika, and thyme, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, divide into soup bowls, and serve.

Nutrition:

- Calories: 177
- Fat: 2
- Fiber: 1
- Carbs: 26
- Protein: 14

Lentil Soup

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 celery stalks, chopped
- 1 tablespoon olive oil
- 1 small onion, peeled and chopped
- 2 carrots, peeled and chopped
- ½ pound chicken sausage, ground
- 3½ cups beef stock
- 2 teaspoons garlic, peeled and minced
- 1 cup lentils
- 15 ounces canned diced tomatoes
- Salt and ground black pepper, to taste
- 2 cups spinach

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the celery, onion, carrots, stir, and cook for 4 minutes. Add the chicken sausage, stir, and cook 5 minutes. Add the stock, garlic, lentils, tomatoes, salt, pepper, and spinach, stir, cover and cook on the Soup setting for 25 minutes. Release the pressure, uncover the Instant Pot, divide into soup bowls, and serve.

Nutrition:

- Calories: 175
- Fat: 1
- Fiber: 1
- Carbs: 2
- Protein: 2

Artichoke Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 5 artichoke hearts, washed and trimmed
- 1 leek, sliced
- 5 tablespoons butter
- 6 garlic cloves, peeled and minced
- ½ cup shallots, chopped
- 8 ounces Yukon gold potatoes, chopped
- 12 cups chicken stock
- 1 bay leaf
- Fresh parsley, chopped
- 2 thyme sprigs
- ¼ teaspoon black peppercorns, crushed
- Salt, to taste
- ¼ cup cream

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the artichoke hearts, shallots, leek, and garlic, stir, and brown for 3-4 minutes. Add the potatoes, stock, bay leaf, thyme, parsley, peppercorns, and salt, stir, cover, and cook on the Soup setting for 15 minutes. Release the pressure, uncover the Instant Pot, discard the herbs, blend well using an immersion blender, add salt to taste and the cream, stir well, divide into bowls, and serve.

Nutrition:

- Calories: 95
- Fat: 2
- Fiber: 4
- Carbs: 15
- Protein: 4

Beet Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon sesame oil
- 1 cup red lentils
- 1 red onion, peeled and chopped
- 2 carrots, peeled and chopped
- 3 beets, peeled and chopped
- 3 bay leaves
- 6 cups vegetable stock
- ½ teaspoon fresh thyme
- 3 tablespoons dark miso
- 1½ tablespoons fresh parsley, chopped
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir, and cook for 5 minutes. Add the lentils, carrots, beets, thyme, bay leaves, stock, salt, and pepper, stir, cover, and cook on the Soup setting for 5 minutes. Release the pressure, uncover the Instant Pot, discard the bay leaves, and puree the soup using an immersion blender. Add the miso mixed with some water, more salt and pepper, if needed, and parsley, stir, divide into soup bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 4
- Fiber: 2
- Carbs: 8
- Protein: 3

Chestnut Soup

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 pound canned chestnuts, drained and rinsed
- 1 celery stalk, chopped
- 4 tablespoons butter
- 1 yellow onion, peeled and chopped
- 1 sage leaf, chopped
- Salt and ground white pepper, to taste
- 1 bay leaf
- 1 potato, chopped
- 4 cups chicken stock
- 2 tablespoons rum
- Nutmeg
- Heavy cream, for serving
- Sage leaves, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the onion, sage, celery, salt, and pepper, stir, and cook for 5 minutes. Add the chestnuts, potato, bay leaf, and stock, stir, cover, and cook on Soup mode for 20 minutes. Release the pressure, uncover the Instant Pot, add the nutmeg and rum, discard the bay leaf and blend the soup using an immersion blender. Divide the soup into bowls, add the cream and sage leaves on top, and serve.

Nutrition:

- Calories: 230
- Fat: 13
- Fiber: 2
- Carbs: 22

- Protein: 2.1

Fennel Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 3

Ingredients:

- 1 fennel bulb, chopped
- 1 bay leaf
- 1 leek, chopped
- 2 cups water
- 1 tablespoon extra virgin olive oil
- ½ cube vegetable bouillon
- Salt and ground black pepper, to taste
- 2 teaspoons Parmesan cheese, grated

Directions:

In the Instant Pot, mix the fennel with the leek, bay leaf, vegetable bouillon, and water. Stir, cover, and cook on the Soup setting for 15 minutes. Release the pressure, uncover the Instant Pot, add the cheese, oil, salt, and pepper, stir, divide into bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 2.2
- Fiber: 4
- Carbs: 15
- Protein: 5

Cream of Broccoli

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and chopped
- 3 carrots, peeled and chopped
- 1 potato, chopped
- 1 broccoli head, separated into florets and chopped
- 1 tablespoons olive oil
- 2 cups chicken stock
- 5 garlic cloves, peeled and minced
- Salt and ground black pepper, to taste
- 2 tablespoons cream
- Cheddar cheese, grated, for serving
- 1 tablespoon fresh chives, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion and garlic, stir, and cook for 2 minutes. Add the broccoli, carrots, potato, stock, salt, pepper, stir, cover, and cook on the Soup setting for 5 minutes. Release the pressure, uncover the Instant Pot, set it on Manual mode, add the cream, cheese, and chives, stir, heat up for 2 minutes, divide into bowls, and serve.

Nutrition:

- Calories: 180
- Fat: 11
- Fiber: 3
- Carbs: 14
- Protein: 6

Celery Soup

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 2

Ingredients:

- 1 yellow onion, peeled and chopped
- 7 celery stalks, chopped
- 3 potatoes, chopped
- 1 teaspoon extra virgin olive oil
- Salt and ground black pepper, to taste
- 4 cups vegetable stock
- 1 tablespoon curry powder
- 1 teaspoon celery seeds
- ½ cup parsley, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, celery seeds, and curry powder, stir, and cook for 1 minute. Add the celery and potatoes, stir, and cook for 5 minutes. Add the stock, salt, pepper stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, blend well using an immersion blender, add the parsley, stir, divide into soup bowls, and serve.

Nutrition:

- Calories: 90
- Fat: 4
- Fiber: 4
- Carbs: 8.5
- Protein: 2

Cauliflower Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 1 small onion, peeled and chopped
- 1 cauliflower head, separated into florets and chopped
- 2 tablespoons butter
- 3 cups chicken stock
- Salt and ground black pepper, to taste
- 1 teaspoon garlic powder
- 4 ounces cream cheese, cubed
- 1 cup cheddar cheese, grated
- ½ cup half and half

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the onion, stir, and cook for 3 minutes. Add the cauliflower, stock, salt, pepper, and garlic powder, stir, cover, and cook on the Soup setting for 5 minutes. Release the pressure, uncover the Instant Pot, blend everything using an immersion blender, add more salt and pepper, if needed, cream cheese, grated cheese, and half and half. Stir, set the Instant Pot on Manual mode, heat up for 2 minutes, divide into soup bowls, and serve.

Nutrition:

- Calories: 78
- Fat: 1.2
- Fiber: 1
- Carbs: 10
- Protein: 3

Turkey and Sweet Potato Soup

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 1 pound Italian turkey sausage, chopped
- 1 yellow onion, peeled and chopped
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 1 big sweet potato, cubed
- 5 cups turkey stock
- 2 garlic cloves, peeled and minced
- 1 teaspoon red pepper flakes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and ground black pepper, to taste
- 1 teaspoon dried thyme
- 5 ounces spinach, chopped
- 2 bay leaves

Directions:

Set the Instant Pot on Sauté mode, add the sausage, brown it, and transfer to a plate. Add the onion, celery and carrots, stir, and cook for 2 minutes. Add the potato, stir, and cook 2 minutes. Add the stock, garlic, red pepper flakes, salt, pepper, basil, oregano, thyme, spinach, and bay leaves. Stir, cover and cook on the Soup setting for 4 minutes. Release the pressure, uncover the Instant Pot, discard bay leaves, divide soup into bowls, and serve.

Nutrition:

- Calories: 190
- Fat: 12
- Fiber: 1
- Carbs: 2

- Protein: 5

Chicken Chili Soup

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 white onion, peeled and chopped
- 2 tablespoons olive oil
- 1 jalapeño pepper, chopped
- 4 garlic cloves, peeled and minced
- 2 teaspoons dried oregano
- 1 teaspoon cumin
- ½ teaspoon red pepper flakes
- 3 cups chicken stock
- 1 pound chicken breast, skinless and boneless
- 30 ounces canned cannellini beans, drained
- Salt and ground black pepper, to taste
- Fresh cilantro, chopped, for serving
- Tortilla chips, for serving
- Lime wedges, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add jalapeño and onion, stir, and cook for 3 minutes. Add the garlic, stir, and cook for 1 minute. Add the oregano, cumin, pepper flakes, stock, chicken, beans, salt, and pepper, stir, cover, and cook on Soup for 30 minutes. Release the pressure, uncover the Instant Pot, shred the meat with 2 forks, add more salt and pepper, stir, and divide into soup bowls. Serve with cilantro on top and with tortilla chips and lime wedges on the side.

Nutrition:

- Calories: 200
- Fat: 8
- Fiber: 6

- Carbs: 17
- Protein: 19

Broccoli and Bacon Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 4 bacon slices, chopped
- 1 teaspoon olive oil
- 2 small broccoli heads, chopped
- 1 leek, chopped
- 1 celery rib, chopped
- 2 cups spinach, chopped
- 4 tablespoons basmati rice
- 1 tablespoon Parmesan cheese, grated
- 1 quart vegetable stock
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil and bacon, cook until crispy, transfer to a plate, and set aside. Add the broccoli, leek, celery, spinach, rice, salt, pepper, and stock, stir, cover and cook on the Soup setting for 6 minutes. Release the pressure, uncover, add more salt and pepper if needed, add the bacon, divide into soup bowls, and serve with cheese on top.

Nutrition:

- Calories: 151
- Fat: 2.2
- Fiber: 7
- Carbs: 26
- Protein: 10

Chicken Meatball Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1½ pounds chicken breast, ground
- Salt and ground black pepper, to taste
- 2 tablespoons arrowroot powder
- 1 teaspoon garlic powder
- ½ teaspoon crushed red pepper
- 1 teaspoon onion powder
- ½ tablespoon dried basil
- ½ tablespoon dried oregano
- 2 tablespoons nutritional yeast

For the soup:

- 6 cups chicken stock
- 4 celery stalks, chopped
- 3 carrots, dried chopped
- 2 yellow onions, dried chopped
- 1 bunch kale, chopped
- 2 teaspoons dried thyme
- 2 garlic cloves, dried minced
- ½ teaspoon red pepper flakes
- 2 eggs, whisked
- 2 tablespoons extra virgin olive oil

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions, celery, and carrots, stir, and cook for 3 minutes. Add the garlic, salt, pepper, kale, stock, 2 teaspoons thyme ½ teaspoon red pepper, stir, and cook for 10 minutes. In a bowl, mix the chicken with arrowroot, salt, pepper, ½ teaspoon red pepper, garlic powder, onion powder, oregano, basil, and yeast and stir

well. Shape the meatballs using your hands and drop them gently into the soup. Cover the Instant Pot and cook on the Soup setting for 15 minutes. Release the pressure, uncover the Instant Pot, and set it on Sauté mode. Add the eggs slowly, stir, and cook for 2 minutes. Divide into soup bowls, and serve hot.

Nutrition:

- Calories: 190
- Fat: 2.8
- Fiber: 2.3
- Carbs: 10
- Protein: 29

Vegetable Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 onion, peeled and chopped
- 1 tablespoon coconut oil
- Salt and ground black pepper, to taste
- ½ red chili, chopped
- 2 carrots, peeled and chopped
- 2 celery sticks, chopped
- 6 mushrooms, sliced
- 4 garlic cloves, peeled and minced
- ½ cup dried porcini mushrooms
- 3.5 ounces kale leaves, chopped
- 1 cup tomatoes, chopped
- 1 zucchini, chopped
- 4 cups vegetable stock
- 1 bay leaf
- 1 teaspoon lemon zest
- ½ cup fresh parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, celery, carrots, salt, and pepper, stir, and cook for 1 minute. Add the chili pepper, mushrooms, garlic, stir, and cook for 2 minutes. Add the kale leaves, zucchini, tomatoes, bay leaf, and stock, stir, cover, and cook on the Soup setting for 10 minutes. Release the pressure naturally, uncover the Instant Pot, divide the soup into bowls, add the lemon zest and parsley on top, and serve.

Nutrition:

- Calories: 80

- Fat: 1
- Fiber: 2
- Carbs: 14
- Protein: 2

Chorizo, Chicken, and Kale Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 9 ounces chorizo, casings removed
- 2 tablespoons olive oil
- 4 chicken thighs, chopped
- Salt and ground black pepper, to taste
- 4 garlic cloves, peeled and minced
- 2 yellow onions, peeled and chopped
- 4 cups chicken stock
- 15 ounces canned diced tomatoes
- 3 potatoes, chopped
- 2 bay leaves
- 5 ounces baby kale
- 14 ounces garbanzo beans, drained

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chorizo, chicken, and onion, stir, and cook 5 minutes. Add the garlic, stir, and cook for 1 minute. Add the stock, tomatoes, and bay leaves and stir again. Add the kale, potatoes, salt and pepper, stir, cover, and cook on the Soup setting for 4 minutes. Release the pressure, uncover the Instant Pot, add the beans, more salt and pepper, if needed, stir, divide into bowls, and serve.

Nutrition:

- Calories: 200
- Fat: 9
- Fiber: 2
- Carbs: 19
- Protein: 11

Endive Soup

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 tablespoon canola oil
- 2 teaspoons sesame oil
- 2 scallions, chopped
- 3 garlic cloves peeled and chopped
- 1 tablespoon ginger, grated
- 1 teaspoon chili sauce
- ½ cup uncooked rice
- 6 cups vegetable stock
- 1½ tablespoons soy sauce
- 3 endives, trimmed and chopped
- Salt and ground white pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the canola oil and sesame oil, and heat it up. Add the scallions and garlic, stir, and cook for 4 minutes. Add the chili sauce and ginger, stir, and cook for 1 minute. Add the stock and soy sauce, stir, and cook for 2 minutes. Add the rice, stir, cover and cook on the Steam setting for 15 minutes. Release the pressure, uncover the Instant Pot, add the salt, pepper and endives, stir, cover again and cook on the Manual setting for 5 minutes. Release the pressure again, uncover the Instant Pot, stir, divide into bowls, and serve.

Nutrition:

- Calories: 207
- Fat: 9
- Fiber: 12
- Carbs: 12
- Protein: 11.5

Beef Stew

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 1 tablespoon vegetable oil
- 2 pounds beef stew, cubed
- 1 yellow onion, peeled and chopped
- 5 carrots, peeled and chopped
- 8 potatoes, cubed
- Salt and ground black pepper, to taste
- 2 teaspoons cornstarch
- 2 beef bouillon cubes
- 2 cups water

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the beef and onion, stir, and cook until it browns on all sides. Add the carrots, water, and bouillon, stir, cover, and cook on Soup mode for 20 minutes. Put some water in a stockpot, add some salt, bring to a boil over medium-high heat, add the potatoes, cook for 10 minutes, and drain them. Release the pressure, uncover the Instant Pot and set it on manual mode. Add the cornstarch mixed with some water, salt, pepper, and potatoes, stir, bring to a boil, take off heat, and divide stew among plates.

Nutrition:

- Calories: 300
- Fat: 12
- Fiber: 5
- Carbs: 1
- Protein: 25

Pork Stew

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1½ pounds pork shoulder, cubed
- 1 yellow onion, peeled and chopped
- 3 tablespoons extra virgin olive oil
- 1 red bell pepper, seeded and chopped
- 2 garlic cloves, peeled and chopped
- 1 rutabaga, cubed
- Salt and ground black pepper, to taste
- 8 baby potatoes
- 4 carrots, peeled and cut into big chunks
- ½ cup chicken stock
- 14 ounces canned diced tomatoes

Directions:

Set the Instant Pot on Sauté mode, add 2 tablespoons of the oil and heat it up. Add the pork, salt and pepper, brown on all sides, and transfer to a bowl. Add the onions, garlic, bell pepper, and the rest of the oil to the Instant Pot, stir, and cook for 3 minutes.

Return the pork to pot, add the carrots, potatoes, rutabaga, salt, pepper, tomatoes, and stock, stir, cover, and cook on Meat/Stew for 20 minutes. Release the pressure, uncover the Instant Pot, stir the stew, divide into bowls, and serve.

Nutrition:

- Calories: 272
- Fat: 6
- Fiber: 3
- Carbs: 27
- Protein: 24

Chicken Enchilada Soup

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 chicken breasts, boneless and skinless and chopped
- 1¼ cups red enchilada sauce
- 3 cups chicken stock
- 14 ounces canned diced tomatoes
- 28 ounces canned black beans, drained
- 15 ounces canned corn, drained
- Salt and ground black pepper, to taste
- 4 ounces canned green chilies, chopped
- 2 garlic cloves, peeled and minced
- 1 cup white onion, peeled and chopped
- ½ cup quinoa
- 1 teaspoon cumin
- 1 teaspoon dried oregano

For serving:

- Fresh, cilantro, chopped
- Avocado, pitted, peeled, and chopped
- Red onion, peeled and diced
- Cheddar cheese, shredded

Directions:

In the Instant Pot, mix the chicken with enchilada sauce, stock, tomatoes, black beans, corn, green chilies, salt, pepper, garlic, onion, quinoa, cumin, and oregano, stir, cover, and cook on Soup mode for 25 minutes. Release the pressure, uncover the Instant Pot, divide the soup into bowls, and serve with cilantro, avocado, and red onion on top and with shredded cheese sprinkled all over.

Nutrition:

- Calories: 400
- Fat: 23
- Fiber: 3
- Carbs: 23
- Protein: 27

Beef and Barley Soup

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1½ pounds beef stew meat, chopped
- 2 tablespoons vegetable oil
- Salt and ground black pepper, to taste
- 10 cremini mushrooms, cut into quarters
- 1 cup celery, diced
- 1 cup carrots, diced
- 1 cup onion, diced
- 8 garlic cloves, peeled and minced
- 6 cups beef stock
- 2 bay leaves
- 1 cup water
- ½ teaspoon dried thyme
- 1 potato, chopped
- ⅔ cup barley

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the meat, salt, and pepper, stir, cook for 3 minutes, and transfer to a plate. Add the mushrooms, stir, brown them for 2 minutes, and transfer to a plate. Add the onion, celery, and carrots to the Instant Pot, stir, and cook for 4 minutes. Return the meat, mushrooms to the Instant Pot and stir. Add the bay leaves, thyme, water, stock, salt, and pepper, stir, cover, and cook on the Manual setting for 16 minutes. Release the pressure, uncover the Instant Pot, add the potatoes and barley, stir, cover, and cook on Manual for 1 hour. Release the pressure again, stir the soup, divide it into bowls, and serve.

Nutrition:

- Calories: 120
- Fat: 3
- Fiber: 2
- Carbs: 11
- Protein: 5

Chicken Stew

Preparation time: 10 minutes

Cooking time: 1 hour and 15 minutes

Servings: 6

Ingredients:

- 6 chicken thighs
- 1 teaspoon vegetable oil
- Salt and ground black pepper, to taste
- 1 yellow onion, peeled and chopped
- 1 celery stalk, chopped
- ½ teaspoon dried thyme
- 2 tablespoons tomato paste
- ½ cup white wine
- 2 cups chicken stock
- 15 ounces canned diced tomatoes,
- ¾ pound baby carrots
- 1½ pounds new potatoes

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chicken, salt, and pepper, brown for 4 minutes on each side and transfer to a plate. Add the celery, onion, tomato paste, carrots, thyme, salt, and pepper, stir, and cook for 5 minutes. Add the wine, stir, bring to a boil, and simmer for 3 minutes. Add the stock, chicken, tomatoes, and potatoes in the steamer basket of the Instant Pot. Cover Instant Pot and cook on the Manual setting for 30 minutes. Release the pressure, uncover the Instant Pot, take potatoes out of the Instant Pot and put them in a bowl. Transfer the chicken pieces to a cutting board, set aside to cool down for a few minutes, discard the bones, shred meat, and return it to the stew. Add more salt and pepper, if needed, stir, divide into bowls, and serve hot.

Nutrition:

- Calories: 271
- Fat: 2
- Fiber: 4
- Carbs: 18
- Protein: 15

Simple Fish Chowder

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and chopped
- 2 celery ribs, chopped
- $\frac{3}{4}$ cup bacon, chopped
- 1 carrot, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 3 cups potatoes, cubed
- 4 cups chicken stock
- 1 pound haddock fillets
- 2 tablespoons butter
- 1 cup frozen corn
- Salt and ground white pepper, to taste
- 1 tablespoon potato starch
- 2 cups heavy cream

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the bacon, stir, and cook until crispy. Add the garlic, celery and onion, stir, and cook for 3 minutes. Add the salt, pepper, fish, potatoes, corn, and stock, stir, cover, and cook on the Manual setting for 5 minutes. Release the pressure naturally, uncover the Instant Pot, add the heavy cream mixed with potato starch, stir well, set the Instant Pot on Soup mode, and cook for 3 minutes. Divide into bowls, and serve.

Nutrition:

- Calories: 195
- Fat: 4.4
- Fiber: 2
- Carbs: 21

- Protein: 17

Spinach Stew

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 small yellow onion, chopped
- 2 teaspoons olive oil
- 1 celery stalk, chopped
- 2 carrots, chopped
- 4 garlic cloves, minced
- 1 teaspoon turmeric
- 2 teaspoons cumin
- 1 teaspoon thyme
- Salt and ground black pepper, to taste
- 1 cup brown lentils, rinsed
- 6 cups baby spinach
- 4 cups veggie stock

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions, celery, and carrots, stir, and cook for 5 minutes. Add the garlic, turmeric, cumin, thyme, salt, and pepper, stir, and cook for 1 minute. Add the stock and lentils, stir, cover, and cook on the Manual setting for 12 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, add the spinach, more salt and pepper, stir, divide into bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 2
- Fiber: 5
- Carbs: 16
- Protein: 7

Cabbage Stew

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 pounds ground pork
- Salt and ground black pepper, to taste
- 1 small yellow onion, peeled and chopped
- 1 red chili pepper, chopped
- 1 cabbage head, shredded
- 2 tablespoons butter

2 tablespoons water

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the pork, salt and pepper, stir, and brown on all side for 6 minutes. Add the cabbage, onion, and chili pepper and stir. Add the butter and water, stir, cover and cook on the Meat/Stew setting for 13 minutes. Release pressure, uncover the Instant Pot, divide into bowls, and serve.

Nutrition:

- Calories: 140
- Fat: 1
- Fiber: 2
- Carbs: 30
- Protein: 3

Fast Bean Stew

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and chopped
- 2 carrots, peeled and chopped
- 1 garlic head, halved
- 1 pound chickpeas, drained
- 22 ounces canned diced tomatoes
- 22 ounces water
- 1 teaspoon dried oregano
- 3 bay leaves
- 2 tablespoons olive oil
- Salt and ground black pepper, to taste
- ½ teaspoon red pepper flakes
- Olive oil, for serving
- 2 tablespoons Parmesan cheese, grated

Directions:

Put the onion, carrots, garlic, chickpeas, tomatoes, water, oregano, bay leaves, 2 tablespoons olive oil, salt, and pepper into the Instant Pot. Cover, cook on the Meat/Stew setting for 25 minutes, and release pressure. Ladle into bowls, add the cheese, pepper flakes and a drizzle of oil on top, and serve.

Nutrition:

- Calories: 164
- Fat: 2
- Fiber: 9
- Carbs: 28
- Protein: 8.2

Sweet Potato Stew

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 onion, peeled and chopped
- 1 sweet potato, cubed
- 3 garlic cloves, peeled and chopped
- 1 celery stalk, chopped
- 2 carrots, peeled and chopped
- 1 cup green lentils
- ½ cup red lentils
- 2 cups vegetable stock
- ¼ cup raisins
- 14 ounces canned diced tomatoes
- Salt and ground black pepper, to taste

For the spice blend:

- 1 teaspoon cumin
- 1 teaspoon turmeric
- ½ teaspoon ground cinnamon
- 1 teaspoon paprika
- 2 teaspoons coriander
- ¼ teaspoon ginger, grated
- Cloves
- Red chili flakes

Directions:

Set the Instant Pot on Sauté mode, add the onions and brown them for 2 minutes, adding some of the stock from time to time. Add the garlic, stir, and cook for 1 minute. Add the carrots, raisins, celery, and sweet potatoes, stir, and cook for 1 minute. Add the lentils, stock, tomatoes, salt, pepper, turmeric, cinnamon, paprika, cumin, coriander, ginger, cloves, and chili flakes, stir,

cover, and cook on the Meat/Stew setting for 15 minutes. Release the pressure, uncover the Instant Pot, stir the stew, add more salt and pepper, if needed, ladle into bowls, and serve.

Nutrition:

- Calories: 150
- Fat: 9
- Fiber: 3
- Protein: 4
- Carbs: 25

Simple Turkey Stew

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 tablespoon avocado oil
- 1 yellow onion, peeled and chopped
- 3 celery stalks, chopped
- 2 carrots, peeled and chopped
- Salt and ground black pepper, to taste
- 2 cups potatoes, chopped
- 3 cups turkey meat, already cooked and shredded
- 15 ounces canned tomatoes, chopped
- 5 cups turkey stock
- 1 tablespoon cranberry sauce
- 1 teaspoon garlic, minced

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the carrots, celery, and onions, stir and cook for 3 minutes. Add the potatoes, tomatoes, stock, garlic, meat, and cranberry sauce, stir, cover, and cook on Meat/Stew for 30 minutes. Release the pressure, uncover the Instant Pot, add salt and pepper, stir, divide into bowls, and serve.

Nutrition:

- Calories: 210
- Fat: 4
- Fiber: 0
- Carbs: 15
- Protein: 28

Mushroom and Beef Stew

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 tablespoon olive oil
- 1 red onion, peeled and chopped
- 2 pounds beef chuck, cubed
- 1 teaspoon fresh rosemary, chopped
- 1 celery stalk, chopped
- ½ cup red wine
- 1 cup beef stock
- Salt and ground black pepper, to taste
- 1 ounce dried porcini mushrooms, chopped
- 2 carrots, peeled and chopped
- 2 tablespoons flour
- 2 tablespoons butter

Directions:

Set the Instant Pot on Sauté mode, add the oil and beef, stir, and brown for 5 minutes. Add the onion, celery, rosemary, salt, pepper, wine, and stock and stir. Add the carrots and mushrooms, cover the Instant Pot and cook on the Meat/Stew setting for 15 minutes. Release the pressure, uncover the Instant Pot and set it on Manual mode. Meanwhile, heat up a pan over medium-high heat, add the butter, and melt it. Add the flour and 6 tablespoons of cooking liquid from the stew and stir well. Pour this over the stew, stir, cook for 5 minutes, divide into bowls, and serve.

Nutrition:

- Calories: 322
- Fat: 18
- Fiber: 3
- Carbs: 12

- Protein: 24

Drunken Lamb Stew

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 onions, peeled and chopped
- 3 pounds lamb shoulder, cut into medium chunks
- 2 potatoes, roughly chopped
- Salt and ground black pepper, to taste
- 2 thyme sprigs, chopped
- 6 ounces dark beer
- 2 cups water
- 2 carrots, seeded and chopped
- ¼ cup fresh parsley, minced

Directions:

Put the onions and lamb into the Instant Pot. Add the salt, pepper, potatoes, thyme, water, beer, and carrots, stir, cover and cook on the Meat/Stew setting for 15 minutes. Release the pressure, uncover the Instant Pot, add the parsley, more salt and pepper, if needed, stir, divide into bowls, and serve.

Nutrition:

- Calories: 236
- Fat: 8
- Fiber: 2.5
- Carbs: 22
- Protein: 19

German Stew

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 pound kielbasa, cut into medium pieces
- 14 ounces canned diced tomatoes
- 2 potatoes, cut into quarters
- 1 small jar sauerkraut
- 1 onion, peeled and cut into medium chunks

Directions:

In the Instant Pot, add the kielbasa, tomatoes, potatoes, sauerkraut, and onion, stir, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, divide stew into bowls, and serve.

Nutrition:

- Calories: 140
- Fat: 4
- Fiber: 2
- Carbs: 11
- Protein: 12

Oxtail Stew

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 5 pounds oxtails
- 1 yellow onion, peeled and chopped
- Salt and ground black pepper, to taste
- 3 carrots, peeled and chopped
- 3 celery stalks, chopped
- 1 garlic clove, peeled and chopped
- 1 bunch parsley, chopped
- 2 cups red wine, chopped
- 1 cup tomatoes, cored and chopped
- 1 cup water
- Sugar: to the taste

Directions:

In the Instant Pot, mix the oxtails with salt, pepper, onion, carrots, celery, garlic, tomatoes, red wine, parsley, water and sugar, stir, cover, and cook on Meat/Stew for 40 minutes. Release the pressure, uncover the Instant Pot, divide the oxtail stew into bowls, and serve.

Nutrition:

- Calories: 312
- Fat: 12
- Fiber: 14
- Carbs: 15
- Protein: 14
- Sugar: 1

Okra Stew

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 yellow onion, peeled and chopped
- 1 garlic clove, peeled and minced
- 1 pound beef chuck, cubed
- 1 cardamom pod
- 2 cups chicken stock
- 14 ounces frozen okra, sliced
- 12 ounces tomato sauce
- Salt and ground black pepper, to taste
- ½ cup parsley, chopped
- Olive oil
- Juice of ½ lemon

For the marinade:

- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- Salt
- 1 tablespoon 7-spice mix

Directions:

In a bowl, mix the meat with 7-spice mix, a pinch of salt, onion garlic, and garlic powder, toss to coat and set the dish aside. Set the Instant Pot on Sauté mode, add some olive oil, and heat it up. Add the onion, stir, and cook 2 minutes. Add the garlic and cardamom, stir, and cook for 1 minute. Add the meat, stir, and brown meat for 2 minutes. Add the stock, tomato sauce, okra, salt, and pepper, stir, cover, and cook on Meat/Stew for 20 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper, if needed, lemon juice, and parsley, stir, divide into bowls, and serve.

Nutrition:

- Calories: 230
- Fat: 10
- Fiber: 8
- Carbs: 15
- Protein: 20

Lamb Stew

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 pounds lamb shoulder, cubed
- ¼ cup red wine vinegar
- 1 tablespoon garlic, peeled and minced
- 14 ounces canned diced tomatoes
- 2 yellow onions, peeled and chopped
- 1 tablespoon olive oil
- 2 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and ground black pepper, to taste
- 2 bay leaves
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- ⅓ cup fresh parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions and garlic, stir, and cook for 2 minutes. Add the vinegar, stir, and cook for 2 minutes. Add the lamb, tomatoes, tomato paste, oregano, basil, salt, pepper, and bay leaves, stir, cover the Instant Pot and cook on the Meat/Stew setting for 12 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, discard the bay leaves, add the bell peppers, more salt and pepper, if needed, stir, cover, and cook on Manual for 8 more minutes. Release the pressure again, uncover, add the parsley, stir and divide into bowls.

Nutrition:

- Calories: 700

- Fat: 52
- Fiber: 4.4
- Carbs: 17
- Protein: 40

Beef and Root Vegetables Stew

Preparation time: 10 minutes

Cooking time: 32 minutes

Servings: 4

Ingredients:

- 1 pound beef chuck, cubed
- 2 tablespoons olive oil
- 2 bacon slices, cooked and crumbled
- ½ cup white flour
- Salt and ground black pepper, to taste
- 1 rutabaga, diced
- 1 cup cipollini onions, peeled
- 4 carrots, peeled and chopped
- 4 garlic cloves, peeled and minced
- 2 cups beef stock
- 1 tablespoon tomato paste
- ½ cup bourbon
- A bunch of thyme, chopped
- A bunch of rosemary, chopped
- 1 cup peas
- 2 bay leaves

Directions:

Mix the flour with salt and pepper and place on a plate. Dredge the meat in flour mix and set aside. Set the Instant Pot on Sauté mode, add the oil and heat up. Add the meat, brown on all sides, and transfer to a bowl. Add the garlic, bourbon, stock, thyme, rutabaga, carrots, tomato paste, rosemary, and onions, stir, and cook for 2 minutes. Return the beef to the Instant Pot, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, add the bay leaves, bacon, peas, more salt and pepper, stir, and cook on Meat/Stew for 12 minutes. Release the pressure again, uncover the Instant Pot, stir, discard the bay leaves, divide into bowls, and serve.

Nutrition:

- Calories: 302
- Fat: 9
- Fiber: 6
- Carbs: 33
- Protein: 18

Italian Sausage Stew

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 pound Italian sausage, crumbled
- ½ pound cherry tomatoes, cut into halves
- 1 sweet onion, peeled and chopped
- 1½ pounds Yukon gold potatoes, cubed
- ¾ pound collard greens, sliced thin
- 1 cup chicken stock
- Salt and ground black pepper, to taste
- Juice of ½ lemon

Directions:

Set the Instant Pot on Sauté mode, add the sausage, stir, and cook for 8 minutes. Add the onions and tomatoes, stir, and cook 4 minutes. Add the potatoes, stock, salt, pepper, and collard greens, stir, cover the Instant Pot and cook on the Meat/Stew setting for 10 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper and lemon juice, stir, divide into bowls, and serve.

Nutrition:

- Calories: 230
- Fat: 10
- Fiber: 1
- Carbs: 24
- Protein: 28

Beans and Grains Recipes

Barley and Mushroom Risotto

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 cups yellow onions, peeled and chopped
- 1 tablespoon olive oil
- 1 cup pearl barley
- 1 teaspoon fennel seeds
- 2 tablespoons black barley
- 3 cups chicken stock
- 1/3 cup dry sherry
- 1 1/2 cups water
- 1.5 ounce dried mushrooms
- Salt and ground black pepper, to taste
- 1/4 cup Parmesan cheese, grated

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the fennel and onions, stir, and cook for 4 minutes. Add the barley, sherry, mushrooms, stock, water, salt, and pepper and stir well. Cover the Instant Pot, cook on the Rice setting for 18 minutes, release the pressure, uncover the Instant Pot, and set it on Manual mode. Add more salt and pepper, if needed, stir and cook for 5 minutes. Divide into bowls, add the cheese on top, and serve.

Nutrition:

- Calories: 200
- Fat: 5
- Fiber: 6.1
- Carbs: 31

- Protein: 7.6

Barley with Vegetables

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 tablespoon butter
- 1 white onion, peeled and chopped
- 1 garlic clove, peeled and minced
- 1½ cups pearl barley, rinsed
- 1 celery stalk, chopped
- ⅓ cup mushrooms, chopped
- 4 cups vegetable stock
- 2¼ cups water
- Salt and ground black pepper, to taste
- 3 tablespoons fresh parsley, chopped
- 1 cup Parmesan cheese, grated

Directions:

Set the Instant Pot on Sauté mode, add the oil and butter and heat them up. Add the onion and garlic, stir, and cook for 4 minutes. Add the celery and barley and toss to coat. Add the mushrooms, water, stock, salt, and pepper, stir, cover the Instant Pot and cook on the Multigrain setting for 18 minutes. Release the pressure, uncover the Instant Pot, add the cheese and parsley and more salt and pepper, if needed, stir for 2 minutes, divide into bowls, and serve.

Nutrition:

- Calories: 170
- Fat: 6
- Fiber: 4.5
- Carbs: 30
- Protein: 8

Cracked Wheat and Vegetables

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- ½ cup cracked whole wheat
- 1½ cups water
- 2 tomatoes, cored and chopped
- 2 small potatoes, cubed
- 5 cauliflower florets, chopped
- Salt and ground black pepper, to taste
- ¼ teaspoon mustard seeds
- ¼ teaspoon cumin seeds
- 1 teaspoon ginger, grated
- 1 tablespoon yellow split peas, rinsed
- 2 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 2 curry leaves
- 3 teaspoons vegetable oil
- ¼ teaspoon garam masala
- Cilantro leaves, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the cumin and mustard seeds, stir, and cook for 1 minute. Add the onion, garlic, split peas, garam masala, ginger, and curry leaves, stir, and cook for 2 minutes. Add the cauliflower, potatoes, and tomatoes, stir, and cook for 4 minutes. Add the wheat, salt, pepper, and water, stir, cover, and cook on Multigrain mode for 5 minutes. Release the pressure, uncover the Instant Pot, transfer the wheat and vegetables to plates, sprinkle cilantro on top, and serve.

Nutrition:

- Calories: 145
- Fat: 2
- Fiber: 4
- Carbs: 16
- Protein: 7

Cracked Wheat Surprise

Preparation time: 5 minutes

Cooking time: 17 minutes

Servings: 2

Ingredients:

- 2 cups cracked wheat
- 1 teaspoon fennel seeds
- 2½ cups butter
- 2 cups light brown sugar
- 3 cloves
- 1 cup milk
- Salt
- 3 cups water
- Almonds, chopped

Directions:

Set the Instant Pot on Sauté mode, add the butter and heat it up. Add the cracked wheat, stir, and cook for 5 minutes. Add the cloves and fennel seeds, stir, and cook for 2 minutes. Add the sugar, a pinch of salt, milk, and water, stir, cover, and cook on the Multigrain setting for 10 minutes. Release the pressure, uncover the Instant Pot, divide into bowls, and serve with chopped almonds on top.

Nutrition:

- Calories: 120
- Fat: 1
- Fiber: 1
- Carbs: 4
- Protein: 8

Barley Salad

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 cup hulled barley, rinsed
- 2½ cups water
- ¾ cup jarred spinach pesto
- 1 green apple, chopped
- ¼ cup celery, chopped
- Salt and ground white pepper, to taste

Directions:

Put the barley, water, salt, and pepper into the Instant Pot, stir, cover and cook on the Multigrain setting for 20 minutes. Release the pressure, uncover the Instant Pot, strain the barley, and put in a bowl. Add the celery, apple, spinach pesto, and more salt and pepper, toss to coat, and serve.

Nutrition:

- Calories: 170
- Fat: 7
- Fiber: 7
- Carbs: 0
- Protein: 5

Wheat Berry Salad

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 1½ cups wheat berries
- 1 tablespoon extra virgin olive oil
- Salt and ground black pepper, to taste
- 4 cups water

For the salad:

- 1 tablespoon balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 1 cup cherry tomatoes, cut into halves
- 2 green onions, chopped
- 2 ounces feta cheese, crumbled
- ½ cup Kalamata olives, pitted and chopped
- ½ cup fresh basil leaves, chopped
- ½ cup fresh parsley, chopped

Directions:

Set the Instant Pot on Sauté mode, add the tablespoon oil and heat it up. Add the wheat berries, stir, and cook for 5 minutes. Add the water, salt, and pepper, cover the Instant Pot, and cook on Multigrain mode for 30 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, drain the wheat berries, and put them in a salad bowl. Add the salt and pepper, 1 tablespoon oil, balsamic vinegar, tomatoes, green onions, olives, cheese, basil, and parsley, toss to coat, and serve.

Nutrition:

- Calories: 240
- Fat: 11
- Fiber: 6.3

- Carbs: 31

Protein: 5

Bulgur Salad

Preparation time: 15 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- Zest from 1 orange
- Juice from 2 oranges
- 2 garlic cloves, minced
- 2 teaspoons canola oil
- 2 tablespoons ginger, grated
- 1 cup bulgur, rinsed
- 1 tablespoon soy sauce
- $\frac{2}{3}$ cup scallions, chopped
- $\frac{1}{3}$ cup almonds, chopped
- Salt, to taste
- 2 teaspoons brown sugar
- $\frac{1}{2}$ cups water

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the ginger and garlic, stir, and cook for 1 minutes. Add the bulgur, sugar, water, and orange juice, stir, cover, and cook on the Multigrain setting for 5 minutes. Release the pressure naturally, uncover the Instant Pot, and set the bulgur aside. Heat up a pan over medium heat, add the almonds, stir, and toast them for 3 minutes. Add the orange zest, salt, soy sauce and scallions, stir, and cook for 1 minute. Add this to bulgur mix, stir with a fork, transfer to a bowl, and serve.

Nutrition:

- Calories: 232
- Fat: 7
- Fiber: 6
- Carbs: 38

- Protein: 7

Bulgur Pilaf

Preparation time: 10 minutes

Cooking time: 21 minutes

Servings: 6

Ingredients:

- 2 cups red onions, peeled and chopped
- 2 tablespoons extra virgin olive oil
- Salt and ground black pepper, to taste
- 2 teaspoons ginger, grated
- ¼ cup dill, chopped
- 1 garlic clove, peeled and minced
- 1½ cups bulgur
- ¼ cup fresh mint, chopped
- ¼ cup fresh parsley, chopped
- 3 tablespoons lemon juice
- ½ teaspoon cumin
- ½ teaspoons turmeric
- 2 cups vegetable stock
- 1½ cups carrot, chopped
- ½ cup walnuts, toasted and chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, stir, and cook on Multigrain temperature for 12 minutes. Add the garlic, stir, and cook for 1 minute. Add the cumin, turmeric, and bulgur, stir, and cook for 1 minute. Add the ginger, stock, carrots, salt, and pepper, stir, cover and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, add the mint, dill, parsley, lemon juice, and more salt and pepper, if needed, and stir gently. Divide among plates, and serve with almonds on top.

Nutrition:

- Calories: 270

- Fat: 12
- Fiber: 8
- Carbs: 38
- Protein: 7

Israeli Couscous

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- ½ cup red onion, chopped
- ½ teaspoon sesame oil
- ¼ cup red bell pepper, seeded and chopped
- 1 cup couscous, rinsed
- 1½ cups vegetable stock
- ½ teaspoon ground cinnamon
- ¼ teaspoon coriander
- Salt and ground black pepper, to taste
- 2 tablespoons red wine vinegar

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the bell pepper and onion, stir, and cook for 5 minutes. Add the couscous, coriander, stock, cinnamon, salt, pepper, and vinegar, stir, cover, and cook on the Multigrain setting for 3 minutes. Release the pressure, uncover the Instant Pot, divide the couscous into bowls, and serve.

Nutrition:

- Calories: 150
- Fat: 1
- Fiber: 5
- Carbs: 33
- Protein: 6

Millet with Vegetables

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 cup onion, chopped
- 2 garlic cloves, peeled and minced
- ½ cup oyster mushrooms, sliced
- ½ cup green lentils, rinsed
- 1 cup millet
- 2¼ cups vegetable stock
- ½ cup bok choy, sliced
- 1 cup snow peas
- 2 tablespoons parsley, chopped
- 2 tablespoons chives, chopped
- 1 cup asparagus, chopped
- 1 tablespoon lemon juice
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the onions, garlic, and mushrooms, stir, and cook for 2 minutes. Add the millet and lentils, stir, and cook for 1 minute. Add the stock, stir, cover, and cook on the Multigrain setting for 10 minutes. Release the pressure naturally, uncover the Instant Pot, add the asparagus, bok choy, and peas, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure again, uncover, add the lemon juice, salt, pepper, parsley, and chives, stir gently, divide into bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 1.2
- Fiber: 7

- Carbs: 20
- Protein: 10

Buckwheat Porridge

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 3 cups rice milk
- 1 cup buckwheat groats
- 1 banana, sliced
- ¼ cup raisins
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- Chopped nuts, for serving

Directions:

Put the buckwheat into the Instant Pot, add the milk, raisins, banana, vanilla, and cinnamon, stir, cover, and cook on Porridge mode for 6 minutes. Release the pressure for 15 minutes, uncover the Instant Pot, stir porridge, divide into bowls, and serve with chopped nuts on top.

Nutrition:

- Calories: 400
- Fat: 3
- Fiber: 13
- Carbs: 30
- Protein: 13

Couscous with Chicken and Vegetables

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 8 chicken thighs, skinless
- 1½ cups mushrooms, cut into halves
- 1½ cups carrots, chopped
- 1 green bell pepper, seeded and chopped
- 1 yellow onion, peeled and chopped
- 2 garlic cloves, peeled and minced
- 15 ounces canned stewed tomatoes, chopped
- Salt and ground black pepper, to taste
- ¾ cup couscous
- 1 zucchini, chopped
- ½ cup chicken stock
- ½ cup fresh parsley, chopped

Directions:

In the Instant Pot, mix chicken with mushrooms, carrots, bell pepper, onion, garlic, tomatoes and stock, stir, cover and cook on the Manual setting for 8 minutes. Release the pressure fast, uncover the Instant Pot, add couscous, zucchini, salt and pepper, stir, cover again and cook on Low for 6 minutes. Release the pressure again, uncover the Instant Pot, add parsley, stir gently, divide into bowls, and serve.

Nutrition:

- Calories: 300
- Fat: 10
- Fiber: 3
- Carbs: 35
- Protein: 20

Creamy Millet

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 cup split mung beans
- 1 bay leaf
- 1 cup carrot, chopped
- 1 cup millet, chopped
- 1 cup celery, chopped
- 4 cardamom pods
- 6 cups water
- 1½ cups fresh peas
- 1 tablespoon lime juice
- ¼ cup fresh cilantro, chopped
- 1 tablespoon butter
- 1 teaspoon coriander seeds, ground
- 1 teaspoon fennel seeds, ground
- ½ teaspoon cumin seeds, ground
- ½ teaspoon turmeric
- Salt and ground black pepper, to taste
- ½ teaspoon ginger, grated

Directions:

Set the Instant Pot on Sauté mode, add the mung beans, stir, and cook until they are golden. Add the millet, carrot, bay leaf, celery, cardamom, water, salt, and pepper, stir, cover, and cook on the Multigrain setting for 10 minutes. Release the pressure, uncover the Instant Pot, and set it on simmer mode. Heat up a pan with the butter over medium heat, add the coriander, fennel, cumin, turmeric, and ginger, stir, and cook for 2 minutes. Add this to the Instant Pot, stir, add more salt and pepper, peas, and lime juice, simmer for 5 minutes, divide among plates, sprinkle with cilantro, and serve.

Nutrition:

- Calories: 231
- Fat: 2
- Fiber: 8
- Carbs: 41
- Protein: 11

Oats and Vegetables

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 cup steel-cut oats
- 1½ cups water
- 1 carrot, peeled and chopped
- ½ green bell pepper, seeded and chopped
- 1-inch ginger piece, peeled and grated
- 1 Thai green chili, chopped
- 2 curry leaves
- ¼ teaspoon mustard seeds
- ½ teaspoon black lentils
- Onion powder
- 1½ tablespoons canola oil
- Turmeric
- Salt, to taste

Directions:

Put oats into the Instant Pot, add the water, cover, and cook on the Multigrain setting for 7 minutes. Heat up a pan with the oil over medium heat, add the mustard seeds, lentils, chili pepper, curry leaf, ginger, carrot, bell pepper, and a pinch of onion powder and turmeric, stir, and cook for 5 minutes. Release the pressure from the Instant Pot, uncover, add the oats to the pan with some salt, stir, divide into bowls, and serve.

Nutrition:

- Calories: 211
- Fat: 6.3
- Fiber: 5.6
- Carbs: 32

- Protein: 7.5

Cranberry Beans and Pasta

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 2 cups dried cranberry beans, soaked for 8 hours and drained
- 7 garlic cloves, peeled and minced
- 6 cups water
- 2 celery ribs, chopped
- 1 yellow onion, peeled and chopped
- 1 teaspoon rosemary, chopped
- ¼ teaspoon red pepper flakes
- 26 ounces canned diced tomatoes
- 3 teaspoons dried basil
- ½ teaspoon smoked paprika
- 2 teaspoons dried oregano
- Salt and ground black pepper, to taste
- 2 cups small pasta
- 3 tablespoons nutritional yeast
- 10 ounces kale leaves

Directions:

Set the Instant Pot on Sauté mode, add the onion, celery, garlic, red pepper flakes, rosemary, and a pinch of salt, stir, and brown for 2 minutes. Add the tomatoes, basil, oregano and paprika, stir and cook for 1 minute. Add the beans, and water, cover the Instant Pot and cook on the Bean/Chili setting for 10 minutes. Release the pressure, uncover the Instant Pot, add the pasta, yeast, kale, salt, and pepper, stir, and set the Instant Pot on Sauté mode. Cook for 5 minutes, divide into bowls, and serve.

Nutrition:

- Calories: 330

- Fat: 14
- Fiber: 10
- Carbs: 32
- Protein: 18

Cranberry Beans Mixture

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1½ cups cranberry beans, soaked for 8 hours and drained
- 4-inch dried seaweed, sliced
- 4 bacon slices, chopped
- Salt and ground black pepper, to taste
- 8 cups kale, chopped
- 4 ounces shiitake mushrooms, chopped
- ½ teaspoon garlic powder
- 1 teaspoon extra virgin olive oil

Directions:

Put the beans into the Instant Pot, add 2 inches water, salt, pepper, seaweed, cover and cook on the Bean/Chili setting for 8 minutes. Release the pressure, uncover the Instant Pot, transfer the beans and cooking liquid to a bowl and set the dish aside. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the garlic powder, bacon, mushrooms, salt, pepper, ¾ cup of the cooking liquid from the Instant Pot, stir well, and cook for 1 minute. Cover the Instant Pot, cook on the Manual setting for 3 minutes, and release pressure. Add the beans and kale, stir, and divide into bowls.

Nutrition:

- Calories: 228
- Fat: 2
- Fiber: 14
- Carbs: 41
- Protein: 9

Quinoa and Vegetables

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 1½ cups quinoa
- 1 red bell pepper, seeded and chopped
- 3 celery stalks, chopped
- Salt, to taste
- 4 cups spinach
- 2 tomatoes, cored and chopped
- 1½ cups chicken stock
- ½ cup black olives, pitted and chopped
- ½ cup feta cheese, crumbled
- ⅓ cup jarred pesto sauce
- ¼ cup almonds, sliced

Directions:

In the Instant Pot, mix the quinoa with the bell pepper, celery, spinach, stock, and salt, stir gently, cover, and cook on the Multigrain setting for 2 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, add the tomatoes, pesto, and olives, stir, and transfer to plates. Add the cheese and almonds on top, toss to coat, and serve.

Nutrition:

- Calories: 249
- Fat: 7
- Fiber: 5.4
- Carbs: 20
- Protein: 7.4

Mexican Cranberry Beans

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 1 pound cranberry beans, soaked for 8 hours and drained
- 3¼ cups water
- 4 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- 1½ teaspoons cumin
- ⅓ cup fresh cilantro, chopped
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- Salt and ground black pepper, to taste
- Cooked rice, for serving

Directions:

Put the beans into the Instant Pot, add the water, garlic, and onion, cover, and cook on the Bean/Chili setting for 20 minutes. Release the pressure, uncover the Instant Pot, add the cumin, cilantro, oregano, chili powder, salt, and pepper, stir well, mash a bit using a fork, divide among plates on top of rice, and serve.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 4
- Carbs: 10
- Protein: 6

Cranberry Bean Chili

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 8

Ingredients:

- 1 pound cranberry beans, soaked in water for 7 hours and drained
- 5 cups water
- 14 ounces canned tomatoes with green chilies, chopped
- ¼ cup millet
- ½ cup bulgur
- 1½ teaspoons cumin
- 2 tablespoons tomato paste
- 1 teaspoon chili powder
- 1 teaspoon garlic, minced
- ½ teaspoon liquid smoke
- 1 teaspoon dried oregano
- ½ teaspoon ancho chili powder
- Salt and ground black pepper, to taste
- Hot sauce, for serving
- Pickled jalapeños, for serving

Directions:

Put the beans and 3 cups water into the Instant Pot, cover, and cook on the Bean/Chili setting for 25 minutes. Release the pressure, add the rest of the water, tomatoes with chilies, millet, bulgur, cumin, tomato paste, chili powders, garlic, liquid smoke, oregano, salt, and pepper, stir, cover, and cook on Manual for 10 minutes. Release the pressure, uncover, divide into bowls, and serve with hot sauce on top and pickled jalapeños on the side.

Nutrition:

- Calories: 200
- Fat: 13

- Fiber: 4
- Carbs: 14
- Protein: 15

Lentil Tacos

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 4 ounces tomato sauce
- ½ teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 4 cups water
- 2 cups brown lentils
- Taco shells, for serving

Directions:

In the Instant Pot, mix the lentils with the water, tomato sauce, cumin, garlic powder, chili powder, and onion powder, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure, uncover the Instant Pot, divide the lentils into taco shells, and serve.

Nutrition:

- Calories: 157
- Fat: 4
- Fiber: 8
- Carbs: 24
- Protein: 6.4

Indian Lentils

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 3 teaspoons butter
- 1 teaspoon extra virgin olive oil
- 1 cup red lentils
- 1 yellow onion, peeled and chopped
- 2 teaspoons cumin
- ¼ teaspoon coriander
- ¼ teaspoon garlic powder
- ¼ teaspoon turmeric
- ¼ teaspoon paprika
- ¼ teaspoon red pepper flakes
- Salt and ground black pepper, to taste
- 3 cups chicken stock

Directions:

Set the Instant Pot on Sauté mode, add the butter and oil and heat up. Add the onions, stir, and cook for 4 minutes. Add the cumin, coriander, garlic powder, turmeric, paprika, and pepper flakes, stir, and cook for 2 minutes. Add the lentils and stock, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure, uncover the Instant Pot, divide into bowls, and serve.

Nutrition:

- Calories: 198
- Fat: 6
- Fiber: 8.7
- Carbs: 26
- Protein: 10.4

Lentils Salad

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 2 cups chicken stock
- 1 cup lentils
- 1 bay leaf
- ½ teaspoon dried thyme
- ¼ cup red onion, chopped
- ½ cup celery, chopped
- ¼ cup red bell pepper, chopped
- 2 tablespoons extra virgin olive oil
- 1 tablespoon garlic, minced
- ½ teaspoon dried oregano
- Juice of 1 lemon
- 2 tablespoons fresh parsley
- Salt and ground black pepper, to taste

Directions:

Put the lentils into the Instant Pot. Add the bay leaf, stock and thyme, stir, cover, and cook on the Bean/Chili setting for 8 minutes. Release the pressure, uncover the Instant Pot, drain the lentils and put them in a bowl. Add the celery, onion, bell pepper, garlic, parsley, oregano, lemon juice, olive oil, salt and pepper, toss to coat, and serve.

Nutrition:

- Calories: 165
- Fat: 5
- Fiber: 10
- Carbs: 20
- Protein: 9

Italian Lentils

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- ½ cup brown rice, soaked overnight and drained
- ¾ cup green lentils, soaked overnight and drained
- 2½ cups chicken stock
- 1 cup tomato sauce
- ¾ cup onion, chopped
- 1 cup green and red bell pepper, chopped
- 2 cups chicken, already cooked and shredded
- 3 carrots, peeled and chopped
- ½ cup greens
- Salt and ground black pepper, to taste
- 3 teaspoons Italian seasoning
- 2 garlic cloves, peeled and crushed
- 1 cup mozzarella cheese, shredded

Directions:

In the Instant Pot, mix the lentils with the rice, salt, pepper, stock, tomato sauce, onion, red and green pepper, chicken, carrots, greens, Italian seasoning and garlic, stir, cover and cook on Rice mode for 15 minutes. Release the pressure, uncover the Instant Pot, add the cheese, stir, divide among bowls, and serve.

Nutrition:

- Calories: 186
- Fat: 2
- Fiber: 3.3
- Carbs: 28
- Protein: 14.4

Lentils and Tomato Sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 green bell pepper, seeded and chopped
- 1 yellow onion, peeled and chopped
- 1 celery stalk, chopped
- 1½ cups tomatoes, chopped
- Salt and ground black pepper, to taste
- 1 teaspoon curry powder
- 2 cups water
- 1½ cups lentils

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the celery, bell pepper, onion, and tomatoes, stir, and cook for 4 minutes. Add the curry, salt, pepper, lentils, and water, stir, cover and cook on the Bean/Chili setting for 15 minutes. Release the pressure, uncover the Instant Pot, divide the lentils among bowls, and serve.

Nutrition:

- Calories: 105
- Fat: 3
- Fiber: 4.6
- Carbs: 1.7
- Protein: 6

Chickpeas Curry

Preparation time: 10 minutes

Cooking time: 21 minutes

Servings: 6

Ingredients:

- 4 teaspoons cumin seeds
- 8 teaspoons olive oil
- 4 teaspoons garlic, minced
- 1 yellow onion, diced
- 2 teaspoons garam masala
- 2 teaspoons coriander
- 2 teaspoons turmeric
- 3 cups chickpeas, already cooked, drained and rinsed
- 28 ounces canned diced tomatoes
- 3 potatoes, cubed
- ½ cup water
- Salt and ground black pepper, to taste
- Basmati rice, already cooked, for serving
- Cilantro, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the cumin seeds, stir, and cook for 30 seconds. Add the onion, stir, and cook for 5 minutes. Add the garlic, garam masala, coriander, turmeric, tomatoes, potatoes, chickpeas, water, salt, and pepper, stir, cover and cook on the Bean/Stew setting for 15 minutes. Release the pressure, uncover the Instant Pot, divide the chickpeas onto plates, and serve with rice on the side and cilantro on top.

Nutrition:

- Calories: 384
- Fat: 8.3
- Fiber: 12
- Carbs: 69

- Protein: 11.5

Chickpeas and Dumplings

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

- 4 carrots, peeled and chopped
- 1 yellow onion, peeled and chopped
- 4 red baby potatoes, chopped
- 2 garlic cloves, peeled and minced
- 28 ounces vegetable stock
- 1 vegetable bouillon cube
- 2 cans chickpeas, drained
- Salt and ground black pepper, to taste
- Cayenne pepper
- 2 green onions, chopped
- 2 celery stalks, chopped
- 1 $\frac{3}{4}$ teaspoons baking powder
- $\frac{3}{4}$ cup white flour
- $\frac{1}{2}$ teaspoon dried dill
- $\frac{1}{2}$ cup milk

Directions:

Set the Instant Pot on Sauté mode, add the onion, garlic, and a splash of stock, stir, and cook for 3 minutes. Add the potatoes, carrots, chickpeas, stock, bouillon cube, salt, pepper, and cayenne pepper, stir, cover, and cook on the Bean/Chili setting for 7 minutes. Release the pressure, uncover the Instant Pot, add the celery and green onions, stir and set aside. In a bowl, mix the flour with baking powder, a pinch of salt, dill, and milk and stir well. Shape 10 dumplings, heat up the soup on Manual mode, drop the dumplings into the Instant Pot, cover it, and cook on Steam mode for 10 minutes. Uncover the Instant Pot, add more salt and pepper, if needed, stir, divide into bowls, and serve.

Nutrition:

- Calories: 300
- Fat: 5
- Fiber: 10
- Carbs: 56
- Protein: 12

Kidney Beans Étouffée

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 tablespoon vegetable oil
- 2 cups bell pepper, chopped
- 1 cup yellow onion, chopped
- 2 teaspoons garlic, chopped
- 1 cup water
- 3 bay leaves
- 1 cup red kidney beans, soaked for 12 hours and drained
- 2 teaspoons smoked paprika
- 1½ teaspoons dried thyme
- Cayenne pepper
- 2 teaspoons marjoram
- 1 teaspoon dried oregano
- 14 ounces canned crushed tomatoes
- ½ teaspoon liquid smoke
- Salt and ground black pepper, to taste
- Rice, already cooked, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the onion, stir, and cook for 5 minutes. Add the bell pepper and garlic, stir, and cook 5 minutes. Add the beans, bay leaves, water, thyme, paprika, cayenne, and marjoram, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure, uncover the Instant Pot, discard the bay leaves, add the oregano, tomatoes, liquid smoke, salt, and pepper, stir, cover the Instant Pot again and cook for 3 minutes. Release the pressure, uncover the Instant Pot, and divide beans mix among plates on top of already cooked rice.

Nutrition:

- Calories: 189
- Fat: 3
- Fiber: 10
- Carbs: 32
- Protein: 11.3

Kidney Bean Curry

Preparation time: 10 minutes

Cooking time: 1 hour and 10 minutes

Servings: 8

Ingredients:

- 2 cups red kidney beans, soaked for 8 hours and drained
- 1-inch piece ginger, chopped
- 1 yellow onion, peeled and chopped
- 4 garlic cloves, peeled and chopped
- 2 tablespoons vegetable oil
- 2 teaspoons butter
- 2 red chili peppers, dried and crushed
- Salt and ground black pepper, to taste
- 6 cloves
- 1 teaspoon cumin seeds
- 1 teaspoons turmeric
- 1 teaspoon cumin
- 1 teaspoon coriander
- 2 tomatoes, cored and chopped
- 2 cups water
- 1 teaspoon sugar
- 1 teaspoon cayenne pepper
- 2 teaspoons garam masala
- ¼ cup fresh cilantro, chopped

Directions:

Grind the ginger, garlic, and onion using a mortar and pestle and transfer the paste to a bowl. Set the Instant Pot on Sauté mode, add the butter and oil and heat it up. Add the red chili peppers, cloves, and cumin seeds, stir, and fry for 3 minutes. Add the onion paste, stir, and cook for 3 minutes. Add the coriander, cumin, and turmeric, stir, and cook for 30 seconds. Add the tomatoes, stir, and cook 5 minutes. Add the beans, water, salt, pepper, and sugar, stir, cover, and cook on the Bean/Chili setting for 40 minutes. Switch Instant Pot to Manual and cook for 10

minutes. Release the pressure, uncover the Instant Pot, add the red pepper, garam masala, and cilantro, stir, divide among plates, and serve.

Nutrition:

- Calories: 224
- Fat: 4
- Fiber: 7
- Carbs: 30
- Protein: 12

Chickpeas and Garlic

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 2 bay leaves
- 4 garlic cloves, peeled
- 2 cups chickpeas, rinsed
- Water
- 2 tomatoes, cored and chopped
- 2 small cucumbers, chopped
- 1 teaspoon olive oil
- Salt and ground black pepper, to taste

Directions:

Put the chickpeas into the Instant Pot. Add the water, garlic, and bay leaves, stir, cover, and cook on the Bean/Stew setting for 35 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, drain the water and put the chickpeas and garlic in a bowl. Add the cucumber, tomatoes, salt, pepper, and oil, toss to coat, and serve.

Nutrition:

- Calories: 110
- Fat: 7
- Fiber: 0.6
- Carbs: 17
- Protein: 8

Chickpeas and Pesto

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

For the pesto:

- ¼ cup extra virgin olive oil
- 1½ cups fresh basil
- 1 garlic clove, peeled and minced
- ¼ cup Parmesan cheese, grated
- 1 tablespoon pine nuts, roasted

For the chickpeas:

- 12 ounces chickpeas, soaked for 8 hours
- 1 yellow onion, peeled and chopped
- 2 tablespoons extra virgin olive oil
- 2 carrots, peeled and chopped
- 14 ounces canned tomatoes
- 4 cups chicken stock
- ¼ cup Parmesan cheese, grated

Directions:

In a blender, mix the basil with the cheese, garlic, pine nuts, ¼ cup oil, and some salt and blend well. Transfer to a bowl and set the dish aside. Set the Instant Pot on Sauté mode, add 2 tablespoons oil and heat it up. Add the onion and some salt, stir, and cook for 3 minutes. Add the carrots, chickpeas, tomatoes, stock, salt, and pepper, stir, cover, and cook on the Bean/Stew setting for 10 minutes. Release the pressure, uncover the Instant Pot and transfer the chickpeas mix into bowls. Add the pesto on top, sprinkle with cheese, and serve.

Nutrition:

- Calories: 100

- Fat: 3.5
- Fiber: 3
- Carbs: 13
- Protein: 3.2

Kidney Beans and Ham

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- 1 pound red kidney beans, soaked for 8 hours and drained
- 2 yellow onions, peeled and chopped
- 8 ounces smoked Tasso ham, chopped
- 1 celery rib, chopped
- 2 tablespoons garlic, minced
- 1 green bell pepper, seeded and chopped
- 2 teaspoons dried thyme
- 3 tablespoons extra virgin olive oil
- 2 bay leaves
- Cajun seasoning, to taste
- 4 green onions, chopped
- Hot sauce, to taste

Directions:

Set the Instant Pot on Sauté mode, add the oil, and heat it up. Add the ham, stir, cook for 5 minutes, and transfer to a bowl. Add the onions and Cajun seasoning to the Instant Pot, stir, and cook for 10 minutes. Add the garlic, stir, and cook 5 minutes. Add the bell pepper and celery, stir, and cook 5 minutes. Add the beans, enough water to cover everything, bay leaves, thyme, cover the Instant Pot and cook on the Bean/Chili setting for 15 minutes. Release the pressure fast, uncover the Instant Pot, add the ham and set aside for 5 minutes. Divide the beans and ham mix on plates, garnish with green onions, and serve with hot sauce to the taste.

Nutrition:

- Calories: 240
- Fat: 3

- Fiber: 4
- Carbs: 16
- Protein: 5

Black Beans and Chorizo

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 6

Ingredients:

- 1 tablespoon vegetable oil
- 6 ounces chorizo, chopped
- 1 yellow onion, peeled and cut into half
- 1 pound black beans, soaked for 8 hours and drained
- 6 garlic cloves, peeled and minced
- 2 bay leaves
- 1 orange, cut into half
- 2 quarts chicken stock
- Salt, to taste
- Fresh cilantro, chopped for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the chorizo, stir, and cook for 2 minutes. Add the onion, beans, garlic, bay leaves, orange, salt, and stock, stir, cover, and cook on the Bean/Chili setting for 40 minutes. Release the pressure naturally, uncover the Instant Pot, discard the bay leaves, onion, and orange, add more salt and cilantro, stir, divide into bowls, and serve.

Nutrition:

- Calories: 230
- Fat: 7.7
- Fiber: 8
- Carbs: 30
- Protein: 12.5

Chili Lime Black Beans

Preparation time: 10 minutes

Cooking time: 42 minutes

Servings: 4

Ingredients:

- 2 cups black beans, soaked for 8 hours and drained
- 2 teaspoons red palm oil
- 1 yellow onion, peeled and chopped
- Salt, to taste
- 4 garlic cloves, peeled and minced
- 1 tablespoon chili powder
- 1 teaspoon smoked paprika
- 3 cups water
- Juice from 1 lime

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the garlic and onion, stir, and cook for 2 minutes. Add the beans, chili powder, paprika, salt, and water, stir, cover, and cook on Bean/Chili for 40 minutes. Release the pressure naturally, uncover the Instant Pot, add the lime juice and more salt, stir, divide into bowls, and serve.

Nutrition:

- Calories: 200
- Fat: 3
- Fiber: 5
- Carbs: 22
- Protein: 7

Marrow Beans with Lemon

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 2 cups marrow beans, soaked for 8 hours and drained
- 1 cup yellow onion, peeled and chopped
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh rosemary, chopped
- 4 garlic cloves, peeled and minced
- 1 carrot, peeled and chopped
- Salt and ground black pepper, to taste
- 4 cups water
- 1 bay leaf
- 2 tablespoons lemon juice
- Quinoa, already cooked, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onion, carrot, garlic, and rosemary, stir, and cook for 3 minutes. Add the water, bay leaf, beans, and some salt, stir, cover, and cook on the Bean/Chili setting for 45 minutes. Release the pressure naturally, uncover the Instant Pot, discard the bay leaf, add salt and pepper to taste and lemon juice, stir well and divide into bowls over already cooked quinoa.

Nutrition:

- Calories: 165
- Fat: 2
- Fiber: 6
- Carbs: 28
- Protein: 9

Black Beans

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 pound ham hock
- 4 tablespoons extra virgin olive oil
- 1 yellow onion, peeled and chopped
- 1 bay leaf
- 2 garlic cloves, peeled and minced
- 2 cups black beans, soaked for 8 hours and drained
- Salt and ground black pepper, to taste
- 6 cups water

Directions:

Set the Instant Pot on Sauté mode, add 3 tablespoons oil and heat up. Add the ham hock and onions, stir, and cook for 5 minutes. Add the bay leaf and garlic, stir, and cook for 1 minute. Add the beans and stir well. Add the water, the rest of the oil, salt, and pepper, stir, cover, and cook on the Bean/Chili setting for 25 minutes. Release the pressure, set aside for 5 minutes, uncover the Instant Pot, discard the bay leaf and ham hock bone, add more salt and pepper, if needed, stir, divide into bowls, and serve.

Nutrition:

- Calories: 500
- Fat: 4
- Fiber: 21
- Carbs: 35
- Protein: 32

Black Beans in Sauce

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 8

Ingredients:

- 16 ounces black beans, soaked overnight and drained
- 2 tablespoons chili powder
- 1 yellow onion, peeled and chopped
- 4 garlic cloves, peeled and minced
- 2 teaspoons cumin
- 1 teaspoon chipotle powder
- 2 teaspoons dried oregano
- 8 ounces tomato paste
- 2 quarts water
- 4 tablespoons sunflower oil
- Salt, to taste

Directions:

In the Instant Pot, mix the beans with garlic, onion, chili powder, chipotle powder, cumin, oregano, tomato paste, water, oil, and salt, stir, cover, and cook on the Bean/Chili setting for 30 minutes. Release the pressure, uncover the Instant Pot, and set it on Manual mode. Add more salt, if needed, stir, cook for 3 minutes, divide into bowls, and serve.

Nutrition:

- Calories: 180
- Fat: 3
- Fiber: 7
- Carbs: 7
- Protein: 10

White Beans and Shrimp

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 8

Ingredients:

- 1 pound white beans, soaked for 8 hours and drained
- 1 garlic clove, peeled and minced
- 2 yellow onions, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 celery rib, chopped
- Fresh parsley, chopped
- 2 cups seafood stock
- 2 bay leaves
- 3 tablespoons canola oil
- Creole seasoning, to taste
- 1 pound shrimp, peeled and deveined
- Cooked rice, for serving
- Hot sauce, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions and some Creole seasoning, stir, and cook for 5 minutes. Add the garlic, stir, and cook 5 minutes. Add the bell pepper and celery, stir, and cook for 5 minutes. Add the beans, stock, and some water to cover everything in the Instant Pot. Add the bay leaves and parsley, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure, uncover the Instant Pot, add the shrimp, cover the Instant Pot and set it aside for 10 minutes. Divide the beans and shrimp among plates on top of cooked rice, and serve with hot sauce.

Nutrition:

- Calories: 340
- Fat: 13

- Fiber: 11
- Carbs: 38
- Protein: 21

Baked Beans

Preparation time: 10 minutes

Cooking time: 55 minutes

Servings: 4

Ingredients:

- 1 pound white beans, soaked for 8 hours and drained
- ½ cup molasses
- 2 garlic cloves, peeled and minced
- 1 yellow onion, peeled and chopped
- ½ cup maple syrup
- 1 tablespoon dry mustard
- Salt and ground black pepper, to taste
- 7 cups water
- ⅛ cup balsamic vinegar

Directions:

Put the beans and 3 cups water into the Instant Pot, cover, and cook on the Bean/Chili setting for 10 minutes. Release the pressure, uncover the Instant Pot, drain the beans and return them to the Instant Pot. Add 4 cups of water, molasses, garlic, onion, maple syrup, vinegar, salt, and pepper, stir, cover, and cook on Manual for 45 minutes. Release the pressure again, uncover the Instant Pot, divide into bowls, and serve.

Nutrition:

- Calories: 152
- Fat: 5.5
- Fiber: 5.4
- Carbs: 21
- Protein: 5.5

Indian-style Mung Beans

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 4

Ingredients:

- 1 cup mung beans, soaked for 6 hours and drained
- 1 teaspoon cumin seeds
- 2 teaspoons butter
- Cayenne pepper
- 2 teaspoons turmeric
- ½ tablespoon coriander
- 1 teaspoon cumin
- 1 tablespoon ginger, grated
- 1 yellow onion, peeled and chopped
- 1 tomato, cored and chopped
- 1½ cups water
- 4 jalapeño peppers, chopped
- ¼ cup fresh cilantro, chopped
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the butter, and heat it up. Add the cumin seeds, stir, and cook for 1 minute. Add the cayenne, turmeric, coriander, cumin, and ginger, stir, and cook for 2 minutes. Add jalapeños and onion, stir, and cook for 4 minutes. Add the beans and water, salt and pepper, stir, cover, and cook on the Bean/Chili setting for 20 minutes. Release the pressure, uncover the Instant Pot, add the tomatoes, more salt and pepper, if needed, and set the Instant Pot on Manual mode. Stir and simmer for 20 minutes, add the cilantro, divide into bowls, and serve.

Nutrition:

- Calories: 210

- Fat: 4.3
- Fiber: 8.7
- Carbs: 33
- Protein: 13

Navy Beans and Cabbage

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 8

Ingredients:

- 6 bacon slices, chopped
- 1 yellow onion, peeled and chopped
- 1½ cups navy beans, soaked for 8 hours and drained
- ¼ teaspoon cloves
- 3 cups chicken stock
- 1 bay leaf
- 1 cabbage head, chopped
- 3 tablespoons honey
- 3 tablespoons white wine vinegar
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add the bacon, stir, and brown it for 4 minutes. Add the onions, stir, and cook for 4 minutes. Add the stock, beans, clove, and bay leaf, stir, cover, and cook on the Bean/Chili setting for 35 minutes. Release the pressure, uncover, add the vinegar, honey, and cabbage, stir, cover, and cook on the Manual setting for 12 minutes. Release the pressure, uncover, add salt and pepper, stir, divide into bowls, and serve.

Nutrition:

- Calories: 150
- Fat: 1
- Fiber: 9.5
- Carbs: 27
- Protein: 7

Creamy White Beans

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 8

Ingredients:

- 1 yellow onion, peeled and chopped
- 1 pound white beans
- 5 cups water
- 2 celery ribs, chopped
- 2 bay leaves
- 4 garlic cloves, peeled and minced
- 1 green bell pepper, seeded and chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and ground white pepper, to taste
- 1 tablespoon soy sauce
- 1 tablespoon Tabasco sauce

Directions:

Put the beans and water into the Instant Pot. Add the onion, celery, garlic, bell pepper, oregano, thyme, salt, white pepper, and soy sauce, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure naturally for 15 minutes, uncover the Instant Pot, and set it on Manual mode. Add more salt and pepper to taste and Tabasco sauce, stir, and cook for 20 minutes. Divide into bowls, and serve.

Nutrition:

- Calories: 170
- Fat: 0.6
- Fiber: 10
- Carbs: 31
- Protein: 10.5

Mung Beans

Preparation time: 10 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

- $\frac{3}{4}$ cup mung beans, soaked for 15 minutes and drained
- 1 small red onion, peeled and chopped
- $\frac{1}{2}$ teaspoon cumin seeds
- $\frac{1}{2}$ teaspoon coconut oil
- $\frac{1}{2}$ cup brown rice, soaked for 15 minutes and drained
- 28 ounces canned crushed tomatoes
- 5 garlic cloves, peeled and minced
- 1-inch ginger piece, peeled and chopped
- 1 teaspoon coriander
- 1 teaspoon turmeric
- $\frac{1}{2}$ teaspoon garam masala
- Cayenne pepper
- Salt and ground black pepper, to taste
- 1 teaspoon lemon juice
- 4 cups water

Directions:

In a food processor, mix the tomatoes with the onions, ginger, garlic, coriander, turmeric, cayenne, salt, pepper, and garam masala, and blend well. Set the Instant Pot on Sauté mode, add the oil and heat up. Add the cumin seeds, stir, and fry for 2 minutes. Add the tomatoes, stir, and cook for 15 minutes. Add the beans, rice, water, salt, pepper, and lemon juice, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, stir again, divide into bowls, and serve.

Nutrition:

- Calories: 180

- Fat: 1
- Fiber: 15
- Carbs: 39
- Protein: 7

Black-eyed Pea Curry

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 1 cup black-eyed peas, soaked for 3 hours and drained
- ½ teaspoon cumin seeds
- 2 tablespoons avocado oil
- 1 bay leaf
- 1 yellow onion, peeled and chopped
- 6 garlic cloves, peeled and minced
- 1-inch ginger piece, peeled and grated
- 1 teaspoon turmeric
- Cayenne pepper
- 2 tomatoes, cored and chopped
- Salt and ground black pepper, to taste
- 1 teaspoon garam masala
- 3 cups water
- Cilantro leaves, chopped, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the cumin seeds, stir, and fry for 2 minutes. Add the onion and bay leaf, stir, and cook for 8 minutes. Add the ginger, garlic, turmeric, cayenne, salt, pepper, and garam masala, stir, and cook for 2 minutes. Add the peas, tomatoes and water, stir, cover and cook on the Bean/Chili setting for 30 minutes. Release the pressure, uncover the Instant Pot, add the cilantro, more salt and pepper, if needed, stir, divide into bowls, and serve.

Nutrition:

- Calories: 200
- Fat: 6
- Fiber: 12

- Carbs: 33
- Protein: 12

Fava Bean Dip

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 2 cups fava beans, soaked
- 2 garlic cloves, peeled and crushed
- 3 cups water
- 2 teaspoons tahini
- 2 tablespoons vegetable oil
- 2 teaspoons cumin
- 1 teaspoon harissa
- Zest from 1 lemon
- Juice of 1 lemon
- Salt and ground black pepper, to taste
- 1 tablespoon olive oil
- 1 teaspoon paprika

Directions:

Set the Instant Pot on Sauté mode, add the vegetable oil and heat it up. Add the garlic, stir, and cook for 3 minutes. Add the fava beans and water, stir, cover, and cook on the Bean/Chili setting for 12 minutes. Release the pressure naturally for 10 minutes, uncover the Instant Pot, drain most of the liquid, and set the Instant Pot on Sauté mode. Add the cumin, harissa, tahini, salt, pepper, and lemon zest, stir, and blend everything using an immersion blender. Add the paprika, lemon juice, and olive oil and stir gently. Divide into bowls, and serve.

Nutrition:

- Calories: 60
- Fat: 1
- Fiber: 0
- Carbs: 9

- Protein: 3

Butter Beans with Bacon

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 8

Ingredients:

- 1 pound butter beans, soaked for 8 hours and drained
- 1 pound bacon, chopped
- 4 cups water
- 1 garlic clove, minced
- 1 jalapeño pepper, chopped
- ½ teaspoon cumin, ground
- 12 ounces beer
- Salt and ground black pepper, to taste

Directions:

Set the Instant Pot on Sauté mode, add bacon and brown it for 10 minutes. Transfer bacon to paper towels, drain the grease, put in a bowl and set aside. Add the water, cumin, and beer to the Instant Pot and stir. Add the beans, stir, cover and cook on the Bean/Chili setting for 30 minutes. Release the pressure, uncover the Instant Pot, add the garlic, bacon, jalapeño, salt, and pepper, stir, cover again and cook on the Manual setting for 3 minutes. Release the pressure, uncover, transfer to bowls, and serve.

Nutrition:

- Calories: 156
- Fat: 4
- Fiber: 3
- Carbs: 6
- Protein: 1

Split Pea Curry

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 cup split peas, soaked in water for a few hours and drained
- 1 tablespoon olive oil
- 2 yellow onions, peeled and chopped
- 2 bell peppers, seeded and chopped
- 4 tablespoons curry paste
- 2 teaspoons cumin seeds
- 15 ounces canned diced tomatoes
- 15 ounces canned coconut milk
- Cilantro leaves, chopped
- Zest and juice of 1 lime
- Salt and ground black pepper, to taste
- 5 ounces coconut-flavored yogurt
- Naan bread, for serving

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the onions and bell peppers, stir, and cook for 10 minutes. Add the curry paste and cumin seeds, stir, and cook for 1 minute. Add the split peas, coconut milk, tomatoes, and cilantro. Also, add some salt and pepper, stir, cover, and cook on the Bean/Chili setting for 25 minutes. Release the pressure, uncover the Instant Pot, add more salt and pepper, if needed, lime zest, and juice and yogurt and stir. Divide into bowls, and serve with naan bread on the side.

Nutrition:

- Calories: 435
- Fat: 18

- Fiber: 8
- Carbs: 47
- Protein: 16

Fava Bean Puree

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 pound fava bean, rinsed
- 1 cup yellow onion, peeled and chopped
- 4½ cups water
- 1 bay leaf
- ¼ cup extra virgin olive oil
- 1 garlic clove, peeled and minced
- 2 tablespoons lemon juice
- Salt, to taste

Directions:

Put fava beans into the Instant Pot, add 4 cups water, some salt, and bay leaf, cover, and cook on the Bean/Chili setting for 18 minutes. Release the pressure naturally, uncover the Instant Pot, drain the beans, and discard bay leaf. Return the beans to the Instant Pot, add the remaining water, garlic, onion, and salt, stir, cover, and cook 5 minutes. Release the pressure, uncover the Instant Pot, transfer beans mixture to your food processor, add the olive oil and lemon juice and blend well. Divide into bowls, and serve cold.

Nutrition:

- Calories: 330
- Fat: 4
- Fiber: 1
- Carbs: 30
- Protein: 10

Full Mudammas

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

Ingredients:

- 2 cups fava beans, already cooked
- 4 roasted garlic cloves, peeled and chopped
- 1 red onion, peeled and chopped
- 1 tablespoon olive oil
- 1 teaspoon cumin
- ½ cup water
- Salt and ground black pepper, to taste
- Juice from 2 lemons
- 1 egg, hard boiled, peeled and sliced
- 1 tomato, diced
- 1 yellow onion, peeled and cut into thin rings
- Red chili flakes
- Paprika

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the red onion, stir, and cook for 3 minutes. Add the cumin and garlic, stir, and cook for 1 minute. Add the beans, salt, pepper and water, stir, cover, and cook on the Bean/Chili setting for 15 minutes. Release the pressure, uncover the Instant Pot, set it on Manual mode and cook for 10 more minutes. Transfer to a bowl, add more salt, pepper, and lemon juice and mash using a potato masher. Garnish with egg slices, tomato pieces, yellow onion rings, red chili flakes, and paprika sprinkled on top.

Nutrition:

- Calories: 154
- Fat: 1.4
- Fiber: 3

- Carbs: 30
- Protein: 8.6

Split Pea and Squash Curry

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 1 cup split peas, soaked in water for a few hours and drained
- ¼ teaspoon black lentils
- 1 tablespoon peanut oil
- ¾ teaspoon mustard seeds
- 1 tablespoon ginger, minced
- 2 garlic cloves, peeled and minced
- ½ cup onion, chopped
- 2 cups squash, peeled and chopped
- ⅓ cup tomato, cored and cut into chunks
- 2 cups water
- Salt and ground black pepper, to taste
- ½ teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon coriander
- 2 teaspoons garam masala
- ½ cup fresh cilantro, chopped

Directions:

Set the Instant Pot on Sauté mode, add the oil and heat it up. Add black lentils and mustard seeds, stir and fry for 1 minute. Add onions, ginger, garlic, stir and cook for 3 minutes. Add the split peas, water, tomato, turmeric, salt, pepper, coriander, cumin, squash and half of the cilantro, stir, cover, and cook on the Bean/Chili setting for 10 minutes. Release the pressure naturally, uncover the Instant Pot, add the rest of the cilantro and garam masala, stir, divide into bowls, and serve.

Nutrition:

- Calories: 275
- Fat: 2.7
- Fiber: 12.5
- Carbs: 53
- Protein: 12

Pea and Pineapple Curry

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 cup peas, soaked in water for a few hours and drained
- 4 cups water
- 3 tablespoons extra virgin olive oil
- 1 yellow onion, peeled and chopped
- 1 cup brown lentils
- 1 teaspoon curry powder
- ½ teaspoon turmeric
- ¼ teaspoon ground cinnamon
- ½ teaspoon cumin
- ⅔ cup canned pineapple, cut into chunks
- ¼ cup cashew butter

Directions:

In a bowl, mix the cashew butter with some water, stir well set aside and set the dish aside. Put the lentils and peas in you Instant Pot, add 3½ cups water, stir, cover, and cook on the Bean/Chili setting for 25 minutes. Release the pressure, drain the peas and lentils and put them in a bowl. Set the Instant Pot on Sauté mode, add the oil and heat it up. Add the turmeric, cumin, curry powder, and cinnamon, stir and cook for 3 minutes. Add the onions, stir and cook for 4 minutes. Set the Instant Pot on Manual mode, add the peas and lentils, cashew butter, pineapple ½ cup water, stir, simmer for 5 minutes, divide into bowls, and serve.

Nutrition:

- Calories: 333
- Fat: 11
- Fiber: 17
- Carbs: 43

- Protein: 16

Dessert Recipes

Almond Cream Cheese Cake

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 12

Ingredients:

- 1 pound almond cream cheese
- 6 oz dates, soaked for 15 minutes and drained
- 2 ounces honey
- 4 eggs
- 2 ounces stevia
- Some vanilla extract
- 17 ounces water
- Orange juice and zest from ½ orange

Directions:

- 1. In a bowl, mix almond cream cheese with eggs, honey, stevia, vanilla, orange zest, orange juice and dates, stir well, pour into a heatproof dish and cover with tin foil.*
- 2. Put water in instant pot, add the trivet on the bottom, add the baking dish, cover and cook on Medium for 20 minutes.*
- 3. Leave cake to cool down, slice and serve it.*

Enjoy!

Nutrition: calories 200, fat 2, fiber 2, carbs 3, protein 3

Sweet Cauliflower Rice Pudding

Preparation time: 5 minutes

Cooking time: 14 minutes

Servings: 6

Ingredients:

- 1 tablespoon ghee
- 7 ounces cauliflower, riced
- 4 ounces water
- 16 ounces almond milk
- 2 tablespoons stevia
- 1 egg
- 1 tablespoon coconut cream
- 1 teaspoon vanilla
- Cinnamon to the taste

Directions:

1. Set your instant pot on Sauté mode, add ghee, melt it, add cauliflower rice and stir well.
2. Add water, milk and stevia, stir, cover and cook on High for 8 minutes.
3. In a bowl, mix cream with vanilla and eggs and stir well.
4. Pour some of the liquid from the pot into the egg mixture, stir and add this to the pot, cover and cook on High for 4 minutes more.

5. Divide into bowls, sprinkle cinnamon all over and serve.

Enjoy!

Nutrition: calories 172, fat 2, fiber 2, carbs 3, protein 6

Great Pears Dessert

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 pears
- Zest and juice from 1 lemon
- 26 ounces natural grape juice
- 11 ounces natural and Paleo currant jelly
- 4 cloves
- ½ vanilla bean
- 4 peppercorns
- 2 rosemary sprigs

Directions:

1. Put currant jelly in your instant pot, add grape juice, orange zest and juice, cloves, peppercorns, rosemary and vanilla bean and stir well.
2. Dip pears in this mix and wrap them in tin foil.
3. Put the steamer basket into the pot, add wrapped pears inside, cover and cook on High for 10 minutes.
4. Unwrap pears, divide them between plates, drizzle juices from the pot all over and serve.

Enjoy!

Nutrition: calories 182, fat 3, fiber 1, carbs 2, protein
3

Pears And Special Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 6 green pears
- 1 vanilla pod
- 1 clove
- A pinch of cinnamon
- 7 oz stevia
- 1 glass natural red grape juice

Directions:

1. In your instant pot, mix red grapes juice with stevia and cinnamon and stir.
2. *Add the pears and clove, cover and cook on High for 10 minutes.*
3. *Divide pears and grapes sauce on plates and serve.*

Enjoy!

Nutrition: calories 172, fat 2, fiber 2, carbs 3, protein 6

Tapioca Pudding

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 and ½ cups water
- 1/3 cup tapioca pearls
- 1 and ¼ cup coconut milk
- Zest from ½ lemon
- 3 tablespoons stevia

Directions:

1. Put tapioca pearls in a heat proof bowl, add milk, ½ cup water, lemon zest and stevia and stir well.
2. Put 1 cup water in your instant pot, add the steamer basket, add the dish with tapioca pudding, cover and cook on High for 10 minutes.
3. Divide into dessert cups and serve.

Enjoy!

Nutrition: calories 162, fat 4, fiber 1, carbs 3, protein 3

Sweet Apples

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 6 apples
- 1 cup natural red grape juice
- ¼ cup raisins
- 1 teaspoon cinnamon powder
- 2 tablespoons stevia

Directions:

1. Put the apples in your instant pot, add grape juice, raisins, cinnamon and stevia, toss a bit, cover and cook on High for 10 minutes.
2. Divide among small dessert plates and serve.

Enjoy!

Nutrition: calories 130, fat 1, fiber 2, carbs 6, protein

1

Amazing Chocolate Dessert

Preparation time: 5 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 2 cups water
- 3.5 ounces dark chocolate, chopped
- 3.5 ounces coconut milk

Directions:

1. In a ramekin, mix chocolate with coconut milk and whisk well.
2. Put the water in your instant pot, add the steamer basket, add ramekin inside, cover and cook on High for 2 minutes.
3. Stir chocolate mix well and serve.

Enjoy!

Nutritional value: calories 110, fat 3, fiber 2, carbs 4, protein 2

Simple And Delicious Cake

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings:

Ingredients:

- 1 and $\frac{1}{4}$ cup coconut flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon cardamom, ground
- $\frac{1}{2}$ cup almond milk
- 2 tablespoons stevia
- 2 tablespoons flax seeds
- 2 tablespoon coconut oil, melted
- 1 cup pear, chopped
- $\frac{1}{2}$ cup cranberries, chopped
- 1 and $\frac{1}{2}$ cups water

Directions:

1. In a bowl, mix flour with baking soda and powder and cardamom and stir.
2. In another bowl, mix milk with flax seeds, stevia and oil and stir well.
3. Combine the two mixtures, add cranberries and pear, stir and pour into a greased cake pan.
4. Pour the water in your instant pot, add the steamer basket and place the pan inside,

- cover and cook on High for 35 minutes.
5. Leave cake to cool down, slice and serve.

Enjoy!

Nutrition: calories 160, fat 2, fiber 3, carbs 3, protein
4

Carrot Cake

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 5 ounces coconut flour
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon allspice
- $\frac{1}{2}$ teaspoon cinnamon powder
- 3 tablespoons coconut cream
- $\frac{1}{4}$ teaspoon nutmeg, ground
- 1 tablespoon flaxseed mixed well with 2 tablespoons water
- 3 tablespoons stevia
- $\frac{1}{3}$ cup carrots, grated
- $\frac{1}{4}$ cup pineapple juice
- $\frac{1}{3}$ cup coconut flakes
- 4 tablespoons coconut oil, melted
- $\frac{1}{3}$ cup pecans, toasted and chopped
- Cooking spray
- 2 cups water

Directions:

1. In a bowl, mix flour with baking soda and powder, salt, allspice, cinnamon and nutmeg

and stir.

2. Add flaxseed, cream, stevia, pineapple juice, oil, carrots, pecans and coconut flakes, stir and pour into a greased cake pan.
3. Put 2 cups water in your instant pot, add the steamer basket, add cake pan, cover and cook on High for 32 minutes.
4. Leave cake to cool down, slice and serve it.

Enjoy!

Nutrition: calories 140, fat 3, fiber 2, carbs 3, protein 4

Simple Cobbler

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 3 apples, cored and cut into medium pieces
- 1 and ½ cups hot water
- 2 pears, cored and cut into chunks
- ¼ cup date syrup
- 3 tablespoons flax meal
- 1 teaspoon cinnamon powder

Directions:

1. Put apples and pears in your instant pot, add hot water, date syrup, flax meal and cinnamon, stir, cover and cook on High for 12 minutes.
2. Divide into bowls and serve.

Enjoy!

Nutrition: calories 143, fat 3, fiber 1, carbs 2, protein 3

Simple And Delicious Compote

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 6

Ingredients:

- 8 peaches, stones removed and chopped
- ½ cup water
- 4 tablespoons stevia
- 1 teaspoon cinnamon powder
- 1 vanilla bean, scraped
- 1 teaspoon vanilla extract

Directions:

1. Put the peaches in your instant pot, add stevia, water, vanilla bean, vanilla extract and cinnamon, stir, cover and cook on High for 3 minutes.
2. Divide into bowls and serve.

Enjoy!

Nutrition: calories 100, fat 2, fiber 1, carbs 2, protein 3, protein 3

Delightful Peaches Surprise

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 6 peaches, tops cut off and insides removed
- ¼ cup coconut flour
- ¼ cup maple syrup
- 2 tablespoons coconut butter
- ½ teaspoon cinnamon powder
- 1 teaspoon almond extract
- 1 cup water

Directions:

1. In a bowl, mix flour with maple syrup, coconut butter, cinnamon and ½ teaspoon almond extract, stir well and stuff peaches with this mix.
2. Add the water and the rest of the almond extract to your instant pot, add steamer basket, add peaches inside, cover and cook on High for 4 minutes.
3. Divide among plates and serve.

Enjoy!

Nutrition: calories 165, fat 3, fiber 1, carbs 2, protein 4

Carrots Dessert

Preparation time: 10 minutes

Cooking time: 14 minutes

Servings: 4

Ingredients:

- 1 tablespoon stevia
- 2 cups baby carrots
- ½ cup water
- ½ tablespoon ghee

Directions:

1. Set your instant pot on Sauté mode, add ghee, melt it up, mix with stevia and water and stir well.
2. Add carrots, toss to coat, cover the pot and cook on High for 12 minutes.
3. Divide into small bowls and serve.

Enjoy!

Nutrition: calories 76, fat 1, fiber 1, carbs 2, protein 2

Elegant Dessert

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 cup red grapes juice
- 1 pound figs
- ½ cup pine nuts, toasted
- 2 tablespoons stevia

Directions:

1. Put grape juice in your instant pot, add the steamer basket, and add figs, cover, cook on High for 4 minutes, divide among plates and leave aside for now.
2. Set the pot on Simmer mode, add stevia, stir well, cook for 1 minute and drizzle this over figs.

Enjoy!

Nutrition: calories 73, fat 0, fiber 1, carbs 2, protein 2

Special Lemon Cream

Preparation time: 30 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 cup coconut milk
- Zest from 1 lemon, grated
- 6 egg yolks
- 1 cup coconut cream
- 1 cup water
- 1 tablespoon stevia
- ½ cup fresh blackberries

Directions:

1. Heat up a pan over medium heat, add coconut milk, lemon zest and coconut cream, stir, bring to a boil, take off heat and leave aside for 30 minutes.
2. In a bowl, mix egg yolks with stevia and cream mix, stir, divide into 4 ramekins and cover them with tin foil.
3. Add the water to your instant pot, add the steamer basket, add ramekins inside, cover and cook on High 5 minutes.
4. Serve with blackberries on top.

Enjoy!

Nutrition: calories 132, fat 2, fiber 1, carbs 2, protein
2

Delicious Carrot Dessert

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 6

Ingredients:

- 1 and ½ cups water
- 2 tablespoons stevia
- 2 eggs
- ¼ cup molasses
- ½ cup coconut flour
- ½ teaspoon allspice
- ½ teaspoon baking soda
- ½ teaspoon cinnamon powder
- A pinch of nutmeg, ground
- ½ cup pecans, chopped
- ½ cup carrots, grated
- ½ cup raisins
- ½ cup flax meal

Directions:

1. In a bowl, mix molasses with eggs and stevia and stir.
2. Add flour, carrots, nuts, raisins, flax meal, cinnamon, allspice, nutmeg and baking soda, stir everything, pour into a

greased cake pan and cover with tin foil.

3. Put the water in your instant pot, add the steamer basket, add cake pan inside, cover and cook on High for 1 hour.
4. Leave cake to cool down, slice and serve it.

Enjoy!

Nutrition: calories 200, fat 2, fiber 3, carbs 6, protein 7

Chocolate Cake

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- $\frac{3}{4}$ cup cocoa powder
- $\frac{3}{4}$ cup almond flour
- $\frac{1}{2}$ cup ghee, melted
- 1 cup water
- 4 tablespoons stevia
- $\frac{1}{2}$ teaspoon baking powder
- 3 eggs, whites and yolks separated
- 1 teaspoon vanilla extract

Directions:

1. In a bowl, beat egg whites with your mixer.
2. In another bowl, beat egg yolks with your mixer.
3. In a third bowl, mix flour with baking powder, stevia, cocoa powder, egg white, egg yolks, ghee and vanilla extract, stir very well and pour into a greased and lined baking pan.
4. Put the water in your instant pot, add the steamer basket, add cake pan, cook on

Low for 40 minutes, and leave cake to cool down, slice and serve it.

Enjoy!

Nutrition: calories 241, fat 2, fiber 2, carbs 3, protein 5

Simple And Delicious Compote

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 1/3 cup water
- 1 tablespoon mint, chopped
- 2 pounds rhubarb, chopped
- 3 tablespoon honey
- 1 pound strawberries, chopped

Directions:

1. Put rhubarb and water in your instant pot, add honey, mint and strawberries, stir cover and cook on High for 7 minutes.
2. Switch instant pot to simmer mode and cook compote for 15 minutes more.
3. Serve cold.

Enjoy!

Nutrition: calories 74, fat 0, fiber 0, carbs 1, protein 2

Special Pudding

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 2 cups water
- 1 egg
- 1 and ¼ cups dates, chopped
- ¼ cup blackstrap molasses
- ¾ cup hot water
- 1 teaspoon baking powder
- 1 and ¼ cups coconut flour
- 2 tablespoons stevia
- 1/3 cup ghee, melted
- 1 teaspoon vanilla extract

Directions:

1. In a bowl, mix dates with hot water and molasses and stir,
2. In another bowl, mix baking powder with flour and stir.
3. In a third bowl, mix stevia with ghee, egg and vanilla and stir
4. Add flour and dates mixtures to this mix, stir again and divide this into 8 small and greased ramekins.

5. Put the water in your instant pot, add the steamer basket, add ramekins inside, cover and cook on Low for 20 minutes.
6. Serve them warm.

Enjoy!

Nutrition: calories 174, fat 1, fiber 3, carbs 6, protein 7

Fast Dessert

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 egg yolks
- 3 eggs
- 1 and ½ cups water
- 2 cups coconut milk, warm
- 2 tablespoons stevia
- ½ cup coconut cream
- 2 tablespoons hazelnut syrup
- 1 teaspoon vanilla extract

Directions:

1. In a bowl, mix eggs with yolks and stevia and whisk well.
2. Add warm milk, hazelnut syrup, vanilla and coconut cream, stir, strain and pour into custard cups.
3. Add the water to your instant pot, add the steamer basket, add custard cups, cover and cook on High for 6 minutes.
4. Leave custard to cool down completely and serve.

Enjoy!

Nutrition: calories 142, fat 1, fiber 2, carbs 2, protein
3

Cool Pudding

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 tablespoon coconut oil
- 1 and ½ cups water
- 1 cup cauliflower, riced
- 14 ounces coconut milk
- 2 eggs
- 3 tablespoons stevia
- ½ teaspoon vanilla extract
- 8 ounces canned pineapple, chopped

Directions:

1. In your instant pot, mix oil with water and cauliflower rice, stir, cover and cook at High for 3 minutes.
2. Add stevia, coconut milk, eggs and vanilla, stir, set the pot on Simmer mode and bring to boil.
3. Add pineapple, stir, divide into bowls and serve.

Enjoy!

Nutrition: calories 112, fat 2, fiber 2, carbs 2, protein
3

Zucchini Dessert

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 cup natural applesauce
- 3 eggs, whisked
- 1 tablespoon vanilla extract
- 3 tablespoons stevia
- 2 cups zucchini, grated
- 2 and ½ cups coconut flour
- ½ cup cocoa powder
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon cinnamon powder
- ½ cup walnuts, chopped
- ½ cup dark chocolate chips
- 1 and ½ cups water

Directions:

1. In a bowl, mix zucchini with stevia, vanilla, eggs and applesauce and stir well.
2. Add flour, cocoa, baking soda, baking powder, cinnamon, chocolate chips and walnuts, stir and pour into a greased cake pan.

3. Add the water to your instant pot, add the steamer basket, add the pan, cover and cook on High for 25 minutes.
4. Leave cake to cool down, slice and serve.

Enjoy!

Nutrition: calories 200, fat 1, fiber 3, carbs 2, protein 6

Berry Compote

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 cup blueberries
- 2 cups strawberries, sliced
- 2 tablespoons lemon juice
- 2 tablespoons stevia
- 1 tablespoon arrowroot powder
- 1 tablespoon water

Directions:

1. In your instant pot, mix blueberries with lemon juice and stevia, stir, cover and cook at High for 3 minutes.
2. Add arrowroot powder mixed with 1 tablespoon water, stir, set the pot on Simmer mode and cook for 2 minutes more.
3. Serve cold.

Enjoy!

Nutrition: calories 162, fat 2, fiber 2, carbs 3, protein 3

Refreshing Curd

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 3 tablespoons stevia
- 12 ounces raspberries
- 2 egg yolks
- 2 tablespoons lemon juice
- 2 tablespoons ghee

Directions:

1. Put raspberries in your instant pot, add stevia and lemon juice, stir, cover and cook on High for 2 minutes.
2. Strain this into a bowl, add egg yolks, stir well and return to your pot.
3. Set the pot on Simmer mode, cook for 2 minutes, add ghee, stir well, transfer to a container and serve cold.

Enjoy!

Nutrition: calories 132, fat 1, fiber 0, carbs 2, protein 4

The Best Jam Ever

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 4 and ½ cups peaches, peeled and cubed
- 4 tablespoons stevia
- ¼ cup crystallized ginger, chopped

Directions:

1. Set your instant pot on Simmer mode, add peaches, ginger and stevia, stir, bring to a boil, cover and cook on High for 5 minutes.
2. Divide into bowls and serve cold.

Enjoy!

Nutrition: calories 53, fat 0, fiber 0, carbs 0, protein

2

Divine Pears

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 12

Ingredients:

- 8 pears, cored and cut into quarters
- 1 teaspoon cinnamon powder
- 2 apples, peeled, cored and cut into quarters
- ¼ cup natural apple juice

Directions:

1. In your instant pot, mix pears with apples, cinnamon and apple juice, stir, cover and cook on High for 4 minutes.
2. Blend using an immersion blender, divide into small jars and serve cold

Enjoy!

Nutrition: calories 100, fat 0, fiber 0, carbs 0, protein 2

Berry Marmalade

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 12

Ingredients:

- 1 pound cranberries
- 1 pound strawberries
- ½ pound blueberries
- 3.5 ounces black currant
- 4 tablespoons stevia
- Zest from 1 lemon
- A pinch of salt
- 2 tablespoon water

Directions:

1. In your instant pot, mix strawberries with cranberries, blueberries, currants, lemon zest, stevia and water, stir, cover and cook on High for 10 minutes.
2. Divide into jars and serve cold.

Enjoy!

Nutrition: calories 87, fat 2, fiber 0, carbs 1, protein 2

Orange Delight

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- Juice from 2 lemons
- 6 tablespoons stevia
- 1 pound oranges, peeled and halved
- 1-pint water

Directions:

1. In your instant pot, mix lemon juice with orange juice and orange segments, water and stevia, cover and cook on High for 15 minutes.
2. Divide into jars and serve cold.

Nutrition: calories 75, fat 0, fiber 0, carbs 2, protein 2

Simple Squash Pie

Preparation time: 10 minutes

Cooking time: 14 minutes

Serving: 8

Ingredients:

- 2 pounds butternut squash, peeled and chopped
- 2 eggs
- 2 cups water
- 1 cup coconut milk
- 2 tablespoons honey
- 1 teaspoon cinnamon powder
- ½ teaspoon ginger powder
- ¼ teaspoon cloves, ground
- 1 tablespoon arrowroot powder
- Chopped pecans

Directions:

1. Put 1 cup water in your instant pot, add the steamer basket, add squash pieces, cover, cook on High for 4 minutes, drain, transfer to a bowl and mash.
2. Add honey, milk, eggs, cinnamon, ginger and cloves, stir very well and pour into ramekins.

3. Add the rest of the water to your instant pot, add the steamer basket, add ramekins inside, cover and cook on High for 10 minutes.
4. Garnish with chopped pecans and serve.

Enjoy!

Nutrition: calories 132, fat 1, fiber 2, carbs 2, protein 3

Winter Pudding

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 4 ounces dried cranberries, soaked for a few hours and drained
- 2 cups water
- 4 ounces apricots, chopped
- 1 cup coconut flour
- 3 teaspoons baking powder
- 3 tablespoons stevia
- 1 teaspoon ginger powder
- A pinch of cinnamon powder
- 15 tablespoons ghee
- 3 tablespoons maple syrup
- 4 eggs
- 1 carrot, grated

Directions:

1. In a blender, mix flour with baking powder, stevia, cinnamon and ginger and pulse a few times.
2. Add ghee, maple syrup, eggs, carrots, cranberries and apricots, stir and spread into a greased pudding pan.

3. Add the water to your instant pot, add the steamer basket, add the pudding, cover and cook on High for 30 minutes.
4. Leave pudding to cool down before serving.

Enjoy!

Nutrition: calories 213, fat 2, fiber 1, carbs 3, protein 3

Banana Dessert

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 2 tablespoons stevia
- 1/3 cup ghee, soft
- 1 teaspoon vanilla
- 1 egg
- 2 bananas, mashed
- 1 teaspoon baking powder
- 1 and 1/2 cups coconut flour
- 1/2 teaspoons baking soda
- 1/3 cup coconut milk
- 2 cups water
- Cooking spray

Directions:

1. In a bowl, mix milk stevia, ghee, egg, vanilla and bananas and stir everything.
2. In another bowl, mix flour with salt, baking powder and soda.
3. Combine the 2 mixtures, stir well and pour into a greased cake pan.
4. Add the water to your pot, add the steamer basket, add the cake pan, cover

- and cook at High for 30 minutes.
5. Leave cake to cool down, slice and serve.

Enjoy!

Nutrition: calories 243, fat 1, fiber 1, carbs 2, protein 4

Apple Cake

Preparation time: 10 minutes

Cooking time: 1 hour and 10 minutes

Servings: 6

Ingredients:

- 3 cups apples, cored and cubed
- 1 cup water
- 3 tablespoons stevia
- 1 tablespoon vanilla
- 2 eggs
- 1 tablespoon apple pie spice
- 2 cups coconut flour
- 1 tablespoon baking powder
- 1 tablespoon ghee

Directions:

1. In a bowl mix eggs with ghee, apple pie spice, vanilla, apples and stevia and stir using your mixer.
2. In another bowl, mix baking powder with flour, stir, add to apple mix, stir again well and transfer to a cake pan.
3. Add 1 cup water to your instant pot, add the steamer basket, add cake pan, cover and cook at High for 1 hour and 10 minutes.

4. Cool cake down, slice and serve it.

Enjoy!

Nutrition: calories 100, fat 2, fiber 1, carbs 2, protein
2

Special Vanilla Dessert

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cup almond milk
- 4 tablespoons flax meal
- 2 tablespoons coconut flour
- 2 and ½ cups water
- 2 tablespoons stevia
- 1 teaspoon espresso powder
- 2 teaspoons vanilla extract
- Coconut cream for serving

Directions:

3. In your instant pot, mix flax meal with flour, water, stevia, milk and espresso powder, stir, cover and cook on high for 10 minutes.
4. Add vanilla extract, stir well, leave aside for 5 minutes, divide into bowls and serve with coconut cream on top.

Enjoy!

Nutrition: calories 182, fat 2, fiber 1, carbs 3, protein 4

Tasty And Amazing Pear Dessert

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

- 1 cup water
- 2 cups pear, peeled and cubed
- 2 cups coconut milk
- 1 tablespoon ghee
- ¼ cups brown stevia
- ½ teaspoon cinnamon powder
- 4 tablespoons flax meal
- ½ cup walnuts, chopped
- ½ cup raisins

Directions:

1. In a heat proof dish, mix milk with stevia, ghee, flax meal, cinnamon, raisins, pears and walnuts and stir.
2. Put the water in your instant pot, add the steamer basket, place heat proof dish inside, cover and cook on High for 6 minutes.
3. Divide this great dessert into small cups and serve cold.

Enjoy!

Nutrition: calories 162, fat 3, fiber 1, carbs 2, protein 6

Cranberries Jam

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 12

Ingredients:

- 16 ounces cranberries
- 4 ounces raisins
- 3 ounces water+ ¼ cup water
- 8 ounces figs
- 16 ounces strawberries, chopped
- Zest from 1 lemon

Directions:

1. Put figs in your blender, add ¼ cup water, pulse well and strain into a bowl.
2. In your instant pot, mix strawberries with cranberries, lemon zest, raisins, 3 ounces water and figs puree, stir, cover the pot, cook at High for 15 minutes, divide into small jars and serve.

Nutrition: calories 73, fat 1, fiber 1, carbs 2, protein 3

Lemon Jam

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 8

Ingredients:

- 2 pounds lemons, sliced
- 2 cups dates
- 1 cup water
- 1 tablespoon vinegar

Directions:

1. Put dates in your blender, add water and pulse really well.
2. Put lemon slices in your instant pot, add dates paste and vinegar, stir, cover and cook on High for 12 minutes.
3. Stir, divide into small jars and serve.

Enjoy!

Nutrition: calories 72, fat 2, fiber 1, carbs 2, protein 6

Special Dessert

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 cups rooibos tea
- 1 tablespoon cinnamon, ground
- 2 cups cauliflower, riced
- 2 apples, diced
- 1 teaspoon cloves, ground
- 1 teaspoon turmeric, ground
- A drizzle of honey

Directions:

1. Put cauliflower rice in your instant pot, add tea, stir, cover and cook at High for 10 minutes
2. Add cinnamon, apples, turmeric and cloves, stir, cover and cook at High for 10 minutes mode.
3. Divide into bowls, drizzle honey on top and serve.

Enjoy!

Nutrition: calories 152, fat 2, fiber 1, carbs 5, protein 6

Superb Banana Dessert

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- Juice from ½ lemon
- 2 tablespoons stevia
- 3 ounces water
- 1 tablespoon coconut oil
- 4 bananas, peeled and sliced
- ½ teaspoon cardamom seeds

Directions:

1. Put bananas, stevia, water, oil, lemon juice and cardamom in your instant pot, stir a bit, cover and cook on High for 30 minutes, shaking the pot from time to time.
2. Divide into bowls and serve.

Enjoy!

Nutrition: calories 87, fat 1, fiber 2, carbs 3, protein 3

Rhubarb Dessert

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 5 cups rhubarb, chopped
- 2 tablespoons ghee, melted
- 1/3 cup water
- 1 tablespoon stevia
- 1 teaspoon vanilla extract

Directions:

1. Put rhubarb, ghee, water, stevia and vanilla extract in your instant pot, cover and cook on High for 5 minutes.
2. Divide into small bowls and serve cold.

Enjoy!

Nutrition: calories 83, fat 2, fiber 1, carbs 2, protein 2

Plum Delight

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 10

Ingredients:

- 4 pounds plums, stones removed and chopped
- 1 cup water
- 2 tablespoons stevia
- 1 teaspoon cinnamon, powder
- ½ teaspoon cardamom, ground

Directions:

1. Put plums, water, stevia, cinnamon and cardamom in your instant pot, cover and cook on High for 5 minutes.
2. Stir well, pulse a bit using an immersion blender, divide into small jars and serve.

Enjoy!

Nutrition: calories 83, fat 0, fiber 1, carbs 2, protein 5

Refreshing Fruits Dish

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 and ½ pounds plums, stones removed and halved
- 2 tablespoons stevia
- 1 tablespoon cinnamon powder
- 2 apples, cored, peeled and cut into wedges

- 2 tablespoons lemon zest, grated
- 2 teaspoons balsamic vinegar
- 1 cup hot water

Directions:

1. Put plums, water, apples, stevia, cinnamon, lemon zest and vinegar in your instant pot, cover and cook on High for 10 minutes.
2. Stir again well, divide into small cups and serve cold.

Nutrition: calories 73, fat 0, fiber 1, carbs 2, protein 4

Dessert Stew

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 6

Ingredients:

- 14 plums, stones removed and halved
- 2 tablespoons stevia
- 1 teaspoon cinnamon powder
- ¼ cup water
- 2 tablespoons arrowroot powder

Directions:

1. Put plums, stevia, cinnamon, water and arrowroot in your instant pot, cover and cook on High for 6 minutes.
2. Divide into small jars and serve cold.

Enjoy!

Nutrition: calories 83, fat 0, fiber 1, carbs 2, protein 2

Original Fruits Dessert

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 10

Ingredients:

- 3 cups canned pineapple chunks, drained
- 3 cups canned cherries, drained
- 2 cups canned apricots, halved and drained
- 2 cups canned peach slices, drained
- 3 cups natural applesauce
- 2 cups canned mandarin oranges, drained
- 2 tablespoons stevia
- 1 teaspoon cinnamon powder

Directions:

1. Put pineapples, cherries, apricots, peaches, applesauce, oranges, cinnamon and stevia in your instant pot, cover and cook on High for 10 minutes.
2. Divide into small bowls and serve cold.

Enjoy!

Nutrition: calories 120, fat 1, fiber 2, carbs 3, protein 2

Delicious Apples And Cinnamon

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 1 teaspoon cinnamon powder
- 12 ounces apples, cored and chopped
- 2 tablespoons flax seed meal mixed with 1 tablespoon water
- ½ cup coconut cream
- 3 tablespoons stevia
- ½ teaspoon nutmeg
- 2 teaspoons vanilla extract
- 1/3 cup pecans, chopped

Directions:

1. In your instant pot, mix flax seed meal with coconut cream, vanilla, nutmeg, stevia, apples and cinnamon, stir a bit, cover and cook on High for 10 minutes.
2. Divide into bowls, sprinkle pecans on top and serve.

Enjoy!

Nutrition: calories 120, fat 3, fiber 2, carbs 3, protein 3

Crazy Delicious Pudding

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 1 mandarin, sliced
- Juice from 2 mandarins
- 3 tablespoons stevia
- 4 ounces ghee, melted
- ½ cup water
- 2 tablespoons flax meal
- ¾ cup coconut flour
- 1 teaspoon baking powder
- ¾ cup almonds, ground
- Olive oil cooking spray

Directions:

1. Grease a loaf pan, arrange sliced mandarin on the bottom and leave aside.
2. In a bowl, mix ghee with stevia, flax meal, almonds, mandarin juice, flour and baking powder, stir and spread this over mandarin slices.
3. Add the water to your instant pot, place the trivet on top, add loaf pan, cover and cook on High for 35 minutes.

4. Leave aside to cool down, slice and serve.

Enjoy!

Nutrition: calories 200, fat 2, fiber 2, carbs 3, protein 4

Wonderful Berry Pudding

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 1 cup almond flour
- 2 tablespoons lemon juice
- 2 cups blueberries
- 2 teaspoons baking powder
- ½ teaspoon nutmeg, ground
- ½ cup coconut milk
- 3 tablespoons stevia
- 1 tablespoon flax meal mixed with 1
tablespoon water
- 3 tablespoons ghee, melted
- 1 teaspoon vanilla extract
- 1 tablespoon arrowroot powder
- 1 cup cold water

Directions:

1. In a greased heat proof dish, mix blueberries and lemon juice, toss a bit and spread on the bottom.
2. In a bowl, mix flour with nutmeg, stevia, baking powder, vanilla, ghee, flaxseed

meal, arrowroot and milk, stir well again and spread over blueberries.

3. Put the water in your instant pot, add the trivet, and the heatproof dish, cover and cook on High for 35 minutes.
4. Leave pudding to cool down, transfer to dessert bowls and serve.

Enjoy!

Nutrition: calories 220, fat 4, fiber 4, carbs 9, protein 6

Winter Fruits Dessert

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1-quart water
- 2 tablespoons stevia
- 1 pound mixed apples, pears and cranberries
- 5-star anise
- A pinch of cloves, ground
- 2 cinnamon sticks
- Zest from 1 orange, grated
- Zest from 1 lemon, grated

Directions:

1. Put the water, stevia, apples, pears, cranberries, star anise, cinnamon, orange and lemon zest and cloves in your instant pot, cover and cook on High for 15 minutes.
2. Serve cold.

Enjoy!

Nutrition: calories 98, fat 0, fiber 0, carbs 0, protein 2

Different Dessert

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 2

Ingredients:

- 2 cups orange juice
- 4 pears, peeled, cored and cut into medium chunks
- 5 cardamom pods
- 2 tablespoons stevia
- 1 cinnamon stick
- 1 small ginger piece, grated

Directions:

1. Place pears, cardamom, orange juice, stevia, cinnamon and ginger in your instant pot, cover and cook on High for 4 minutes.
2. Divide into small bowls and serve cold.

Enjoy!

Nutrition: calories 100, fat 0, fiber 1, carbs 1, protein 2

Orange Dessert

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 and $\frac{3}{4}$ cup water
- 1 teaspoon baking powder
- 1 cup coconut flour
- 2 tablespoons stevia
- $\frac{1}{2}$ teaspoon cinnamon powder
- 3 tablespoons coconut oil, melted
- $\frac{1}{2}$ cup coconut milk
- $\frac{1}{2}$ cup pecans, chopped
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup orange peel, grated
- $\frac{3}{4}$ cup orange juice

Directions:

1. In a bowl, mix flour with stevia, baking powder, cinnamon, 2 tablespoons oil, milk, pecans and raisins, stir and transfer to a greased heat proof dish.
2. Heat up a small pan over medium high heat, mix $\frac{3}{4}$ cup water with orange juice, orange peel and the rest of the oil, stir,

bring to a boil and pour over the pecans mix.

3. Put 1 cup water in your instant pot, add the trivet, add heat proof dish, cover and cook on High for 30 minutes.
4. Serve cold.

Enjoy!

Nutrition: calories 142, fat 3, fiber 1, carbs 3, protein 3

Great Pumpkin Dessert

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 10

Ingredients:

- 1 and ½ teaspoons baking powder
- 2 cups coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon nutmeg, ground
- 1 teaspoons cinnamon powder
- ¼ teaspoon ginger, grated
- 1 tablespoon coconut oil, melted
- 1 egg white
- 1 tablespoon vanilla extract
- 1 cup pumpkin puree
- 2 tablespoons stevia
- 1 teaspoon lemon juice
- 1 cup water

Directions:

1. In a bowl, flour with baking powder, baking soda, cinnamon, ginger, nutmeg, oil, egg white, ghee, vanilla extract, pumpkin puree, stevia and lemon juice, stir well and transfer this to a greased cake pan.

2. Put the water in your instant pot, add trivet, add cake pan, cover and cook on High for 30 minutes.
3. Leave cake to cool down, slice and serve.

Enjoy!

Nutrition: calories 180, fat 3, fiber 2, carbs 3, protein 4

Raspberry Dessert

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 12

Ingredients:

- ½ cup coconut butter
- ½ cup coconut oil
- ½ cup coconut, unsweetened and shredded
- ½ cup raspberries, dried
- 3 tablespoons stevia

Directions:

1. Set your instant pot on sauté mode, add coconut butter, melt it, add stevia, oil, coconut and raspberries, stir, cover and cook on High for 2 minutes.
2. Spread this on a lined baking sheet, spread well, introduce in the fridge for a couple of hours, slice and serve.

Enjoy!

Nutrition: calories 174, fat 5, fiber 2, carbs 4, protein

7

Blueberries and Strawberries Cream

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 12

Ingredients:

- 8 ounces mascarpone cheese
- $\frac{3}{4}$ teaspoon vanilla stevia
- 1 cup coconut cream
- $\frac{1}{2}$ pint blueberries
- $\frac{1}{2}$ pint strawberries

Directions:

1. In your instant pot, mix cream with stevia, mascarpone, blueberries and strawberries, stir, cover and cook on High for 2 minutes.
2. Divide into small dessert bowls and serve cold.

Enjoy!

Nutrition: calories 183, fat 4, fiber 1, carbs 3, protein

1

Lemon Cream

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 5

Ingredients:

- 1 cup coconut cream
- A pinch of salt
- 1 teaspoon lemon stevia
- ¼ cup lemon juice
- 8 ounces mascarpone cheese

Directions:

1. In your instant pot, mix cream with mascarpone, lemon juice, stevia and a pinch of salt, stir, cover and cook on High for 2 minutes.
2. Divide into small dessert bowls and keep in the fridge until you serve it.

Enjoy!

Nutrition: calories 165, fat 7, fiber 0, carbs 2, protein 3

Cream Cheese Bars

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 8

Ingredients:

- 5 ounces coconut oil, melted
- ½ teaspoon baking powder
- 4 tablespoons stevia
- 1 teaspoon vanilla extract
- 4 ounces cream cheese
- 6 eggs
- ½ cup blueberries
- 1 and ½ cups water

Directions:

1. In a bowl, mix oil with eggs, cream cheese, vanilla, stevia, blueberries and baking powder, blend using an immersion blender and pour into a baking dish.
2. Add the water to your instant pot, add steamer basket, add baking dish inside, cover and cook on High for 16 minutes.
3. Leave aside to cool down, cut into medium bars and serve them cold.

Enjoy!

Nutrition: calories 162, fat 4, fiber 2, carbs 6, protein 8

Cocoa Pudding

Preparation time: 50 minutes

Cooking time: 3 minutes

Servings: 2

Ingredients:

- 1 and ½ cups water+ 2 tablespoons water
- 1 tablespoon gelatin
- 2 tablespoons stevia
- 2 tablespoons cocoa powder
- 1 cup coconut milk, hot

Directions:

1. In a bowl, mix milk with stevia and cocoa powder and stir well.
2. In a bowl, mix gelatin with 2 tablespoons water, stir well, add to the cocoa mix, stir and divide into 2 ramekins.
3. Add the water to your instant pot, add the steamer basket, add ramekins inside, cover and cook on High for 3 minutes.
4. Keep puddings in the fridge until you serve.

Enjoy!

Nutrition: calories 120, fat 2, fiber 1, carbs 4, protein 3

Avocado Pudding

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 2 avocados, pitted, peeled and chopped
- 2 teaspoons vanilla extract
- 80 drops stevia
- 1 tablespoon lime juice
- 14 ounces coconut milk
- 1 and ½ cups water

Directions:

1. In your instant pot, mix avocado with coconut milk, vanilla extract, stevia and lime juice, blend well and divide into 4 ramekins.
2. Add the water to your instant pot, add the steamer basket, add ramekins inside, cover and cook on High for 2 minutes.
3. Keep puddings in the fridge until you serve them.

Enjoy!

Nutrition: calories 150, fat 3, fiber 1, carbs 3, protein 4

Peppermint Pudding

Preparation time: 2 hours

Cooking time: 2 minutes

Servings: 3

Ingredients:

- ½ cup coconut oil, melted
- 13 stevia drops
- 1 tablespoon cocoa powder

- 1 teaspoon peppermint oil
- 14 ounces canned coconut milk
- 1 avocado, pitted, peeled and chopped
- 10 drops stevia

Directions:

1. In a bowl, mix coconut oil with cocoa powder and 3 drops stevia, stir well, transfer to a lined container, keep in the fridge for 1 hour and chop into small pieces.
2. In your instant pot, mix coconut milk with avocado, 10 drops stevia and peppermint oil, blend using an immersion blender, cover pot and cook on High for 2 minutes.
3. Add chocolate chips, stir, divide pudding into bowls and keep in the fridge for 1 hour before serving.

Enjoy!

Nutrition: calories 140, fat 3, fiber 2, carbs 3, protein
4

Coconut Pudding

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 1 and 2/3 cups coconut milk
- 1 tablespoon gelatin
- 6 tablespoons swerve
- 3 egg yolks
- ½ teaspoon vanilla extract

Directions:

1. In a bowl, mix gelatin with 1 tablespoon coconut milk, stir well and leave aside for now.
2. Set your instant pot on simmer mode, add milk, heat it up, add swerve, egg yolks, vanilla extract and gelatin, stir well, cover pot and cook on High for 2 minutes.
3. Divide everything into 4 ramekins and serve them cold.

Enjoy!

Nutrition: calories 140, fat 2, fiber 1, carbs 3, protein 2

Orange Cake

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 12

Ingredients:

- 6 eggs
- 1 orange, cut into quarters
- 1 and ½ cups water
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 9 ounces almond meal
- 4 tablespoons swerve
- 2 tablespoons orange zest, grated
- 2 ounces stevia
- 4 ounces cream cheese
- 4 ounces coconut yogurt

Directions:

1. In your food processor, mix orange with almond meal, swerve, eggs, baking powder and vanilla extract, pulse well and transfer to a cake pan.
2. Add the water to your instant pot, add steamer basket, add cake pan inside, cover and cook on High for 25 minutes.

3. In a bowl, mix cream cheese with orange zest, coconut yogurt and stevia and stir well.
4. Spread this well over cake, slice and serve it.

Enjoy!

Nutrition: calories 170, fat 13, fiber 2, carbs 4, protein 4

Walnuts Cream

Preparation time: 10 minutes

Cooking time: 1 minute

Servings: 6

Ingredients:

- 2 ounces coconut oil
- 4 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- 1 cup walnuts, chopped
- 4 tablespoons stevia

Directions:

1. In your instant pot, mix cocoa powder with oil, vanilla, walnuts and stevia, blend using an immersion blender, cover pot and cook on High for 1 minute.
2. Transfer to a bowl, leave in the fridge for a couple of hours and serve.

Enjoy!

Nutrition: calories 100, fat 5, fiber 1, carbs 3, protein 4

Lemon Cream

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1 and 1/3 pint coconut milk
- 1 and 1/2 cups water
- 4 tablespoons lemon zest
- 4 eggs
- 5 tablespoons swerve
- 2 tablespoons lemon juice

Directions:

1. In a bowl, mix eggs with milk, swerve, lemon zest and lemon juice, whisk well and pour into 6 ramekins.
2. Add the water to your instant pot, add steamer basket, add ramekins, cover pot and cook on High for 20 minutes.
3. Leave cream to cool down before servings.

Enjoy!

Nutrition: calories 120, fat 2, fiber 2, carbs 5, protein 3

Chocolate Cream

Preparation time: 1 minute

Cooking time: 3 minutes

Servings: 6

Ingredients:

- ½ cup coconut cream
- 4 ounces dark chocolate, unsweetened and chopped

Directions:

1. In your instant pot, mix cream with dark chocolate, cover pot and cook on High for 3 minutes.
2. Stir your cream really well, divide into dessert cups and serve cold.

Enjoy!

Nutrition: calories 78, fat 2, fiber 1, carbs 3, protein

1

Berry Cream

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 3 tablespoons cocoa powder
- 14 ounces coconut cream
- 1 cup blackberries
- 1 cup raspberries
- 2 tablespoons stevia

Directions:

1. In your instant pot, mix cream with cocoa, stevia, blackberries and raspberries, stir, cover and cook on High for 2 minutes.
2. Divide into dessert cups and serve cold.

Enjoy!

Nutrition: calories 145, fat 4, fiber 2, carbs 6, protein 2

Strawberry Cream

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 1 and $\frac{3}{4}$ cups coconut cream
- 2 teaspoons stevia
- 1 cup strawberries

Directions:

1. In your instant pot, mix cream with stevia and strawberries, stir, cover and cook on High for 2 minutes.
2. Divide into bowls and serve cold.

Enjoy!

Nutrition: calories 155, fat 2, fiber 1, carbs 5, protein 4

Caramel Pudding

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

Ingredients:

- 1 and ½ teaspoons caramel extract
- 1 cup water
- 2 ounces cream cheese
- 2 eggs
- 1 and ½ tablespoons swerve

For the sauce:

- 2 tablespoons swerve
- 2 tablespoons ghee
- ¼ teaspoon caramel extract

Directions:

1. In your blender, mix cream cheese with water, 1 and ½ tablespoons swerve, 1 and ½ teaspoons caramel extract and eggs, pulse well and divide into 2 greased ramekins.
2. Add the water to your instant pot, add steamer basket, add ramekins inside, cover and cook on High for 20 minutes.

3. Meanwhile, put the ghee in a pot, heat up over medium heat, add ¼ teaspoon caramel extract and 2 tablespoons swerve, stir well, cook for a few minutes and pour over caramel pudding.

Enjoy!

Nutrition: calories 174, fat 7, fiber 1, carbs 2, protein 4

Peanut and Chia Pudding

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- ½ cup chia seeds
- 2 cups almond milk, unsweetened
- 1 teaspoon vanilla extract
- ¼ cup peanut butter, unsweetened
- 1 teaspoon vanilla stevia

Directions:

1. In your instant pot, mix milk with chia seeds, peanut butter, vanilla extract and stevia, stir, cover and cook on High for 2 minutes
2. Divide into dessert glasses and leave in the fridge for 10 minutes before serving,

Enjoy!

Nutrition: calories 120, fat 1, fiber 2, carbs 4, protein 2

Pumpkin Cream

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 1 tablespoon gelatin
- ¼ cup warm water
- 14 ounces coconut milk
- 14 ounces pumpkin puree
- A pinch of salt
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon powder
- 1 teaspoon pumpkin pie spice
- 8 scoops stevia
- 3 tablespoons erythritol

Directions:

1. In your instant pot, mix pumpkin puree with coconut milk, a pinch of salt, vanilla extract, cinnamon powder, stevia, erythritol and pumpkin pie spice, stir well, cover and cook on High for 4 minutes.
2. In a bowl, mix gelatin and water and stir.
3. Add this over pumpkin cream, stir, divide custard into ramekins and serve them cold.

Enjoy!

Nutrition: calories 160, fat 2, fiber 1, carbs 3, protein
4

Chia Jam

Preparation time: 15 minutes

Cooking time: 5 minutes

Servings: 22

Ingredients:

- 3 tablespoons chia seeds
- 2 and ½ cups cherries, pitted
- ½ teaspoon vanilla powder
- Zest from ½ lemon, grated
- ¼ cup erythritol
- 10 drops stevia
- 1 cup water

Directions:

1. In your instant pot, mix cherries with water, stevia, erythritol, vanilla powder, chia seeds and lemon peel, stir, cover and cook on High for 5 minutes.
2. Divide into dessert cups and serve cold.

Enjoy!

Nutrition: calories 160, fat 1, fiber 1, carbs 2, protein 0.5

Melon Cream

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- Flesh from 1 melon
- 1 ounce stevia
- 1 cup natural apple juice
- 1 tablespoon ghee
- Juice of 1 lemon

Directions:

1. Put melon and apple juice in your instant pot, cover, cook on High for 7 minutes, transfer to a blender, add lemon juice, ghee and stevia, pulse well and return to your instant pot.
2. Set on simmer mode, cook for a couple more minutes, divide into dessert cups and serve.

Enjoy!

Nutrition: calories 73, fat 1, fiber 1, carbs 2, protein 2

Peach Cream

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 6

Ingredients:

- 10 ounces peaches, stoned and chopped
- A pinch of nutmeg, ground
- 2 tablespoons coconut flakes
- 3 tablespoons stevia
- ½ cup water
- 1/8 teaspoon cinnamon powder
- 1/8 teaspoon almond extract

Directions:

1. In your instant pot, mix peaches with nutmeg, coconut, stevia, almond extract and cinnamon, stir, cover and cook at High for 3 minutes.
2. Divide into small cups and serve.

Enjoy!

Nutrition: calories 90, fat 2, fiber 1, carbs 3, protein 5

Peaches and Sweet Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 4 tablespoons stevia
- 3 cups peaches, cored and roughly chopped
- 6 tablespoons natural apple juice
- 2 teaspoons lemon zest, grated

Directions:

1. In your instant pot mix peaches with stevia, apple juice and lemon zest, stir, cover and cook at High for 10 minutes.
2. Divide into small cups and serve cold.

Enjoy!

Nutrition: calories 80, fat 2, fiber 2, carbs 5, protein 5

Chestnut Cream

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 11 ounces stevia
- 11 ounces water
- 1 and ½ pounds chestnuts, halved and peeled

Directions:

1. In your instant pot, mix stevia with water and chestnuts, stir, cover and cook on High for 20 minutes.
2. Blend using your immersion blender, divide into small cups and serve.

Enjoy!

Nutrition: calories 82, fat 1, fiber 0, carbs 5, protein 3

Cheesecake

Preparation time: 60 minutes

Cooking time: 50 minutes

Servings: 12

Ingredients:

For the crust:

- 4 tablespoons melted ghee
- 1 and ½ cups chocolate cookie crumbs

For the filling:

- 24 ounces cream cheese, soft
- 2 tablespoons coconut flakes
- 3 tablespoons stevia
- 3 eggs
- 1 tablespoon vanilla extract
- Cooking spray
- 1 cup water
- ½ cup Greek yogurt
- 5 ounces white chocolate, unsweetened and melted
- 5 ounces bittersweet chocolate, melted

Directions:

1. In a bowl mix cookie crumbs with ghee, stir well, press on the bottom of a cake

pan that you've greased with cooking spray, and lined with parchment paper.

2. In a bowl, mix cream cheese with coconut, stevia, eggs, vanilla and yogurt, whisk well and leave aside for a few minutes.
3. Put milk chocolate in a heatproof bowl and heat up in the microwave for 30 seconds.
4. Add white and bittersweet chocolate, stir well again and pour over cookie crust.
5. Add the water to your instant pot, add steamer basket, and cake, cover and cook on High for 45 minutes.
6. Slice and serve cold.

Enjoy!

Nutrition: calories 267, fat 4, fiber 7, carbs 10, protein 7

Banana Cake

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 4 tablespoons stevia
- 1/3 cup ghee, soft
- 1 teaspoon vanilla extract
- 1 egg
- 2 bananas, peeled and mashed
- 1 teaspoon baking powder
- 1 and 1/2 cups coconut flour
- 1/2 teaspoons baking soda
- 1/3 cup coconut milk
- 1 and 1/2 teaspoons keto cream of tartar
- 2 cups water
- Olive oil cooking spray

Directions:

1. In a bowl, mix milk with cream of tartar, stevia, ghee, egg, vanilla and bananas and stir everything.
2. Add flour, baking powder and baking soda, stir well and pour into a cake pan that you've greased with cooking spray.

3. Add the water to your instant pot, add steamer basket, and cake pan, cover and cook on High for 30 minutes.
4. Slice and serve cold.

Enjoy!

Nutrition: calories 214, fat 2, fiber 2, carbs 6, protein 8

Pumpkin Cake

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 12

Ingredients:

- 2 cups coconut flour
- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon pumpkin pie spice
- $\frac{3}{4}$ cup stevia
- 1 banana, mashed
- $\frac{1}{2}$ teaspoon baking powder
- 2 tablespoons coconut oil
- $\frac{1}{2}$ cup Greek yogurt
- 8 ounces canned pumpkin puree
- Cooking spray
- 1-quart water
- 1 egg
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{2}{3}$ cup chocolate chips

Directions:

1. In a bowl, mix flour with baking soda, baking powder, pumpkin spice, stevia, oil, banana, yogurt, pumpkin puree, vanilla and egg and stir using a mixer.

2. Add chocolate chips, stir, pour into a cake pan greased with cooking spray and cover with some tin foil.
3. Add the water to your instant pot, add steamer basket, add cake pan inside, cover and cook on High for 35 minutes.
4. Slice cake and serve cold.

Enjoy!

Nutrition: calories 200, fat 3, fiber 3, carbs 6, protein 8

Apple Cake

Preparation time: 10 minutes

Cooking time: 1 hour and 10 minutes

Servings: 6

Ingredients:

- 3 cups apples, cored and cubed
- 4 tablespoons stevia
- 1 tablespoon vanilla extract
- 2 eggs
- 1 tablespoon apple pie spice
- 2 cups coconut flour
- 2 tablespoons ghee, melted
- 1 tablespoon baking powder
- 1 cup water

Directions:

5. In a bowl mix egg with ghee, apple pie spice, stevia, apples, flour and baking powder, stir and pour into a cake pan.
6. Add the water to your instant pot, add steamer basket, add cake pan inside, cover and cook on High for 1 hour.
7. Leave the cake to cool down, slice and serve.

Enjoy!

Nutrition: calories 89, fat 1, fiber 2, carbs 5, protein 4

Upside Down Cake

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- 1 apple, sliced
- 1 apple, chopped
- 1 cup ricotta cheese
- 3 tablespoons stevia
- 1 tablespoon lemon juice
- 1 egg
- 1 teaspoon vanilla extract
- 3 tablespoons olive oil
- 1 cup coconut flour
- 2 teaspoons baking powder
- 1/8 teaspoon cinnamon powder
- 1 teaspoon baking soda
- 2 cups water

Directions:

1. In a bowl, mix all apples with lemon juice and half of the stevia, toss and leave aside.
2. Line a cake pan with some parchment paper, grease with some oil, dust with some flour and spread half of the apples.

3. In a bowl, mix the egg with cheese, the rest of the stevia, vanilla extract, oil, flour, baking powder and soda, the rest of the apples and cinnamon and stir.
4. Pour everything into the cake pan and cover with tin foil.
5. Add the water to your instant pot, add steamer basket, and cake pan, cover and cook on High for 25 minutes.
6. Turn cake upside down, slice and serve.

Enjoy!

Nutrition: calories 210, fat 4, fiber 5, carbs 12, protein 5

Almond Cake

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1/8 teaspoon almond extract
- 2 cups water
- 1 cup coconut flour
- 1/2 cup cocoa powder
- 4 tablespoons stevia
- 3 tablespoons olive oil
- 3 eggs
- 2 teaspoons baking powder
- 1/2 cup almonds, sliced

Directions:

1. In a bowl, mix cocoa powder, almond extract, flour, eggs, stevia, oil, baking powder and almonds, whisk well and pour everything into a greased cake pan.
2. Add the water to your instant pot, add steamer basket, and cake pan, cover and cook on High for 20 minutes.
3. Slice and serve cold.

Enjoy!

Nutrition: calories 162, fat 4, fiber 2, carbs 18,
protein 3

French Coconut Cream

Preparation time: 1 hour

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 cups coconut cream
- 1 teaspoon cinnamon powder
- 6 egg yolks
- 5 tablespoons stevia
- Zest from 1 lemon, grated
- A pinch of nutmeg
- 2 cups water

Directions:

1. Heat up a pan with the coconut cream over medium heat, add cinnamon and orange zest, stir, bring to a simmer, take off heat and leave aside to cool down.
2. Add egg yolks and stevia, stir well, strain and divide this into small ramekins.
3. Add the water to your instant pot, add steamer basket, add ramekins, cover pot and cook on Low for 10 minutes.
4. Sprinkle nutmeg on top and serve cold.

Enjoy!

Nutrition: calories 200, fat 5, fiber 2, carbs 10,
protein 13

Flavored Pears

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 pears
- Juice of 1 lemon
- Zest from 1 lemon, grated
- 26 ounces grape juice
- ½ vanilla bean
- 4 peppercorns
- 2 rosemary sprigs

Directions:

1. In your instant pot, mix grape juice with lemon juice, lemon zest, vanilla, rosemary, peppercorns and pears, cover pot and cook on High for 10 minutes.
2. Divide into bowls and serve.

Enjoy!

Nutrition: calories 152, fat 3, fiber 6, carbs 8, protein 12

Pumpkin Pudding

Preparation time: 30 minutes

Cooking time: 18 minutes

Servings: 6

Ingredients:

- 1 cup cauliflower rice
- ½ cup water
- 3 cups coconut milk
- ½ cup dates, chopped
- 1 cinnamon stick
- 1 cup pumpkin puree
- 4 tablespoons stevia
- 1 teaspoon vanilla extract

Directions:

1. Put cauliflower rice in your instant pot, add water, milk, dates and cinnamon, stir, cover and cook on High for 13 minutes.
2. Add pumpkin puree, stevia and vanilla, stir, set the pot on Simmer mode and cook for 5 minutes.
3. Discard cinnamon, divide pudding into bowls and serve.

Enjoy!

Nutrition: calories 120, fat 3, fiber 3, carbs 8, protein
5

Strawberries and Cranberries Marmalade

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 1 pound cranberries
- 1 pound strawberries
- ½ pound blueberries
- 3.5 ounces blackcurrant
- Stevia to the taste
- Zest from 1 lemon, grated
- ½ cup water

Directions:

1. In your instant pot, mix strawberries with cranberries, blueberries, currants, lemon zest, stevia and water, stir, set the pot on simmer mode, cook for 5 minutes, then cover and cook on High for 10 minutes.
2. Divide into dessert cups and serve.

Enjoy!

Nutrition: calories 100, fat 0, fiber 1, carbs 7, protein 3

Pear Marmalade

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 12

Ingredients:

- 8 pears, cored and roughly chopped
- 2 apples, peeled, cored and roughly chopped
- ¼ cup natural apple juice
- 1 teaspoon cinnamon powder

Directions:

1. In your instant pot, mix pears with apples, cinnamon and apple juice, stir, cover, cook on High for 4 minutes, blend with your immersion blender, leave aside to cool down, divide into small dessert cups and serve.

Enjoy!

Nutrition: calories 90, fat 0, fiber 2, carbs 19, protein 2

Peach Marmalade

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 4 and ½ cups peaches, peeled and cubed
- Stevia to the taste
- 1 teaspoon ginger, grated
- 2 cups water

Directions:

1. In your instant pot, mix peaches with stevia, ginger and water, stir, cover and cook on High for 10 minutes.
2. Divide into small cups, cool down and serve.

Enjoy!

Nutrition: calories 82, fat 1, fiber 2, carbs 3, protein 2

Strawberries Compote

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 8

Ingredients:

- 1 cup blueberries
- 2 cups strawberries, chopped
- 2 tablespoons lemon juice
- Stevia to the taste
- 1 tablespoon water

Directions:

1. In your instant pot, mix blueberries with strawberries, lemon juice, stevia and water, stir, cover and cook on High for 7 minutes.
2. Divide into cups and serve cold.

Enjoy!

Nutrition: calories 200, fat 1, fiber 3, carbs 12, protein 3

Sweet Peaches

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 3

Ingredients:

- 6 peaches, insides discarded
- ¼ cup coconut flour
- 2 tablespoons stevia
- 2 tablespoons coconut butter
- ½ teaspoon cinnamon powder
- 1 teaspoon almond extract
- 1 cup water

Directions:

4. In a bowl, mix flour with stevia, butter, cinnamon and almond, stir well and stuff peaches with this mix.
5. Add the water to your instant pot, add steamer basket, add peaches, cover and cook on High for 6 minutes.
6. Divide into cups and serve them cold.

Enjoy!

Nutrition: calories 152, fat 2, fiber 2, carbs 9, protein 3

Simple Peach Compote

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 4

Ingredients:

- 8 peaches, chopped
- Stevia to the taste
- 1 teaspoon cinnamon powder
- 1 teaspoon vanilla extract
- 1 cup water

Directions:

3. In your instant pot, mix peaches with stevia, water, cinnamon and vanilla, stir, cover and cook on High for 4 minutes.
4. Divide into bowls and serve cold.

Enjoy!

Nutrition: calories 120, fat 2, fiber 2, carbs 8, protein 2

Apple Cobbler

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 3 apples, cored and roughly chopped
- 2 pears, cored and roughly chopped
- 1 and ½ cup hot water
- 2 tablespoons coconut flakes
- 3 tablespoon stevia
- 1 teaspoon cinnamon powder

Directions:

3. In your instant pot, mix apples with pears, water, coconut, stevia and cinnamon, stir, cover and cook on High for 12 minutes.
4. Divide into bowls and serve cold.

Enjoy!

Nutrition: calories 162, fat 2, fiber 2, carbs 6, protein 2

Zucchini Cake

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 cup natural applesauce
- 3 eggs, whisked
- 1 tablespoon vanilla extract
- 4 tablespoons stevia
- 2 cups zucchini, grated
- 2 and ½ cups coconut flour
- ½ cup baking cocoa powder
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon cinnamon powder
- ½ cup walnuts, chopped
- 2 cups water

Directions:

1. In a bowl, mix zucchini with stevia, vanilla, eggs, applesauce, flour, cocoa powder, baking soda, baking powder, cinnamon and walnuts, stir and pour into a cake pan.
2. Add the water to your instant pot, add steamer basket, and cake pan, cover and

- cook on High for 20 minutes.
3. Slice and serve cold.

Enjoy!

Nutrition: calories 192, fat 3, fiber 6, carbs 8, protein 3

Pineapple and Cauliflower Pudding

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 tablespoon coconut oil
- 1 and ½ cups water
- 1 cup cauliflower rice
- 14 ounces coconut milk
- 8 ounces pineapple, chopped
- 2 eggs, whisked
- 4 tablespoons stevia
- ½ teaspoon vanilla extract

Directions:

1. In your instant pot, mix oil, water and cauliflower rice, stir, cover, cook on High for 3 minutes and mix with coconut milk and stevia.
2. Add eggs, vanilla and pineapple, stir, cover again and cook on High for 2 minutes more.
3. Divide into bowls and serve cold.

Enjoy!

Nutrition: calories 100, fat 4, fiber 1, carbs 6, protein 4

Chocolate Pudding

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 6 ounces dark chocolate, chopped and melted
- ½ cup hot coconut milk
- 1 cup coconut cream
- 5 egg yolks
- 4 tablespoons stevia
- 2 teaspoons vanilla extract
- 2 cups water
- ¼ teaspoon cardamom powder

Directions:

1. In a bowl, mix egg yolks with vanilla, stevia, cardamom, melted chocolate, coconut milk and coconut cream, whisk really well and strain into 4 ramekins.
2. Add the water to your instant pot, add steamer basket, add ramekins inside, cover and cook on High for 12 minutes.
3. Serve cold.

Enjoy!

Nutrition: calories 162, fat 4, fiber 1, carbs 12,
protein 7

Strawberries Compote

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1/3 cup water
- 1 pound strawberries, chopped
- 1 pound rhubarb, chopped
- 3 tablespoon stevia
- 1 tablespoon mint, chopped
- 1 pound strawberries, chopped

Directions:

1. In your instant pot, mix water with strawberries, rhubarb and stevia, stir, cover and cook on High for 20 minutes.
2. Add mint, stir, divide into cups and serve cold.

Enjoy!

Nutrition: calories 91, fat 1, fiber 1, carbs 8, protein 1

Carrot, Pecans and Raisins Cake

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 6

Ingredients:

- 1 and ½ cups water
- A drizzle of coconut oil, melted
- 4 tablespoons stevia
- 2 eggs
- ½ cup coconut flour
- ½ teaspoon allspice
- ½ teaspoon cinnamon powder
- A pinch of nutmeg
- ½ teaspoon baking soda
- ½ cup pecans, chopped
- ½ cup carrots, grated
- ½ cup raisins
- 1 cup coconut flakes

For the sauce:

- 4 tablespoons ghee
- Stevia to the taste
- ¼ cup coconut cream
- ¼ teaspoon cinnamon powder

Directions:

1. In a bowl, mix eggs with 4 tablespoons stevia, flour, allspice, cinnamon powder, nutmeg, baking soda, carrots, pecans, raisins and coconut flakes, whisk well and pour into a cake pan greased with some coconut oil.
2. Add the water to your instant pot, add the steamer basket, add cake pan inside, cover and cook on High for 50 minutes.
3. Meanwhile, heat up a pan with the ghee over medium heat, add stevia to the taste, coconut cream and cinnamon powder, stir and cook for 2 minutes.
4. Drizzle this over cake, slice and serve.

Enjoy!

Nutrition: calories 271, fat 4, fiber 4, carbs 17, protein 6

Fresh Figs

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 4

Ingredients:

- 1 cup natural grape juice
- 1 pound figs
- ½ cup pine nuts, toasted
- 4 tablespoons stevia

Directions:

3. In your instant pot, mix grape juice with figs and stevia, cover pot and cook on High for 3 minutes.
4. Divide this into bowls, sprinkle pine nuts on top and serve.

Enjoy!

Nutrition: calories 100, fat 0, fiber 1, carbs 9, protein 1

Sweet Carrots

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon stevia
- 2 cups baby carrots
- 1 tablespoon ghee
- ½ cup water

Directions:

1. In your instant pot, mix carrots with stevia, ghee and water, stir, cover and cook on High for 10 minutes.
2. Divide into dessert cups and serve.

Enjoy!

Nutrition: calories 100, fat 1, fiber 1, carbs 2, protein 2

Pear Pudding

Preparation time: 5 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 cup water
- 2 cups pears, chopped
- 2 cups coconut milk
- 1 tablespoon ghee
- 3 tablespoons stevia
- ½ teaspoon cinnamon powder
- 1 cup coconut flakes
- ½ cup walnuts, chopped

Directions:

4. In a pudding pan, mix milk with stevia, ghee, coconut, cinnamon, pears and walnuts and stir.
5. Add the water to your instant pot, add steamer basket, add pudding pan, cover and cook on High for 7 minutes.
6. Divide into bowls and serve.

Enjoy!

Nutrition: calories 172, fat 3, fiber 4, carbs 8, protein 7

Winter Fruit Cobbler

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 plum, chopped
- 1 and ½ cups water
- 1 pear, chopped
- 1 apple, chopped
- 2 tablespoons stevia
- 3 tablespoons coconut oil
- ½ teaspoon cinnamon powder
- ¼ cup pecans, toasted and chopped
- ¼ cup coconut, shredded

Directions:

1. In a bowl, mix plum with pear, apple, stevia, oil, cinnamon, coconut and pecans, stir and transfer to a round pan.
2. Add water to your instant pot, add steamer basket, add pan inside, cover and cook on High for 10 minutes.
3. Divide into bowls and serve.

Enjoy!

Nutrition: calories 152, fat 2, fiber 2, carbs 8, protein
7

Pumpkin Granola

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 6

Ingredients:

- 2 cups water
- 1 tablespoon melted ghee
- 1 cup pumpkin puree
- 1 cup coconut flakes
- 3 tablespoons stevia
- 2 teaspoons cinnamon powder
- 1 teaspoon pumpkin pie spice

Directions:

1. Set your instant pot on sauté mode, add ghee, heat it up, add coconut flakes, pumpkin, water, cinnamon, stevia and spice, stir, cover and cook on High for 13 minutes.
2. Divide into bowls and serve.

Enjoy!

Nutrition: calories 182, fat 2, fiber 1, carbs 8, protein

4

Carrot and Chia Seed Pudding

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 cup coconut flakes
- 2 cups water
- 1 tablespoon ghee
- 3 tablespoons stevia
- 2 teaspoons cinnamon powder
- 1 cup carrots, grated
- ¼ cup chia seeds

Directions:

1. Select the Sauté mode on your instant pot, add ghee, heat it up, add coconut, water, stevia, cinnamon, carrots and chia seeds, stir, cover and cook on High for 10 minutes.
2. Divide into bowls and serve cold.

Enjoy!

Nutrition: calories 132, fat 2, fiber 2, carbs 9, protein

4

Cinnamon Rice Pudding

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 and ½ cups cauliflower rice
- 1 and ½ teaspoon cinnamon powder
- 4 tablespoons stevia
- 2 tablespoons ghee
- 2 apples, cored and sliced
- 1 cup natural apple juice
- 3 cups coconut milk

Directions:

4. Set your instant pot on Sauté mode, add ghee, heat it up, add cauliflower rice, stevia, apples, apple juice, milk and cinnamon, stir, cover and cook on High for 10 minutes.
5. Divide into bowls and serve warm.

Enjoy!

Nutrition: calories 110, fat 2, fiber 3, carbs 12, protein 4

Pumpkin Chocolate Cake

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 12

Ingredients:

- $\frac{3}{4}$ cup white flour
- $\frac{3}{4}$ cup whole wheat flour
- Salt
- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon pumpkin pie spice
- $\frac{3}{4}$ cup sugar
- 1 banana, mashed
- $\frac{1}{2}$ teaspoon baking powder
- 2 tablespoons canola oil
- $\frac{1}{2}$ cup Greek yogurt
- 8 ounces canned pumpkin puree
- Vegetable oil cooking spray
- 1 quart water
- 1 egg
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{2}{3}$ cup chocolate chips

Directions:

In a bowl, mix the flours, salt, baking soda, baking powder, and pumpkin spice, and stir. In another bowl, mix the sugar with the oil, banana, yogurt, pumpkin puree, vanilla, and egg, and stir using a mixer. Combine the 2 mixtures, add the chocolate chips and mix well. Pour into a greased Bundt pan, cover the pan with paper towels and aluminum foil, and place in the steamer basket of the Instant Pot. Add the quart water to the Instant Pot, cover, and cook on the Manual setting for 35 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, leave the cake to cool down before cutting and serving it.

Nutrition:

- Calories: 270
- Fat: 9
- Fiber: 1
- Carbs: 45
- Protein: 3

Banana Bread

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- $\frac{3}{4}$ cup coconut sugar
- $\frac{1}{3}$ cup butter, softened
- 1 teaspoon vanilla extract
- 1 egg
- 2 bananas, mashed
- 1 teaspoon baking powder
- $1\frac{1}{2}$ cups flour
- Salt
- $\frac{1}{2}$ teaspoons baking soda
- $\frac{1}{3}$ cup cashew milk
- $1\frac{1}{2}$ teaspoons cream of tartar
- 2 cups water
- Vegetable oil cooking spray

Directions:

In a bowl, mix the milk with the cream of tartar and stir well. Add the sugar, butter, egg, vanilla, and bananas and stir everything. In another bowl, mix the flour with salt, baking powder, and soda. Combine the 2 mixtures, stir well, pour into a cake pan which you've greased with some cooking spray and arrange pan in the steamer basket of the Instant Pot. Add the water to the Instant Pot, cover and cook on the Manual setting for 30 minutes. Release the pressure, uncover the Instant Pot, take the bread out, set aside to cool down, slice, and serve it.

Nutrition:

- Calories: 325
- Fat: 2
- Fiber: 1.1

- Carbs: 44
- Protein: 4.5

Chocolate Lava Cake

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 3

Ingredients:

- 1 egg
- 4 tablespoons sugar
- 2 tablespoons olive oil
- 4 tablespoons milk
- 4 tablespoons flour
- Salt
- 1 tablespoon cocoa powder
- ½ teaspoon baking powder
- ½ teaspoon orange zest
- 1 cup water

Directions:

In a bowl, mix the egg with the sugar, oil, milk, flour, salt, cocoa powder, baking powder, and orange zest and stir well. Pour into greased ramekins and place them into the steamer basket of the Instant Pot. Add the water to the Instant Pot, cover, and cook on the Manual setting for 6 minutes. Release the pressure, uncover the Instant Pot, take the lava cakes out, and serve them after they cool down.

Nutrition:

- Calories: 200
- Fat: 5
- Fiber: 1
- Carbs: 24
- Protein: 2

Chocolate Cheesecake

Preparation time: 60 minutes

Cooking time: 50 minutes

Servings: 12

Ingredients:

For the crust:

- 4 tablespoons melted butter
- 1½ cups chocolate cookie crumbs

For the filling:

- 24 ounces cream cheese, softened
- 2 tablespoons cornstarch
- 1 cup sugar
- 3 eggs
- 1 tablespoon vanilla extract
- Vegetable oil cooking spray
- 1 cup water
- ½ cup Greek yogurt
- 4 ounces white chocolate
- 4 ounces milk chocolate
- 4 ounces bittersweet chocolate

Directions:

In a bowl, mix the cookie crumbs with the butter and stir well. Spray a springform pan with some cooking oil, line with parchment paper, press the crumbs and butter mixture on the bottom and keep in the freezer. In a bowl, mix the cream cheese with cornstarch and sugar and stir using a mixer. Add the eggs, yogurt, and vanilla, stir to combine everything and divide into 3 bowls. Put the milk chocolate in a heatproof bowl and heat up in the microwave for 30 seconds. Add this to one of the bowls with the batter you made earlier and stir well. Put dark and white chocolate in separate heatproof bowls and heat them up in the microwave for 30 seconds each. Add these to the other 2 bowls

with cheesecake batter, stir, and place them all in the refrigerator for 30 minutes. Take the bowls out of the refrigerator and layer your cheesecake. Pour the dark chocolate batter in the center of the crust. Add white chocolate batter on top and spread evenly and end with milk chocolate batter. Put the pan in the steamer basket of the Instant Pot, add 1 cup water to the Instant Pot, cover, and cook on the Manual setting for 45 minutes. Release the pressure for 10 minutes, take the cheesecake out of the Instant Pot , set aside to cool down, and serve.

Nutrition:

- Calories: 470
- Fat: 31
- Fiber: 2
- Carbs: 45
- Protein: 8

Apple Bread

Preparation time: 10 minutes

Cooking time: 1 hour and 10 minutes

Servings: 6

Ingredients:

- 3 cups apples, cored and cubed
- 1 cup sugar
- 1 tablespoon vanilla extract
- 2 eggs
- 1 tablespoon apple pie spice
- 2 cups white flour
- 1 tablespoon baking powder
- ½ cup butter
- 1 cup water

Directions:

In a bowl, mix the egg with the butter, apple pie spice, and sugar and stir using a mixer. Add the apples and stir again well. In another bowl, mix the baking powder with flour and stir. Combine the 2 mixtures, stir, and pour into a springform pan. Place in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 1 hour and 10 minutes. Release the pressure, fast, leave the bread to cool down, cut, and serve.

Nutrition:

- Calories: 89
- Fat: 3
- Fiber: 1
- Carbs: 17
- Protein: 0

Apple Crisp

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

- 2 teaspoons ground cinnamon
- 5 apples, cored and cut into chunks
- ½ teaspoon nutmeg
- 1 tablespoon maple syrup
- ½ cup water
- 4 tablespoons butter
- ¼ cup flour
- ¾ cup old fashioned rolled oats
- ¼ cup brown sugar
- Salt

Directions:

Put the apples into the Instant Pot. Add the cinnamon, nutmeg, maple syrup, and water. In a bowl, mix the butter with the oats, sugar, salt, and flour and stir well. Drop spoonfuls of the oat mixture on top of apples, cover the Instant Pot and cook on the Manual setting for 8 minutes. Release the pressure, and serve warm.

Nutrition:

- Calories: 180
- Fat: 7
- Fiber: 2.5
- Carbs: 30
- Protein: 1.4
- Sugar: 14

Candied Lemon Peel

Preparation time: 20 minutes

Cooking time: 20 minutes

Servings: 80 pieces

Ingredients:

- 5 lemons
- 2¼ cups white sugar
- 5 cups water

Directions:

Wash the lemons, slice them in half, reserve the juice for another use, slice each half into quarters, remove the pulp and cut the peel into thin strips. Put the strips into the Instant Pot, add 4 cups of water, cover, and cook on the Manual setting for 3 minutes.

Release the pressure, uncover the Instant Pot, discard the peel, rinse, and put in a bowl. Clean the Instant Pot and add 2 cups of the sugar and the remaining water to it. Add the lemon strips, stir, set the Instant Pot on Manual mode, and cook for 5 minutes.

Cover the Instant Pot, cook on the Manual setting for 10 minutes, and release pressure naturally for 20 minutes. Strain the peels, spread them on a cutting board and set aside to cool for 10 minutes. Keep them in jars until you are ready to serve them.

Nutrition:

- Calories: 7
- Fat: 0
- Fiber: 0.2
- Carbs: 2
- Protein: 0

Holiday Pudding

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 4 ounces dried cranberries, soaked in hot water for 30 minutes, drained, and chopped
- Olive oil
- 2 cups water
- 4 ounces dried apricots, chopped
- 1 cup white flour
- 3 teaspoons baking powder
- 1 cup raw sugar
- 1 teaspoon ginger
- Ground cinnamon
- Salt
- 15 tablespoons butter
- 3 tablespoons maple syrup
- 4 eggs
- 1 carrot, peeled and grated

Directions:

Grease a heatproof pudding mold with a drizzle of oil and set the dish aside. In a blender, mix the flour with the baking powder, sugar, cinnamon, salt, and ginger and pulse a few times. Add the butter and pulse again. Add the maple syrup and eggs and pulse again. Add the dried fruits and carrot and fold into the batter. Spread this mix into the pudding mold, place in the steamer basket of the Instant Pot and add the water to the Instant Pot as well. Set the Instant Pot on Sauté mode and steam your pudding for 10 minutes. Cover the Instant Pot, cook the pudding at Manual for 30 minutes. Release the pressure naturally for 10 minutes, leave pot aside for another 10 minutes, uncover the Instant Pot, take the pudding out and set it aside to cool down before serving it.

Nutrition:

- Calories: 310
- Fat: 15
- Fiber: 2
- Carbs: 27.9
- Protein: 3.6

Pumpkin Pie

Preparation time: 10 minutes

Cooking time: 20 minutes

Serving: 8

Ingredients:

- 2 pounds butternut squash, peeled and chopped
- 2 eggs
- 2 cups water
- 1 cup whole milk
- $\frac{3}{4}$ cup maple syrup
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon ground cloves
- Salt
- 1 tablespoon cornstarch
- Whipped cream, for serving
- Chopped pecans, for serving

Directions:

Put squash cubes in the steamer basket of the Instant Pot, add 1 cup water, cover the Instant Pot, cook on the Manual setting for 4 minutes, release pressure, take squash and transfer to a strainer, cool it down and mash it a bit in a bowl. Add maple syrup, milk, eggs, cinnamon, ginger, cloves, salt and cloves and stir very well. Pour this into ramekins, place them in the steamer basket of the Instant Pot, add the remaining water to the Instant Pot, cover, and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, take the ramekins out, garnish with whipped cream and chopped pecans, and serve.

Nutrition:

- Calories: 143
- Fat: 3
- Fiber: 2.1
- Carbs: 19

- Protein: 3.3

Baked Apples

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 6 apples, cored
- 1 cup red wine
- ¼ cup raisins
- 1 teaspoon ground cinnamon

½ cup raw sugar

Directions:

Put the apples into the Instant Pot. Add the wine, raisins, sugar, and cinnamon, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure naturally, uncover the Instant Pot, transfer the apples and cooking liquid to plates, and serve.

Nutrition:

- Calories: 188
- Fat: 0.4
- Fiber: 3.5
- Carbs: 34
- Protein: 0.5

Chocolate Fondue

Preparation time: 10 minutes

Cooking time: 2 minutes

Servings: 4

Ingredients:

- 3.5 ounces crème fraiche
- 3.5 ounces dark chocolate, cut into chunks
- 1 teaspoon liquor
- 1 teaspoon sugar
- 2 cups water

Directions:

In a heat-proof container, mix the chocolate chunks with the sugar, crème fraiche, and liquor. Put the water into the Instant Pot, add the container in the steamer basket, cover the Instant Pot, and cook on the Manual setting for 2 minutes. Release the pressure naturally, uncover the Instant Pot, take the container out, stir well, and serve it right away with some fresh fruits.

Nutrition:

- Calories: 210
- Fat: 20
- Fiber: 3
- Carbs: 6.5
- Protein: 2

Tapioca Pudding

Preparation time: 10 minutes

Cooking time: 8 minutes

Servings: 6

Ingredients:

- 1¼ cups milk
- ⅓ cup tapioca pearls, rinsed
- ½ cup water
- ½ cup sugar
- Zest from ½ lemon
- 1 cup water

Directions:

In a heat-proof bowl, mix the tapioca with the milk, sugar, ½ cup water, and lemon zest and stir well. Put this in the steamer basket of the Instant Pot, add the 1 cup water to the Instant Pot, cover and cook on the Manual setting for 8 minutes. Release the pressure, set it aside for 5 minutes, uncover the Instant Pot, take the pudding out, and serve it warm.

Nutrition:

- Calories: 180
- Fat: 2.5
- Fiber: 0.1
- Carbs: 90
- Protein: 2.5

Upside-down Apple Cake

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 1 apple, sliced
- 1 apple, chopped
- 2 cup water
- 1 cup ricotta cheese
- ¼ cup raw sugar
- 1 tablespoon lemon juice
- 1 egg
- 1 teaspoon vanilla extract
- 3 tablespoons olive oil
- 1 cup white flour
- 2 teaspoons baking powder
- ⅛ teaspoon ground cinnamon
- 1 teaspoon baking soda

Directions:

Put the apples in a bowl, add the lemon juice, toss to coat and set the dish aside. Line a heatproof dish with some parchment paper, grease with some oil, and dust with some flour. Sprinkle some sugar on the bottom and arrange the sliced apple on top. In a bowl, mix the egg with cheese, sugar, vanilla extract, and oil and stir well. Add the flour, baking powder, baking soda, cinnamon, and stir again. Add the chopped apple, toss to coat, and pour everything into the pan. Place the pan in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover and cook on the Manual setting for 20 minutes. Release the pressure, uncover the Instant Pot, turn cake onto a plate, and serve warm.

Nutrition:

- Calories: 241

- Fat: 10
- Fiber: 2
- Carbs: 20
- Protein: 5.8

Pears with Wine Sauce

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

- 6 green pears
- 1 vanilla pod
- 1 cloves
- Ground cinnamon
- 7 ounces sugar
- 1 glass red wine

Directions:

In the Instant Pot, mix wine with sugar, vanilla and cinnamon. Add pears and clove, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release pressure, uncover the Instant Pot and leaves pears to cool down for 10 minutes. Transfer them to serving plates along with the wine sauce, and serve.

Nutrition:

- Calories: 151
- Fat: 7.7
- Fiber: 3
- Carbs: 14
- Protein: 1.1

Crème Brûlée

Preparation time: 1 hour

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 2 cups fresh cream
- 1 teaspoon ground cinnamon
- 6 egg yolks
- 5 tablespoons white sugar
- Zest from 1 orange
- Nutmeg, for serving
- 4 tablespoons raw sugar
- 2 cups water

Directions:

In a pan, mix the cream with the cinnamon and orange zest, stir, and bring to a boil over medium-high heat. Take the pan off heat and set it aside for 30 minutes. In a bowl, mix the egg yolks with white sugar and whisk well. Add this to cooled cream and whisk again. Strain this mixture and then divide it into ramekins. Cover with aluminum foil, place them in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on Manual for 10 minutes. Release the pressure naturally, uncover the Instant Pot, take the ramekins out and set them aside for 30 minutes. Sprinkle with nutmeg and raw sugar on top of each, melt this with a culinary torch, and serve.

Nutrition:

- Calories: 210
- Fat: 10
- Fiber: 3
- Carbs: 18
- Protein: 13

Brownie Cake

Preparation time: 10 minutes

Cooking time: 50 minutes

Servings: 6

Ingredients:

- 1 cup pinto beans, soaked for 8 hours and drained
- 4 cups water

For the cake:

- 1/8 teaspoon almond extract
- 1/2 cup cocoa powder
- 1/2 cup raw sugar
- 3 tablespoons extra virgin olive oil
- Salt
- 2 eggs
- 2 teaspoons baking powder
- 1/4 cup almonds, sliced

Directions:

Put the beans and water into the Instant Pot, cover, cook on the Bean/Chili setting for 12 minutes, release the pressure, uncover the Instant Pot, strain the beans, transfer them to a blender and puree them. Discard the water from the Instant Pot, keeping 1 cup's worth. Grease a heatproof bowl with some olive oil and set it aside for now. Add the cocoa powder, almond extract, honey, salt, eggs, and oil to a blender with the beans and puree everything for 1 minute. Transfer mixture to a greased bowl, spread, place the bowl in the steamer basket of the Instant Pot, add the reserved water from cooking the beans, cover, and cook on the Manual setting for 20 minutes. Release the pressure, take the cake out of the Instant Pot, set it aside for 15 minutes, transfer to a plate, sprinkle almonds on top, slice, and serve.

Nutrition:

- Calories: 164
- Fat: 7.8
- Fiber: 4
- Carbs: 24
- Protein: 4.4

Dulce De Leche

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 16 ounces canned sweet condensed milk
- Water to cover

Directions:

Put the condensed milk can in the steamer basket of the Instant Pot, add water to the Instant Pot to cover, and cook on the Manual setting for 20 minutes. Release the pressure naturally, uncover the Instant Pot, take the can out of the Instant Pot and set it aside to cool down. Serve alone or with pastries.

Nutrition:

- Calories: 300
- Fat: 10
- Fiber: 5
- Carbs: 24
- Protein: 10

Bread Pudding

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients :

- 4 egg yolks
- 3 cups brioche, cubed
- 2 cups half and half
- ½ teaspoon vanilla extract
- 1 cup sugar
- 2 tablespoons butter, softened
- 1 cup cranberries
- 2 cups warm water
- ½ cup raisins
- Zest from 1 lime

Directions:

Grease a baking dish with some butter and set the dish aside. In a bowl, mix the egg yolks with the half and half, cubed brioche, vanilla extract, sugar, cranberries, raisins, and lime zest and stir well. Pour this into greased dish, cover with some aluminum foil and set aside for 10 minutes. Put the dish in the steamer basket of the Instant Pot, add the warm water to the Instant Pot, cover, and cook on the Manual setting for 20 minutes. Release the pressure naturally, uncover the Instant Pot, take the bread pudding out, set it aside to cool down, slice, and serve it.

Nutrition:

- Calories: 300
- Fat: 7
- Fiber: 2
- Carbs: 46
- Protein: 11

Ruby Pears

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 4 pears
- Juice and zest of 1 lemon
- 26 ounces grape juice
- 11 ounces currant jelly
- 4 garlic cloves, peeled
- ½ vanilla bean
- 4 peppercorns
- 2 rosemary sprigs

Directions:

Pour the jelly and grape juice into the Instant Pot and mix with lemon zest and lemon juice. Dip each pear in this mix, wrap them in aluminum foil and arrange them in the steamer basket of the Instant Pot. Add the garlic cloves, peppercorns, rosemary, and vanilla bean to the juice mixture, cover the Instant Pot and cook on the Manual setting for 10 minutes. Release the pressure, uncover the Instant Pot, take the pears out, unwrap them, arrange them on plates, and serve cold with cooking juice poured on top.

Nutrition:

- Calories: 145
- Fat: 5.6
- Fiber: 6
- Carbs: 12
- Protein: 12

Pumpkin Rice Pudding

Preparation time: 30 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

- 1 cup brown rice
- ½ cup boiling water
- 3 cups cashew milk
- ½ cup dates, chopped
- Salt
- 1 cinnamon stick
- 1 cup pumpkin puree
- ½ cup maple syrup
- 1 teaspoon pumpkin spice mix
- 1 teaspoon vanilla extract

Directions:

Put the rice into the Instant Pot, add boiling water to cover, set aside for 10 minutes and drain. Put the water in milk into the Instant Pot, add the rice, cinnamon stick, dates and salt, stir, cover and cook on the Rice setting for 20 minutes. Release pressure, uncover the Instant Pot, add the maple syrup, pumpkin pie spice, and pumpkin puree, stir, set the Instant Pot on Manual mode and cook for 5 minutes. Discard the cinnamon stick, add the vanilla, stir, transfer the pudding to bowls, set aside for 30 minutes to cool down, and serve.

Nutrition:

- Calories: 100
- Fat: 1
- Fiber: 4
- Carbs: 21
- Protein: 4.1

Lemon Marmalade

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 2 pounds lemons, washed, sliced, and cut into quarters
- 4 pounds sugar
- 2 cups water

Directions:

Put the lemon pieces into the Instant Pot, add the water, cover, and cook on the Manual setting for 10 minutes. Release the pressure naturally, uncover the Instant Pot, add the sugar, stir, set the Instant Pot on Manual mode, and cook for 6 minutes, stirring all the time. Divide into jars, and serve when needed.

Nutrition:

- Calories: 100
- Fat: 2
- Fiber: 2
- Carbs: 4
- Protein: 8

Rice Pudding

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

- 1 tablespoon butter
- 7 ounces long grain rice
- 4 ounces water
- 16 ounces milk
- 3 ounces sugar
- Salt
- 1 egg
- 1 tablespoon cream
- 1 teaspoon vanilla extract
- Ground cinnamon

Directions:

Put the butter into the Instant Pot, set it on Sauté mode, melt it, add the rice, and stir. Add the water and milk and stir again. Add the salt and sugar, stir again, cover the Instant Pot and cook on the Rice setting for 8 minutes. In a bowl, mix the cream with the vanilla and eggs and stir well. Release the pressure from the Instant Pot, uncover it, and pour some of the liquid from the Instant Pot over the egg mixture and stir well. Pour this into the Instant Pot and whisk well. Cover the Instant Pot, cook on the Manual setting for 10 minutes, release the pressure, uncover the Instant Pot, pour the pudding into bowls, sprinkle cinnamon on top, and serve.

Nutrition:

- Calories: 112
- Fat: 1.2
- Fiber: 0.4
- Carbs: 21

- Protein: 3.3

Ricotta Cake

Preparation time: 30 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1 pound ricotta
- 6 ounces dates, soaked for 15 minutes and drained
- 2 ounces honey
- 4 eggs
- 2 ounces sugar
- Vanilla extract
- 17 ounces water
- Orange juice and zest from ½ orange

Directions:

In a bowl, whisk the ricotta until it softens. In another bowl, whisk the eggs well. Combine the 2 mixtures and stir very well. Add the honey, vanilla, dates, orange zest, and juice to the ricotta mixture and stir again. Pour the batter into a heatproof dish and cover with aluminum foil. Place dish in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 20 minutes. Release the pressure, uncover the Instant Pot, allow the cake to cool down, transfer to a platter, slice, and serve.

Nutrition:

- Calories: 211
- Fat: 8.6
- Fiber: 0.5
- Carbs: 21
- Protein: 12

Orange Marmalade

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 8

Ingredients:

- Juice from 2 lemons
- 3 pounds sugar
- 1 pound oranges, cut into halves
- 1-pint water

Directions:

Squeeze the juice from the oranges and cut the peel into pieces. Put the peel in a bowl, cover with water and set aside overnight. In the Instant Pot, mix the lemon juice with the orange juice, water, and peel. Cover the Instant Pot, cook on the Manual setting for 15 minutes, release the pressure, uncover, add the sugar and set the Instant Pot on Manual mode. Cook until sugar dissolves, divide into jars, and serve when needed.

Nutrition:

- Calories: 50
- Fat: 0
- Fiber: 0.1
- Carbs: 12
- Protein: 0.1

Berry Jam

Preparation time: 60 minutes

Cooking time: 20 minutes

Servings: 12

Ingredients:

- 1 pound cranberries
- 1 pound strawberries
- ½ pound blueberries
- 3.5 ounces black currant
- 2 pounds sugar
- Zest from 1 lemon
- Salt
- 2 tablespoon water

Directions:

In the Instant Pot, mix the strawberries with the cranberries, blueberries, currants, lemon zest, and sugar. Stir and set aside for 1 hour. Add the salt and water, set the Instant Pot on Manual mode, and bring to a boil. Cover the Instant Pot, cook on Manual for 10 minutes, and release pressure for 10 minutes. Uncover the Instant Pot, set it on Manual mode again, bring to a boil, and simmer for 4 minutes. Divide into jars and keep in the refrigerator until you need it.

Nutrition:

- Calories: 60
- Fat: 0
- Fiber: 0
- Carbs: 12
- Sugar: 12
- Protein: 0

Peach Jam

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 4½ cups peaches, peeled and cubed
- 6 cups sugar
- ¼ cup crystallized ginger, chopped
- 1 box fruit pectin

Directions:

Set the Instant Pot on Manual mode, add the peaches, ginger, and pectin, stir and bring to a boil. Add the sugar, stir, cover and cook on the Manual setting for 5 minutes. Release the pressure, uncover the Instant Pot, divide the jam into jars, and serve.

Nutrition:

- Calories: 50
- Fat: 0
- Fiber: 1
- Carbs: 3
- Protein: 0
- Sugar: 12

Raspberry Curd

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 cup sugar
- 12 ounces raspberries
- 2 egg yolks
- 2 tablespoons lemon juice

2 tablespoons butter

Directions:

Put the raspberries into the Instant Pot. Add the sugar and lemon juice, stir, cover, and cook on the Manual setting for 2 minutes. Release the pressure for 5 minutes, uncover the Instant Pot, strain the raspberries and discard the seeds. In a bowl, mix the egg yolks with raspberries and stir well. Return this to the Instant Pot, set it on Sauté mode, simmer for 2 minutes, add the butter, stir, and transfer to a container. Serve cold.

Nutrition:

- Calories: 110
- Fat: 4
- Fiber: 0
- Carbs: 16
- Protein: 1

Tomato Jam

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 12

Ingredients:

- 1½ pounds tomatoes, cored and chopped
- 2 tablespoons lime juice
- 1 cup white sugar
- 1 tablespoon ginger, grated
- 1 teaspoon ground cinnamon
- 1 teaspoon cumin
- ⅛ teaspoon ground cloves
- Salt
- 1 jalapeño pepper, minced

Directions:

In the Instant Pot mix the tomatoes with sugar, lime juice, ginger, cumin, cinnamon, cloves, salt, and jalapeño pepper, stir, cover, and cook on the Manual setting for 30 minutes. Release the pressure, uncover the Instant Pot, divide the jam into jars, and serve when needed.

Nutrition:

- Calories: 239
- Fat: 0
- Fiber: 2
- Carbs: 59
- Sugar: 55
- Protein: 0

Pear Jam

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 12

Ingredients:

- 8 pears, cored and cut into quarters
- 2 apples, peeled, cored, and cut into quarters
- ¼ cup apple juice
- 1 teaspoon cinnamon, ground

Directions:

In the Instant Pot, mix the pears with apples, cinnamon, and apple juice, stir, cover, and cook on the Manual setting for 4 minutes. Release the pressure naturally, uncover the Instant Pot, blend using an immersion blender, divide the jam into jars, and keep in a cold place until you serve it.

Nutrition:

- Calories: 90
- Fat: 0
- Fiber: 1
- Carbs: 20
- Sugar: 20
- Protein: 0

Berry Compote

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 cup blueberries
- 2 cups strawberries, sliced
- 2 tablespoons lemon juice
- $\frac{3}{4}$ cup sugar
- 1 tablespoon cornstarch
- 1 tablespoon water

Directions:

In the Instant Pot, mix the blueberries with lemon juice and sugar, stir, cover, and cook on the Manual setting for 3 minutes. Release the pressure naturally for 10 minutes and uncover the Instant Pot. In a bowl, mix the cornstarch with water, stir well, and add to the Instant Pot. Stir, set the Instant Pot on Sauté mode, and cook compote for 2 minutes. Divide into jars and keep in the refrigerator until you serve it.

Nutrition:

- Calories: 260
- Fat: 13
- Fiber: 3
- Carbs: 23
- Protein: 3

Key Lime Pie

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

For the crust:

- 1 tablespoon sugar
- 3 tablespoons butter, melted
- 5 graham crackers, crumbled

For the filling:

- 4 egg yolks
- 14 ounces canned condensed milk
- ½ cup key lime juice
- ⅓ cup sour cream
- Vegetable oil cooking spray
- 1 cup water
- 2 tablespoons key lime zest, grated

Directions:

In a bowl, whisk the egg yolks well. Add the milk gradually and stir again. Add the lime juice, sour cream, and lime zest and stir again. In another bowl, whisk the butter with the graham crackers and sugar, stir well, and spread on the bottom of a springform greased with some cooking spray. Cover the pan with some aluminum foil and place it in the steamer basket of the Instant Pot. Add the water to the Instant Pot, cover and cook on the Manual setting for 15 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, take the pie out, set aside to cool down and keep in the refrigerator for 4 hours before slicing and serving it.

Nutrition:

- Calories: 400

- Fat: 21
- Fiber: 0.5
- Carbs: 34
- Protein: 7

Fruit Cobbler

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 3 apples, cored and cut into chunks
- 2 pears, cored and cut into chunks
- 1½ cup hot water
- ¼ cup honey
- 1 cup steel-cut oats
- 1 teaspoon ground cinnamon
- ice cream, for serving

Directions:

Put the apples and pears into the Instant Pot and mix with hot water, honey, oats, and cinnamon. Stir, cover, and cook on the Manual setting for 12 minutes. Release the pressure naturally, transfer the cobbler to bowls, and serve it with ice cream on top.

Nutrition:

- Calories: 170
- Fat: 4
- Carbs: 10
- Fiber: 2.4
- Protein: 3
- Sugar: 7

Simple Carrot Cake

Servings: 6

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

- 5 ounces flour
- Salt
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon allspice
- 1 egg
- 3 tablespoons yogurt
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup pineapple juice
- 4 tablespoons coconut oil, melted
- $\frac{1}{3}$ cup carrots, peeled and grated
- $\frac{1}{3}$ cup pecans, toasted and chopped
- $\frac{1}{3}$ cup coconut flakes
- Vegetable oil cooking spray
- 2 cups water

Directions:

In a bowl, mix the flour with baking soda, baking powder, salt, allspice, cinnamon, and nutmeg and stir. In another bowl, mix the egg with yogurt, sugar, pineapple juice, oil, carrots, pecans, and coconut flakes and stir well. Combine the two mixtures and stir everything well. Pour this into a springform greased with some cooking spray, add the water to the Instant Pot, and place the pan into the steamer basket. Cover the Instant Pot and cook on the Manual setting for 32 minutes. Release the pressure for 10 minutes, remove the cake from the Instant Pot, let it cool briefly, then cut, and serve it.

Nutrition:

- Calories: 140
- Fat: 3.5
- Carbs: 23.4
- Fiber: 4.1
- Sugar: 5.2
- Protein: 4.3

Stuffed Peaches

Preparation time: 10 minutes

Cooking time: 4 minutes

Servings: 6

Ingredients:

- 6 peaches, pits and flesh removed
- Salt
- ¼ cup coconut flour
- ¼ cup maple syrup
- 2 tablespoons coconut butter
- ½ teaspoon ground cinnamon
- 1 teaspoon almond extract
- 1 cup water

Directions:

In a bowl, mix the flour with the salt, syrup, butter, cinnamon, and half of the almond extract and stir well. Fill the peaches with this mix, place them in the steamer basket of the Instant Pot, add the water and the rest of the almond extract to the Instant Pot, cover and cook on the Steam setting for 4 minutes. Release the pressure naturally, divide the stuffed peaches on serving plates, and serve warm.

Nutrition:

- Calories: 160
- Fat: 6.7
- Carbs: 12
- Fiber: 3
- Sugar: 11
- Protein: 4

Peach Compote

Preparation time: 10 minutes

Cooking time: 3 minutes

Servings: 6

Ingredients:

- 8 peaches, pitted and chopped
- 6 tablespoons sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 vanilla bean, scraped
- 2 tablespoons Grape Nuts cereal

Directions:

Put the peaches into the Instant Pot and mix with the sugar, cinnamon, vanilla bean, and vanilla extract. Stir well, cover the Instant Pot and cook on the Manual setting for 3 minutes.

Release the pressure for 10 minutes, add the cereal, stir well, transfer the compote to bowls, and serve.

Nutrition:

- Calories: 100
- Fat: 2
- Carbs: 11
- Fiber: 1
- Sugar: 10
- Protein: 1

Zucchini Nut Bread

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 1 cup applesauce
- 3 eggs, whisked
- 1 tablespoon vanilla extract
- 2 cups sugar
- 2 cups zucchini, grated
- 1 teaspoon salt
- 2½ cups white flour
- ½ cup baking cocoa
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon cinnamon
- ½ cup walnuts, chopped
- ½ cup chocolate chips
- 1½ cups water

Directions:

In a bowl, mix the zucchini with sugar, vanilla, eggs, and applesauce and stir well. In another bowl, mix the flour with salt, cocoa, baking soda, baking powder, cinnamon, chocolate chips, and walnuts and stir. Combine the 2 mixtures, stir, pour into a Bundt pan, place the pan in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover and cook on the Manual setting for 25 minutes. Release the pressure naturally, uncover the Instant Pot, transfer bread to a plate, cut, and serve it.

Nutrition:

- Calories: 217
- Fat: 8
- Fiber: 2
- Carbs: 35

- Sugar: 22
- Protein: 3

Samoa Cheesecake

Preparation time: 15 minutes

Cooking time: 1 hour

Servings: 6

Ingredients:

For the crust:

- 2 tablespoons butter, melted
- ½ cup chocolate graham crackers, crumbled

For the filling:

- ¼ cup heavy cream
- ½ cup sugar
- 12 ounces cream cheese, softened
- 1½ teaspoon vanilla extract
- ¼ cup sour cream
- 1 tablespoon flour
- 1 egg yolk
- 2 eggs
- Vegetable oil cooking spray
- 1 cup water

For the topping:

- 3 tablespoons heavy cream
- 12 caramels
- 1½ cups coconut, sweet and shredded
- ¼ cup semi-sweet chocolate, chopped

Directions:

Grease a springform pan with some cooking spray and set it aside. In a bowl, mix the crackers with the butter, stir, spread in the bottom of the pan, and place in the freezer for 10 minutes. In another bowl, mix the cheese with the sugar, heavy cream, vanilla, flour, sour cream, and eggs and stir well using a mixer.

Pour this into the pan on top of crust, cover, with aluminum foil and place in the steamer basket of the Instant Pot. Add 1 cup water to the Instant Pot, cover and cook on the Steam setting for 35 minutes. Release the pressure for 10 minutes, uncover, take the pan, remove aluminum foil, and let the cheesecake cool down in the refrigerator for 4 hours. Spread the coconut on a lined baking sheet, place it in the oven at 300° F, and bake for 20 minutes, stirring often. Put caramels in a heatproof bowl, place in the microwave for 2 minutes, stir every 20 seconds, and mix with toasted coconut. Spread this on the cheesecake and set the dish aside. Put the chocolate in another heatproof bowl, place into the microwave for a few seconds until it melts, and drizzle this over the cheesecake, and serve.

Nutrition:

- Calories: 310
- Fat: 8
- Fiber: 2
- Carbs: 20
- Protein: 10

Chocolate Pudding

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 6 ounces bittersweet chocolate, chopped
- ½ cup milk
- 1½ cups heavy cream
- 5 egg yolks
- ⅓ cup brown sugar
- 2 teaspoons vanilla extract
- 1½ cups water
- ¼ teaspoon cardamom
- Salt
- Crème fraîche, for serving
- Chocolate shavings, for serving

Directions:

Put the cream and milk in a pot, bring to a simmer over medium heat, take off the heat, add the chocolate and whisk well. In a bowl, mix the egg yolks with the vanilla, sugar, cardamom, and a pinch of salt, stir, strain, and mix with chocolate mixture. Pour this into a soufflé dish, cover with aluminum foil, place in the steamer basket of the Instant Pot, add water to the Instant Pot, cover, cook on Manual for 18 minutes, release the pressure naturally. Take the pudding out of the Instant Pot, set aside to cool down and keep it in the refrigerator for 3 hours before serving with crème fraîche and chocolate shavings on top.

Nutrition:

- Calories: 200
- Fat: 3
- Fiber: 1
- Carbs: 20

- Protein: 14

Sticky Pudding

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

- 2 cups water
- 1¼ cups dates, chopped
- ¼ cup blackstrap molasses
- ¾ cup hot water
- 1 teaspoon baking powder
- 1¼ cups white flour
- Salt
- ¾ cup brown sugar
- ⅓ cup butter, softened
- 1 teaspoon vanilla extract
- 1 egg

For the caramel sauce:

- ⅓ cup whipping cream
- ⅔ cup brown sugar
- ¼ cup butter
- 1 teaspoon vanilla extract

Directions:

In a bowl, mix the dates with the hot water and molasses, stir and set the dish aside. In another bowl, mix the baking powder with the flour and salt. In a third bowl, mix the sugar with the butter, egg, and 1 teaspoon vanilla extract and stir using a hand mixer. Add the flour and dates mixtures to this bowl and stir well. Divide this mixture into 8 ramekins that greased with some butter, cover, with aluminum foil, place them in the steamer basket of the Instant Pot. Add 2 cups water to the Instant Pot, cover, and cook on Manual for 20 minutes. Heat up a pan with the butter for the caramel sauce over medium high heat. Add the cream, vanilla

extract, and brown sugar, stir, and bring to a boil. Reduce the temperature to medium-low and simmer for 5 minutes, stirring often. Release the pressure from the Instant Pot, uncover it, take the ramekins out, remove the foil, drizzle sauce over pudding, and serve them warm.

Nutrition:

- Calories: 260
- Fat: 14
- Fiber: 1
- Carbs: 33
- Protein: 2
- Sugar: 21

Pina Colada Pudding

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 8

Ingredients:

- 1 tablespoon coconut oil
- Salt
- 1½ cups water
- 1 cup Arborio rice
- 14 ounces canned coconut milk
- 2 eggs
- ½ cup milk
- ½ cup sugar
- ½ teaspoon vanilla extract
- 8 ounces canned pineapple chunks, drained and halved

Directions:

In the Instant Pot, mix the oil, water, rice, and salt, stir, cover and cook on the Manual setting for 3 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, add the sugar and coconut milk and stir well. In a bowl, mix the eggs with milk and vanilla, stir, and pour over rice. Stir, set the Instant Pot on Sauté mode and bring to a boil. Add the pineapple, stir, divide into dessert bowls, and serve.

Nutrition:

- Calories: 113
- Fat: 3.2
- Fiber: 0.2
- Carbs: 15
- Protein: 4.2

Quick Flan

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 6

Ingredients:

For the caramel:

- ¼ cup water
- ¾ cup sugar

For the custard:

- 2 egg yolks
- 3 eggs
- 1½ cups water
- Salt
- 2 cups milk
- ⅓ cup sugar
- ½ cup whipping cream
- 2 tablespoons hazelnut syrup
- 1 teaspoon vanilla extract

Directions:

Heat up a pot over medium heat, add ¼ cup water ¾ cup sugar, stir, cover, bring to a boil, boil for 2 minutes, uncover, and boil for a few minutes. Pour this into custard cups and coat evenly their bottoms. In a bowl, mix the eggs with the yolks, a pinch of salt ⅓ cup sugar, and stir using your mixer. Put the milk in a pan and heat up over medium heat. Add this to the egg mixture and stir well. Add the hazelnut syrup, vanilla, and cream, stir, and strain the mixture. Pour this into custard cups, place them in the steamer basket of the Instant Pot, add the remaining water to the Instant Pot, cover and cook on the Steam setting for 6 minutes. Release the pressure, uncover the Instant Pot, remove the custard cups and set aside to cool. Keep in the refrigerator for 4 hours before you serve them.

Nutrition:

- Calories: 145
- Fat: 4
- Fiber: 0
- Carbs: 23
- Sugar: 20
- Protein: 4.5

Rhubarb Compote

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients:

- 1/3 cup water
- 2 pounds rhubarb, chopped
- 3 tablespoon honey
- Fresh mint, torn
- 1 pound strawberries, chopped

Directions:

Put the rhubarb and water into the Instant Pot, cover, cook on the Manual setting for 10 minutes, release the pressure and uncover the Instant Pot. Add the strawberries and honey, stir, set the Instant Pot on Manual mode and cook the compote for 20 minutes. Add the mint, stir, divide into bowls, and serve.

Nutrition:

- Calories: 71
- Fat: 0.1
- Fiber: 1
- Carbs: 18
- Protein: 0.5
- Sugar: 16

Simple Chocolate Cake

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- $\frac{3}{4}$ cup cocoa powder
- $\frac{3}{4}$ cup white flour
- $\frac{1}{2}$ cup butter
- 1 cup water
- $1\frac{1}{2}$ cups white sugar
- $\frac{1}{2}$ teaspoon baking powder
- 3 eggs, whites and yolks separated
- 1 teaspoon vanilla extract

Directions:

In a bowl, beat the egg whites with a mixer until soft peaks form. In another bowl, beat the egg yolks until foamy. In a third bowl, mix the flour with the baking powder, sugar, and cocoa powder. Add the egg white, the egg yolks, and vanilla extract and combine gently. Grease a springform pan with butter, line with parchment paper, pour the cake batter, arrange the pan in the steamer basket of the Instant Pot, add 1 cup water to the Instant Pot, cover and cook on Manual mode for 40 minutes. Release the pressure, uncover the Instant Pot, take the pan out, let cake to cool, transfer to a platter, cut, and serve.

Nutrition:

- Calories: 379
- Fat: 5
- Fiber: 2
- Carbs: 53
- Protein: 5

Poached Figs

Preparation time: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

- 1 cup red wine
- 1 pound figs
- ½ cup pine nuts, toasted
- ½ cup sugar

For the yogurt crème:

- 2 pounds plain yogurt

Directions:

Put the yogurt in a strainer, press well, transfer to a container, and keep in the refrigerator overnight. Put the wine into the Instant Pot, place the figs in the steamer basket, cover, and cook on Steam mode for 4 minutes. Release the pressure, uncover the Instant Pot, take the figs out, and arrange them on plates. Set the Instant Pot on Manual mode, add the sugar and stir. Cook until sugar melts and then drizzle this sauce over the figs. Add the yogurt mixture on top or the side, and serve.

Nutrition:

- Calories: 100
- Fat: 0
- Fiber: 1
- Carbs: 13
- Sugar: 0.6
- Protein: 0

Lemon Crème Pots

Preparation time: 30 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 cup whole milk
- Zest from 1 lemon
- 6 egg yolks
- 1 cup fresh cream
- 1 cup water
- $\frac{2}{3}$ cup sugar
- Blackberry syrup, for serving
- $\frac{1}{2}$ cup fresh blackberries

Directions:

Heat up a pan over medium heat, add the milk, lemon zest, and cream, stir, bring to a boil, take off heat and set aside for 30 minutes. In a bowl, mix the egg yolks with the sugar and cold cream mixture and stir well. Pour this into ramekins, cover them with aluminum foil, place them in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 5 minutes. Release the pressure for 10 minutes, uncover the Instant Pot, take the ramekins out, let them cool down, and serve with blackberries and blackberry syrup on top.

Nutrition:

- Calories: 145
- Fat: 4
- Fiber: 3
- Carbs: 10
- Protein: 1

Simple Carrot Pudding

Preparation time: 10 minutes

Cooking time: 1 hour

Servings: 8

Ingredients:

- 1½ cups water
- Vegetable oil cooking spray
- ½ cup brown sugar
- 2 eggs
- ¼ cup molasses
- ½ cup flour
- ½ teaspoon allspice
- ½ teaspoon ground cinnamon
- Salt
- Nutmeg
- ½ teaspoon baking soda
- ⅔ cup shortening, frozen, grated
- ½ cup pecans, chopped
- ½ cup carrots, peeled and grated
- ½ cup raisins
- 1 cup bread crumbs

For the sauce:

- 4 tablespoons butter
- ½ cup brown sugar
- ¼ cup heavy cream
- 2 tablespoons rum
- ¼ teaspoon ground cinnamon

Directions:

In a bowl, mix the molasses with eggs, ½ cup sugar and stir. Add the flour, shortening, carrots, nuts, raisins, bread crumbs, salt, ½ teaspoon cinnamon, allspice, nutmeg, and baking soda and stir everything. Pour this into a Bundt pan that you've greased with

some cooking spray, cover with aluminum foil, place in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover and cook on the Manual setting for 1 hour. Release the pressure, uncover the Instant Pot, take the pudding out and set it aside to cool down. Heat up a pan with the butter for the sauce over medium heat. Add ½ cup brown sugar, stir, and cook for 2 minutes. Add the cream, rum, ½ teaspoon cinnamon, stir, and simmer for 2 minutes. Serve the pudding with the rum sauce.

Nutrition:

- Calories: 316
- Fat: 16
- Fiber: 5
- Carbs: 44
- Protein: 7
- Sugar: 7

Corn Pudding

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 11 ounces canned creamed corn
- 2 cups water
- 2 cups milk
- 3 tablespoons sugar
- 2 eggs, whisked
- 2 tablespoons flour
- Salt
- 1 tablespoon butter
- Vegetable oil cooking spray

Directions:

Put the water into the Instant Pot, set on Manual mode, and bring to a boil. In a bowl, mix the corn with the eggs, milk, butter, flour, sugar, and a pinch of salt and stir well. Grease a baking dish with some cooking spray, pour the corn mixture into the pan, cover with aluminum foil and arrange in the steamer basket of the Instant Pot. Cover and cook on the Steam mode for 20 minutes. Release the pressure, uncover the Instant Pot, take the pudding out, set it aside to cool down, and serve.

Nutrition:

- Calories: 200
- Fat: 5
- Fiber: 2
- Carbs: 12
- Protein: 9

Eggnog Cheesecake

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 cups water
- 2 teaspoons butter, melted
- ½ cup ginger cookies, crumbled
- 16 ounces cream cheese, softened
- 2 eggs
- ½ cup sugar
- 1 teaspoon rum
- ½ teaspoon vanilla extract
- ½ teaspoon nutmeg

Directions:

Grease a pan with the butter, add the cookie crumbs, and spread them evenly. In a bowl, beat the cream cheese with a mixer. Add the nutmeg, vanilla, rum, and eggs and stir well. Pour this in the steamer basket of the Instant Pot, add the water to the Instant Pot, cover, and cook on the Manual setting for 15 minutes.

Release the pressure, uncover the Instant Pot, take the cheesecake out, set aside to cool down, and keep in the refrigerator for 4 hours before slicing and serving it.

Nutrition:

- Calories: 400
- Fat: 25
- Fiber: 0
- Carbs: 30
- Protein: 6
- Sugar: 19

Super Sweet Carrots

Preparation time: 10 minutes

Cooking time: 16 minutes

Servings: 4

Ingredients:

- 1 tablespoon brown sugar
- 2 cups baby carrots
- Salt
- ½ cup water
- ½ tablespoon butter

Directions:

Set the Instant Pot on Sauté mode, add the butter and melt it. Add the sugar, water, and salt, stir, and cook for 1 minute. Add the carrots, toss to coat, cover the Instant Pot, and cook on the Manual setting for 15 minutes. Release the pressure, uncover the Instant Pot, transfer the carrots to plates, and serve.

Nutrition:

- Calories: 80
- Fat: 1
- Fiber: 1
- Carbs: 3
- Protein: 4

Pineapple and Ginger Risotto Dessert

Preparation time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- ¼ cup candied ginger, chopped
- 20 ounces canned pineapple chunks
- ½ cup coconut , shredded
- 1¾ cups Arborio rice
- 4 cups milk

Directions:

In the Instant Pot, mix the milk with the rice, coconut, pineapple, and ginger, stir, cover the Instant Pot, and cook on the Rice setting for 12 minutes. Release the pressure naturally, uncover the Instant Pot, and serve.

Nutrition:

- Calories: 100
- Fat: 2
- Fiber: 3
- Carbs: 3
- Protein: 2