

Instant Pot Cooking Times

FOOD: Meats & Seafoods		COOKING TIME
		THAWED, FROZEN
Beef		35-40 mins
Pork		15-20 mins
Chicken		20-25 mins
Ham		9-12 mins
Chicken Breast		8 mins
Chicken Wings		10-12 mins
Pork Chops		5 mins
Lamb Leg		20-25 mins
Turkey		20-25 mins
Duck		10-15 mins
Chicken Thighs		9 mins
Lobster		2-3 mins, 3-4 mins
Crab		2-3 mins, 4-5 mins
Mussels		1-2 mins, 2-3 mins
Fish Fillet		2-3 mins, 4-5 mins

FOOD: Vegetables & Eggs		COOKING TIME
		THAWED, FROZEN
Cabbage		3-4 mins, 4-5 mins
Broccoli		1-2 mins, 2-3 mins
Okra		2-3 mins, 3-4 mins
Leeks		2-3 mins, 3-4 mins
Peas		1-2 mins, 2-3 mins
Eggplant		3-4 mins, 3-4 mins
Onions		2-3 mins, 3-4 mins
Pumpkin		8-10 mins, 10-14 mins
Tomatoes		2-3 mins, 4-5 mins
Carrots		3-4 mins, 5-6 mins
Potato		12-15 mins, 15-19 mins
Sweet Potato		12-15 mins, 15-19 mins
Celery		2-3 mins, 3-4 mins

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FOOD: Vegetables & Eggs		COOKING TIME
		THAWED, FROZEN
Asparagus		1-2 mins, 2-3 mins
Eggs		4 mins

FOOD: Rice, Grains & Beans	COOKING TIME	GRAIN:WATER Ratio
White Rice	4 mins	1:1
Sorghum	20-25	1:3
Corn	5-6 mins	1:3
Quick Oats	2-3 mins	1:2
Quinoa	1 mins	1:1.25
Couscous	2-3 mins	1:2
Rice, wild	20-25 mins	1:2
Rice Jasmine	4 mins	1:1
Congee	15-20 mins	1:4.5
Millet	10-12 mins	1:1.75
Barley	20-22 mins	1:2.25
Black soya bean	25-30 mins	1:4
Small potatoes	6-8 mins	
Pasta	4 mins	
Beans (dry)	25-45 mins	