

Instant Pot Times

	Quantity	How Much Water	Steamer Basket Y or N	Time	Quick Release	Natural Release Minutes
Veggies						
Broccoli		1 cup	Y and Low Pressure	0 Minutes	Y	
Cauliflower		1 cup	Y and Low Pressure	0 Minutes	Y	
Asparagus (Chop First)		1 cup	Y	3 Minutes	Y	
Brussels Sprouts		1 cup	Y	3 Minutes	Y	
Spaghetti Squash	1 Whole cut in 1/2, seeds removed	1 Cup	Y	7 Minutes	N	2 Minutes
Zucchini		1 Cup	Y	0 Minutes	Y	
Beets		1 Cup	Y	5 Minutes	N	5 Minutes
Carrots		1 Cup	Y	1 Minute	Y	
Beans						
Black Beans and Kombu	1 cup	2 cups	N	35 minutes	N	15 minutes
Chick Peas and Kombu	1 Cup	4 Cups	N	35 Minutes	N	22 Minutes
Green Lentils and Kombu	1 Cup, 1tsp of each Cumin, Salt, Paprika, Turmeric	2 1/2 Cups	N	14 Minutes	N	12 Minutes
Other						
Hard Boiled Eggs	1 Dozen	1 Cup	Y	Egg	N	5 minutes and then Ice Bath for 10 Minutes
Brown Rice	1 Cup	1 1/2 Cup	N	18 Minutes	N	3 Minutes
White Rice	1 Cup	1 1/4 Cup	N	5 Minutes	N	10 Minutes
Recipes						
Sweet Potato Lentil Soup			N	13 Minutes	N	13 Minutes
Split Pea Soup			N	20 Minutes	N	15 Minutes