

*Delicious
Electric Pressure Cooker
Recipes*



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MEATS

When it comes to creating juicy, tender, flavorful meat dishes, the pressure cooker has no equal. Even budget cuts of meat that usually require slow, moist-heat cooking will turn out succulent and savory-in very little time in the pressure cooker.

An important step when preparing meat in the pressure cooker is to sear meat to a crispy brown on all sides to seal in natural juices. This can be done right in the pressure cooker. The following recipes were written for fresh or completely thawed meats. To cook frozen meats, thaw one half hour or more so that the surface of the meat will sear crispy brown.

Then increase the cooking times given in the recipes. Frozen beef, veal, and lamb should be cooked 25 minutes per pound.

Frozen pork should be cooked 30 minutes per pound. Cooking time will vary depending on the size and thickness of the cut, the distribution of fat and bone, the grade and cut of the meat, and the degree of doneness desired.

After cooking if gravy is desired, stir 1-2 tablespoons of flour or cornstarch into 1/4 cup cold water. Heat cooking liquid in pressure cooker and slowly pour in flour mixture, stirring to blend. Heat to boiling, stirring constantly for 1 minute or until thickened. Season with salt and pepper.

FOR MEAT, DO NOT FILL PRESSURE COOKER OVER 2/3 FULL! NO PORTION OF THE MEAT SHOULD EXTEND ABOVE THE 2/3 FULL MARK.

Operating the cooker without cooking liquid or allowing the cooker to boil dry will damage the cooker.

FRESH AND FROZEN VEGETABLE TIMETABLE

When using the vegetable timetables, cook the vegetables the minimum amount of time indicated if you prefer your vegetables crisp. If you prefer your vegetables soft, cook them the maximum amount of time indicated.

TO PREVENT OVER-COOKING, COOL COOKER AT ONCE AFTER COOKING VEGETABLES, EXCEPT WHEN NOTED.

If the timetable says to cook 0 minutes, this means to cook food until the pressure regulator begins to rock, then cool cooker at once.

Quantity of vegetables does not change pressure cooking times. More mature vegetables may require longer pressure cooking times than given in chart.

For fresh and frozen vegetables, pour liquid into the cooker. Place vegetables on rack in cooker.

FOR FRESH AND FROZEN VEGETABLES, DO NOT FILL PRESSURE COOKER OVER 2/3 FULL.

APPLESAUCE

Ingredients

2 lbs. (4 large) Granny Smith apples – peeled, cored and roughly chopped
 2 lbs. (4 large) Honey Crisp apples – peeled, cored and roughly chopped
 1 cup water
 1 teaspoon lemon zest
 ½ teaspoon ground cinnamon
 ¼ teaspoon kosher salt

Amount Per Serving	
Calories	87.49
Calories From Fat (2%)	2.01
% Daily Value	
Total Fat 0.24g	<1%
Saturated Fat 0.04g	<1%
Cholesterol 0mg	0%
Sodium 58.65mg	2%
Potassium 164.2mg	5%
Total Carbohydrates 23.28g	8%
Fiber 2.44g	10%
Sugar 18.34g	
Protein 0.5g	1%

Directions

Combine all ingredients and toss to mix in the bowl of the pot. Close your Instant Pot, set to high pressure and cook for 8 minutes. NPR for 15 minutes, then QR.
 Transfer the applesauce to a bowl and let cool completely. Stir to combine, then serve or store in a sealable container in the refrigerator. (Serves 10)

BOILED EGGS

4-12 large eggs (still the same amount of water)
 1 cup water
 Ice

Place trivet at the bottom of the pot and place eggs on top. Add water to the pot, put on lid and set at HIGH pressure for 5 minutes. NPR for 5 minutes, then QR. Scoop eggs out of pot and place in an ice bath for 5 minutes. Remove from ice bath and peel or store in the refrigerator until ready to use.

FOR SOFT BOILED: High pressure on manual 3 minutes. QR, then ice.

CAJUN ALFREDO

Ingredients

1 tbsp. oil
 12 oz. beef sausage, cut in chunks
 4 cups chicken broth
 4 cups uncooked penne pasta
 1 cup heavy whipping cream
 6 oz. (weight) shaved parmesan cheese
 1 tbsp. Cajun Seasoning

Amount Per Serving	
Calories	748.09
Calories From Fat (50%)	371.89
% Daily Value	
Total Fat 41.21g	63%
Saturated Fat 21.09g	105%
Cholesterol 117.28mg	39%
Sodium 1598.69mg	67%
Potassium 302.6mg	9%
Total Carbohydrates 58.89g	20%
Fiber 2.65g	11%
Sugar 0.3g	
Protein 32.28g	65%

Directions

1. Turn your IP to sauté function and add oil. Once it is hot, add cut sausage and cook until browned. Because the sausages are already fully cooked, this is to “crisp” them and increase flavor.
2. Remove from pan. Add chicken broth and stir to remove the drippings from the bottom of pan. Add pasta and stir to make sure it is covered.
3. Place the lid on and turn to manual for 8 minutes. Quick release. Do NOT drain!
4. Add whipping cream, cheese, seasoning, and sausage to pan.
5. Turn your pressure cooker back to sauté. Keep stirring until cheese has melted and sauce thickens. (serves 8)

Alternatives

- *Chicken could be used instead of sausage or in addition to
- *Mozzarella cheese could be used or in addition to

CAVATINI

In inner pot, brown one pound ground beef.

Add 3 cups water and 4 cups Penne Noodles.

Add jar favorite spaghetti sauce. Secure lid and program – manual on high pressure for 7 minutes.

When finished, QR, stir, place 1 – 2 cups shredded mozzarella cheese on top (cooker should be on warm mode) and replace lid with release valve open. Allow to sit until ready to eat.

Amount Per Serving	
Calories	339.32
Calories From Fat (63%)	214.17
% Daily Value	
Total Fat 23.53g	36%
Saturated Fat 10.86g	54%
Cholesterol 84.86mg	28%
Sodium 508.71mg	21%
Potassium 376.4mg	11%
Total Carbohydrates 5.48g	2%
Fiber 0.15g	<1%
Sugar 3.85g	
Protein 24.79g	50%

CHEESY JALAPENO BREAD

Ingredients

- 2 1/4 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp sugar
- 1 tsp salt
- 1 T. dried Italian herb blend
- 2 T. dried parsley
- 1/2 tsp coarsely ground pepper
- 2 large eggs
- 1 1/4 cups buttermilk
- 2 tbsp. oil or butter
- 1 cup (4 ounces) shredded cheddar cheese
- 1 or more (to taste) jalapenos, chopped

Amount Per Serving	
Calories	251.07
Calories From Fat (33%)	83.87
% Daily Value	
Total Fat 9.53g	15%
Saturated Fat 4.64g	23%
Cholesterol 72.36mg	24%
Sodium 669.99mg	28%
Potassium 138.28mg	4%
Total Carbohydrates 30.84g	10%
Fiber 1.14g	5%
Sugar 3.22g	
Protein 10.12g	20%

Directions

1. In a large bowl, combine flour, baking powder, baking soda, sugar, salt, herbs, and pepper.
2. In a small bowl, whisk eggs, buttermilk, and oil.
3. Stir into dry ingredients just until moistened. Fold in cheese and jalapenos.
4. Prepare (Grease/butter/spray) a pan of your choice. I use my 7" cheesecake pan with removable bottom.
5. Line the bottom w/parchment paper. Pour in batter. Pour 1-2 cups water into IP liner. Place cake pan on trivet, using foil sling, close and lock lid, seal vent, manual—high pressure, 30 min., NPR for 10 min. then QR.
6. Remove pan from IP liner and cool for 10 minutes, then remove from pan to wire rack. When bread has cooled, wrap tightly and store 24 hours to allow flavors to mellow. (serves 8)

(Inspired by a recipe Sun-Dried Tomato Provolone Bread on TasteofHome.com)

CHICKEN POT PIEIngredients

- 5 boneless skinless chicken breasts
- 1 cup sliced celery
- ½ cup diced onion
- 2-10.5 oz. cans low sodium cream of chicken soup
- ¼ tsp celery seed
- ½ tsp poultry seasoning
- 1 (12 oz.) bag frozen mixed vegetables
- 1 (16.3 oz.) can buttermilk biscuits

Amount Per Serving	
Calories	410.98
Calories From Fat (19%)	79.67
	% Daily Value
Total Fat 9g	14%
Saturated Fat 2.38g	12%
Cholesterol 91.5mg	31%
Sodium 1336.61mg	56%
Potassium 649.5mg	19%
Total Carbohydrates 40.09g	13%
Fiber 3.02g	12%
Sugar 1.01g	
Protein 41.33g	83%

Directions

Place all ingredients in IP except biscuits. Cook on high pressure for 15 minutes. NPR 5 minutes, then QR. Shred chicken. Serve over cooked biscuits. (Serves 8)

MONKEY BREADIngredients

- 1 can (8 count) Grands biscuits
- 1/2 cup sugar
- 1 1/2 tsp cinnamon
- 1/2 stick butter
- 1/2 cup light brown sugar
- 1 piece foil

Amount Per Serving	
Calories	176.57
Calories From Fat (34%)	60.48
	% Daily Value
Total Fat 6.86g	11%
Saturated Fat 3.94g	20%
Cholesterol 15.27mg	5%
Sodium 81.9mg	3%
Potassium 51.69mg	1%
Total Carbohydrates 29.36g	10%
Fiber 0.23g	<1%
Sugar 25.73g	
Protein 0.6g	1%

Directions

1. In a large bowl or plastic Ziploc bag, add sugar and cinnamon. Combine well.
2. Cut 8 biscuits in quarters, and to sugar mixture, and coat thoroughly. Place sugar coated biscuit pieces into a spring form pan.

3. Add butter and brown sugar into a small bowl, and place in the microwave for 45 seconds. Once butter is melted, stir thoroughly with a fork. Evenly distributed your caramel sauce you made over the biscuits.
4. Add 1 ½ cup of water to your IP. Place trivet in bottom of pan.
5. Lower the pan into the pressure cooker using a foil sling.
6. Place on Manual high pressure for 21 minutes, NPR for 5 minutes, then QR. (serves 8)

<https://foodnservice.com/instant-pot-monkey-bread/>

PHILLY CHEESE STEAK SOUP

Ingredients

- 3 cups beef stock
- 2 cups milk
- 1 lb. roast beef, cut into bite sized pieces
- 2 medium sized green peppers, diced
- 1 medium sized sweet onion, diced
- 2 tbsp. butter
- 1/2 cup flour
- 2 tbsp. minced garlic
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 1/2 cups Monterey jack cheese

Amount Per Serving	
Calories	429.14
Calories From Fat (51%)	217.63
	% Daily Value
Total Fat 24.59g	38%
Saturated Fat 14.2g	71%
Cholesterol 107.46mg	36%
Sodium 1088.74mg	45%
Potassium 503.19mg	14%
Total Carbohydrates 18.26g	6%
Fiber 1.63g	7%
Sugar 6.61g	
Protein 33.22g	66%

Directions

1. Turn your Instant Pot to sauté and add butter. When butter is melted, add garlic, green peppers and onions. Cook until the onions start to become translucent (about 3-5 minutes).
2. Add roast beef, beef stock, and seasonings.
3. Place lid on Instant Pot and cook on manual high pressure for 10 minutes. When timer is up, NPR for 10 minutes, then QR.
4. Turn Instant Pot on to sauté and stir in the milk/flour mixture. Cook on sauté until soup starts to thicken (about 3-5 minutes). When soup is thick, add cheese and stir until well combined.
5. Serve with crusty bread and enjoy! (serves 6)

<https://www.idonthavetimeforthat.com/instant-pot-philly-cheese-steak-soup/>

MISSISSIPPI POT ROAST

- 3-4 Lb. Chuck Roast
- 2 Tbsp. oil
- 1 packet Ranch Dressing Powder
- 1 packet Au Jus Gravy Mix
- 1 cup coca cola
- 5-6 Pepperoncini Peppers from a jar
- 4 tbsp. butter

For the gravy: Combine cornstarch and cold milk and stir until smooth. Turn the instant pot to the sauté fun. Stir the smoothed cornstarch mixture into the pan juices in the instant pot. Stir until thickened and serve over mashed potatoes! ENJOY!

Gravy

- 2 Tbsp. cornstarch
- 2 Tbsp. milk

Instructions

1. Turn the Instant Pot to the sauté function and adjust to the HOT setting. While it is heating, cut roast in half or 4 pieces. Once pot is hot, add 2 Tbsp. oil and brown roast on all sides. (You can do this in 2 batches if need be.)
2. After the roast has browned, place all of roast pieces back in the pot and sprinkle with ranch and au jus powder. Pour coke over and top with 6 peppers and the butter.
3. Close the lid, making sure the pressure release value is closed. Press the meat program button, and adjust the time to 40 minutes. The pot should reach pressure within 10-15 minutes.
4. Once the pot reaches pressure, it will begin counting down. Once it has finished its cooking program, it will beep, then allow roast to remain in pot for 20 minutes NPR, for a natural pressure release. Release any pressure left at that time, removing roast to a platter and covering with foil.

SWEET 'N SOUR CHICKEN

Ingredients

- 1 (3-pound) chicken, cut up
- 1 tbsp. vegetable or olive oil
- 1/2 cup sliced celery
- 1 green or red pepper, cut into chunks
- 1 (20-ounce) can pineapple chunks, drained and juice reserved
- 1 cup reserved pineapple juice (add water if necessary)
- 1/4 cup brown sugar
- 1/2 cup vinegar
- 2 tbsp. soy sauce
- 1 tbsp. catsup
- 1/2 tsp Worcestershire sauce
- 1/4 tsp ground ginger

Amount Per Serving	
Calories	194.69
Calories From Fat (21%)	41.39
% Daily Value	
Total Fat 4.69g	7%
Saturated Fat 0.92g	5%
Cholesterol 52.92mg	18%
Sodium 303.36mg	13%
Potassium 367.61mg	11%
Total Carbohydrates 21.72g	7%
Fiber 1g	4%
Sugar 16.24g	
Protein 16.99g	34%

- 2 tablespoons cornstarch
- 2 tablespoons cold water

Directions

1. Heat oil in a 4- or 6-quart pressure cooker. Brown chicken a few pieces at a time; set aside. Return all chicken to pressure cooker; add celery and green pepper.
2. Combine pineapple juice, brown sugar, vinegar, soy sauce, catsup, Worcestershire sauce, and ginger; pour over chicken. Cover the cooker.
3. Set to high and cook for 8 minutes, then QR. Remove chicken and vegetables to a warm platter.
4. Mix cornstarch with cold water; blend into hot liquid still in the Pot. Cook and stir until mixture boils and thickens. Add pineapple chunks and heat. Pour sauce over chicken. Serve with rice. (serves 6)

TAPIOCA PUDDING

Ingredients

- 2 cups low-fat milk
- 2 tbsp. quick cooking tapioca
- 2 eggs, slightly beaten
- 1/3 cup sugar
- 1/2 tsp vanilla
- 1 cup water

Directions

1. Place milk and tapioca in metal or heat resistant bowl. Combine eggs, sugar, and vanilla. Add to milk and tapioca. Cover firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Use manual setting and cook 5 minutes. QR.
2. Chill.

Nutrition Information Per Serving 6 servings 113 Calories, 3 g Fat, 75 mg Cholesterol

VEGETABLE SOUP

Ingredients

- 1-pound ground beef, browned and drained or leftover roast beef cut into pieces.
- 1 can kitchen sliced green beans with juice from can
- 1 can green peas with juice from can
- 2-3 potatoes, diced
- 1/2 onion, chopped
- 4 carrots, sliced
- 3 stalks celery, sliced
- 1 can beef broth

Amount Per Serving	
Calories	337.69
Calories From Fat (44%)	148.68
% Daily Value	
Total Fat 16.11g	25%
Saturated Fat 6.41g	32%
Cholesterol 56.7mg	19%
Sodium 256.48mg	11%
Potassium 1179.21mg	34%
Total Carbohydrates 30.9g	10%
Fiber 5.53g	22%
Sugar 9.14g	
Protein 18.25g	37%

3 cups tomato juice or crushed tomatoes or canned tomatoes

Directions

Put all ingredients into pressure cooker, put lid on and set manual to 10 minutes, QR and serve. (Serves 6)

YOGURT

Ingredients and Supplies

1 gallon of milk

2 tbsp. starter yogurt (The “starter yogurt” is simply already made yogurt. The yogurt that you use for the starter is very important. The first time making yogurt, purchase a high quality container of yogurt containing milk and live active cultures; nothing more).

Vanilla or vanilla bean and/or Sweeteners

What you will need:

Instant Pot

Mesh Strainer or Nut Milk Bag

Digital Thermometer

Bowl

Non-metal Whisk

Glass jars for storing

Once you start making your own yogurt, you can save at least 2 tablespoons of your last batch to add to the new one as your “starter”. I like to freeze some yogurt then I never have to worry about saving some.

Directions

1. Pour the cold milk into a COLD Instant Pot pan and place the lid on the pot.
2. Press the Yogurt button on the Instant Pot Pressure Cooker and then the “Adjust” button until the display says “boil.” When the boiling cycle is done, a beep will sound and the Instant Pot Pressure Cooker display screen will say “Yogt.” However, keep reading before you get too anxious that you are done with this step.
 - *You can remove the lid at any time; there is no need to wait for pressure to come down. The yogurt making process does not require the machine to come up to pressure.
3. Stir the milk and using a digital thermometer, check the temperature of the milk. You are trying to get the milk temperature up to at least 180 degrees, or if you want a thicker yogurt in the end, 185 degrees. If it is not 180 degrees, you will need to do another boil. It may take a few boil sessions to get it up to temperature. There will be hot spots so stirring prior to taking the temperature will give a more accurate reading, as well as whisking throughout the boil cycle.
 - *If you can’t reach 180 degrees after two cycles, hit Sauté and then adjust to low and whisk continuously (scraping the bottom too), until you get to 180 degrees.
4. Remove the cooking pot from the Instant Pot Pressure Cooker and allow the milk to cool down to 110 degrees. Sit the pot on a cooling rack where air can circulate around it; plan for this taking about an hour. If in a hurry, fill the sink with cold water and place the pot in the

sink. (Be careful not to get any water in it). Remember to always stir the milk prior to taking the temperature.

When the temperature reaches 110 degrees, you are ready to add your yogurt starter.

5. Get a little bowl and take about a cup of the milk from Instant Pot and whisk the milk into the starter, mixing well. Pour this mixture back into the pot and whisk.
6. Place the cooking pot back into the Instant Pot. If you had it in the sink with water, make sure you dry off the pot before placing it back in the Instant Pot.
7. Push the Yogurt Button, the display will show 8:00. (This is 8 hours). If you prefer a tarter yogurt, adjust the time to 10:00 hours. Be mindful if you press the adjust button twice, the Instant Pot will adjust to 24:00 hours. Make sure you get it to the right time setting. The Instant Pot may reset from the “Normal” function to the “Less” function! You don’t want to incubate on the “Less” option. Make sure it is on “Normal”.
8. After you set your time, the Instant Pot will start to count up. If you like a thinner consistency, you won’t need to strain it. Un-strained Yogurt is just regular Yogurt and strained Yogurt is called “Greek Yogurt.” If you want it thicker, pour the yogurt into a strainer with a cheesecloth or Nut Bag. Depending on how much you strain it will determine how much yogurt you have when done.
9. You can save the whey and use it in smoothies, breads, making cheeses, salad dressings, etc. for added probiotic nutrition. Flavorings can be added now; some options can include fruit preserves, honey, sugar, Torani syrups, or vanilla.
10. Make sure you label the jar you put the whey in. You don’t want someone thinking this is lemonade or some other beverage. There will usually be a few quarts of whey left over.
11. Place the yogurt into single one cup jars, or other glass containers and store in the refrigerator.

CHICKEN BREAST

- Step 1: Put frozen or thawed chicken breasts in pressure cooker.
- Step 2: Add 2 cups water. Place lid on cooker, heat until regulator begins to rock, begin timing.
Frozen breasts cook for 10 minutes
Thawed breasts cook for 5 minutes.
- Step 3: Cool cooker quickly

Variations:

Chicken and gravy: add 1 teaspoon chicken base (taste) or 1 cube chicken bouillon. Shred or cut chicken into smaller pieces, thicken with cornstarch.

Chicken and noodles: Cut chicken into small pieces, add noodles and cook until noodles are tender.

POTATO SOUP

- 1 tablespoon vegetable oil
- 1 cup finely chopped onions
- 1/2 cup finely sliced celery
- 3 cups chicken broth
- 4 cups peeled, diced potatoes
- 1/4 teaspoon white pepper
- 1/4 teaspoon basil
- 1 can (12 ounces) evaporated skim milk
- Salt to taste

Step 1: Heat oil in pressure cooker over medium heat. Sauté onion and celery until soft.

Step 2: Add broth, potatoes, pepper, and basil to pressure cooker. Close cover securely. Place pressure regulator on vent pipe and cook 5 minutes with pressure regulator rocking slowly. Let pressure drop of its own accord. Remove 2 cups of potato mixture; place in blender or food processor and process until smooth. Return to pressure cooker and stir in evaporated milk.

Nutrition Information per serving 6 servings 160 Calories, 2 g Fat, 2 mg Cholesterol

SPICY PULLED PORK

Recipe by Pioneer Woman

Ingredients

- 4 T. Dried Minced Onion
- 1 T. Chili powder
- 1/2 cup Brown sugar
- 1 T. Garlic Powder
- 1 t. Dried oregano
- 2 t ground cumin
- 1 T. Salt
- Pinch of ground black pepper
- 3 T olive oil
- 2 T. White vinegar

1. When ready to use, thaw and rub over a 2-3 pound pork shoulder. Place in crockpot with 1-2 cups of water and cook on low for 6-8 hours. Shred and enjoy. This is great to serve as is, with BBQ sauce, or in a tortilla.
 2. Pressure cook for 45 minutes on high, natural release for 15 minutes.
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SWISS STEAK

- 2 pounds round steak, 1-inch thick
- 1 can (8 ounces) tomato sauce
- 1/2 cup water
- 1 cup chopped onion

Step 1: Place all ingredients in cooker.

Step 2: Close cover securely. Place pressure regulator on vent pipe and **cook 18 minutes with pressure regular rocking slowly. Cool cooker at once.** Thicken sauce, if desired.

MONGOLIAN BEEF

Ingredients

- 2 lbs. top sirloin or flank steak, trimmed of gristle and thinly sliced against the grain.
- 2 Tbsp. vegetable oil
- 1 tsp ginger, minced
- 2-3 cloves garlic, minced
- 1/2 cup water
- 1 cup LOW SODIUM soy sauce
- 1.5 cups dark brown sugar
- 2 Tbsp. cornstarch
- 3 Tbsp. cold water
- Green onions, chopped
- White Rice, cooked

Instructions

1. Turn the instant pot to sauté on high. Once pot is hot add oil and brown meat in 2-3 batches. Do not crowd. Transfer meat to plate when browned.
2. Add the garlic and ginger and sauté, while stirring, 1 minute. Add water, soy sauce, and brown sugar. Stir to combine.
3. Add browned beef and any accumulated juices. Make sure the valve is sealed and press manual. Set the timer for 12 minutes.
4. When beep sounds turn pressure cooker off and use a quick pressure release. When valve drops carefully remove the lid. Turn the instant pot off.
5. In a small bowl, combine the cornstarch and 3 tablespoons water, whisking until smooth. Add cornstarch mixture to the sauce in the pot stirring constantly. Turn the instant pot back on and select sauté and stir constantly until sauce thickens. Stir in green onions. Serve over cooked rice and ENJOY!

<http://www.auntbeesrecipes.com/2016/12/instant-pot-mongolian-beef.html>

CHEESECAKE

Ingredients

- 2 blocks Cream Cheese, room temp (low fat **NOT** recommended)
- 2 eggs, room temp
- 1/4 C. Sour Cream
- 1/2 C. Granulated Sugar
- 1/4 t. lemon extract

Crust

- 2/3 box of Graham Crackers, Crushed (this was 2 of the 3 bags within)
- 1/4 C. Butter—melted

Instructions

1. Make the crust first—by melting the butter and adding into the crushed graham crackers.
2. Mix well and then push into a 7” springform pan and work a little up the sides.
3. Pop in the freezer until the filling is ready.
4. In your KitchenAid, add the Cream Cheese, Eggs, Sugar, Sour Cream, and Lemon Extract—it’s incredibly important that the Cream Cheese and Eggs be at room temperature (if not your mixture will not whip up smooth!)

<https://www.thecentsableshoppin.com/delicious-cheesecake-in-the-instant-pot/>

ENCHILADA CASSEROLE

1 lb. hamburger, browned
6, 8 inch tortillas
1 can enchilada sauce
1 c. cheese

Combine browned hamburger, ½ cup of cheese and ¾ of can of enchilada sauce in a bowl. In a 7 in. springform pan, tear 2 tortillas and lay in bottom of pan, put half of meat mixture on top, 2 more tortillas and remaining meat mixture. Top with remaining 2 tortillas, sauce and ½ cup cheese. Put 1-1 ½ cups water in bottom of pressure cooker. Place pan on trivet. Put lid on and set to 27 minutes on high pressure. QPR.

CHICKEN NOODLE SOUP W/HOMEMADE EGG NOODLES

ChefAlli / January 12, 2017

- 1 Tbs. good olive oil
 - 1 Tbs. unsalted butter
 - 1 yellow onion, diced
 - 1 cup diced celery
 - 4-5 medium carrots, sliced into coins
 - 1/2—1 tsp. turmeric
 - 1 tsp. dried oregano leaves
 - 3-4 chicken breasts, cooked and shredded
 - (I often use 5-6 boneless, skinless chicken thighs in place of the breasts.)
 - 8-10 cups good, strong chicken broth
 - 1 batch egg noodles, recipes below (or use frozen egg noodles if you prefer)
 - Kosher salt and freshly ground black pepper, to taste
 - 1 Tbsp. cornstarch stirred into 2 Tbs. water to make a slurry, stir until smooth
 - Splash of heavy cream
 - Fresh Italian parsley, chopped, 1-2 Tbs. (or sub 1 tsp. dried)
1. In a large Dutch oven over medium heat, combine oil and butter; add onions, celery, carrots, turmeric, and oregano. Cover pot with lid and cook until vegetables are fork-tender, reducing heat, if needed. Add cooked chicken and broth to Dutch oven along with egg noodles; bring to a simmer, cooking until noodles are tender, approx. 12-15 minutes; season to taste with salt and pepper.
 2. Add prepared slurry to soup and cook, stirring until nicely thickened. To finish, stir in cream and parsley.

Pressure Cooker Method

If you are preparing this recipe in a pressure cooker, make as directed above. When you add the noodles to the soup in the pressure cooker pot, lock lid into place and choose High setting for 2 minutes. When timer sounds, do a quick pressure release, remove lid and stir in the splash of cream and parsley.

Homemade Egg Noodles

- 2 cups all-purpose flour
- 2 tsp. kosher salt
- 3 egg yolks
- 1 egg
- 1/4-1/2 cup water

1. In a large mixing bowl, combine flour with salt, then create a well in the center of the flour mixture. Place egg yolks and egg into the well, along with a couple tablespoons water; stir or use your hands to combine well, adding more water as needed, a tablespoon at a time, until dough comes together. Divide dough in half and let rest for 10 minutes. Once dough has rested, roll out on a lightly floured work surface to 1/8" inch thickness; use a pizza cutter to cut noodles to desired width. Repeat with remaining half of dough. Noodles can be used at once—I used mine immediately after rolling them out and they were so fat and tender once simmered in the broth...delicious

**Dough and noodles also freeze great. Sometimes, while I have all the mess on my counter anyway, I'll go ahead and make a few batches at once, then package them into freezer bags to grab and use later.

SPICEY SWEET COUNTRY-STYLE RIBS

ChefAlli / June 2, 2015

- 3 lbs. boneless country-style ribs, seasoned to taste with kosher salt and freshly ground black pepper
- 1 Tbs. vegetable or sunflower oil

Sauce

- 1 cup ketchup
 - 1/2 cup apricot jam
 - 1 Tbs. cider vinegar
 - 1/2 tsp. red pepper flakes
 - 1/2 tsp kosher salt
 - 1/2 cup beef or chicken broth
1. Heat oil on browning or high setting of pressure cooker pot; when oil is shimmering, add ribs, a couple at a time and brown on all side.
 2. Remove browned ribs from pot and set aside; keep warm. Repeat with remaining ribs, working in batches.
 3. Meanwhile combine sauce ingredients in a small sauce pan over medium heat; whisk to combine.
 4. Reserve sauce pan.
 5. Drain fats from pressure cooker pot and put all ribs back into the pot; pour the prepared sauce over the ribs and cover pressure cooker with the lid.
 6. Program pressure cooker for 25 minutes on high setting and let cook. When timer goes off, let ribs sit under natural pressure release for 10-15 minutes; use tongs to release pressure and steam in pot and remove lid. (Or if you have time, let ribs set until natural pressure release is completely finished on its own)
 7. Using a slotted spoon, remove ribs from pot and place into a casserole dish. Pour sauce from pot and into reserved sauce pan. Place sauce pan into freezer to speed cooling
 8. When sauce is cool enough to handle, pour sauce into a freezer bag and let fats gather at the top. Make a small incision in bottom corner of one bag and let sauce escape back into reserved sauce pan, pinching off the hole before fats can escape from the bag (they will gather at the very top)

into the sauce. Toss bag and fats.

9. In a small bowl, combine 1 Tbs. cornstarch with 2 Tbs. water and pour into sauce, whisking to combine. Bring sauce a simmer over medium heat and constantly stir until nicely thickened. Pour over ribs and place under the broiler for a few minutes, if desired. Serve at once with your favorite side dishes.

MAC AND CHEESE WITH BROWNE KIELBASA BITES

ChefAlli / December 28, 2015

- 3 cups elbow macaroni
- 3 cups chicken broth
- 1 tsp. dry mustard
- 2 cups shredded sharp cheddar
- 1 can Campbell's Condensed Cheddar Cheese Soup (10 3/4 oz.), or substitute 1 cup small cubes processed cheese, such as Velveeta
- 1 egg eaten with 1/2 cup sour cream (I use light sour cream)
- 1 lb. beef or turkey kielbasa, sliced and browned, reserved
- Kosher salt and freshly ground black pepper, to taste

Pressure Cooker Method

Combine macaroni and chicken broth in PC pot; lock lid in place and choose high setting; set timer for 6 minutes (if using a larger pasta in place of elbow macaroni pasta, I set PC timer for 7-8 minutes). When timer goes off, use quick release method to release pressure from PC. Do not drain water from macaroni! Stir in dry mustard, sharp cheddar, soup, sour cream/egg mixture; combine well, then fold in kielbasa; season macaroni and cheese to taste with salt and pepper. Serve at once.

Stove Top Method

Combine macaroni and chicken broth in a large pot; bring to a boil over medium high heat and cook for 12-14 minutes or until macaroni is al dente, per package directions. Do not drain broth from macaroni! Stir in dry mustard, sharp cheddar, soup, and sour cream/egg mixture; combine well, then fold in kielbasa; season macaroni and cheese to taste with salt and pepper. Serve at once.

Slow Cooker Method

Combine macaroni and chicken broth in a large pot; bring to a boil over medium high heat and cook for 5 minutes. Do not drain water from macaroni! Stir in dry mustard, sharp cheddar, soup, and sour cream/egg mixture; combine well, then fold in kielbasa; season macaroni and cheese to taste with salt and pepper. Place macaroni into a pre-heated slow cooker and cook on low for 2 hours.

MIDWEST HONEY-CUED MEATLOAF

1 1/2 lbs. ground beef, very lean
 2 eggs, beaten
 1/2 cup ketchup
 1/4 cup Worcestershire sauce
 1 tsp. freshly ground black pepper
 1/2 cup plain bread crumbs
 1 cup shredded hashbrown potatoes
 1 tsp. minced garlic (or 1/2 tsp. granulated garlic)
 1 tsp. granulated onion

Topping

1/2 cup ketchup
 1/4 cup brown sugar
 2 Tbs. yellow mustard

In a large mixing bowl, combine ground beef with eggs, ketchup, Worcestershire sauce, black pepper, bread crumbs, hashbrowns, garlic, and onion; mix well, but gently. (Large Ziplock Bag) To prepare topping, combine ketchup, brown sugar, and mustard in a separate small bowl. (Small Ziplock Bag)

Place meatloaf mixture into a greased meatloaf pan or baking dish. Bake, meatloaf, uncovered, for 45 minutes. Remove meatloaf from oven and spread prepared topping over the top of the meatloaf. Return meatloaf to the oven and continue to bake an additional 10-15 minutes, or until meatloaf is cooked throughout and internal temperature at center of meatloaf registers 165 degrees F. on an instant-read thermometer. Let meatloaf cool a bit in the pan before slicing into slices. Serve meatloaf with additional sauce on the side, if desired.

Pressure cooker instructions: Make a foil packet or place meatloaf in a springform pan. Place on rack in pressure cooker with 1 1/2 cups of water in bottom on Manual function for 27 minutes. You can also place 4-6 cut up potatoes in bottom of pressure cooker so that you have your mashed potatoes as well!

***Don't forget to wash your hands before and after handling food products.

Source: Chef Ali's Farm Fresh Kitchen

Nutrition Facts

Serving size: 1/6 of a recipe (5.9 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

Amount Per Serving	
Calories	347.06
Calories From Fat (52%)	180.03
% Daily Value	
Total Fat 19.54g	30%
Saturated Fat 7.59g	38%
Cholesterol 116.66mg	39%
Sodium 581.76mg	24%
Potassium 499.69mg	14%
Total Carbohydrates 23.89g	8%
Fiber 0.98g	4%
Sugar 13.99g	
Protein 18.7g	37%

CUBE STEAK AND RICE

1-2 lbs. of cube steak
1 can French Onion Soup
1 envelope of brown gravy
1 ½ cans of water (use your soup can to measure)

Place all ingredients in pressure cooker on high for 10 minutes. QPR.

***You can also place a trivet in the pressure cooker with a 7 inch cake pan. Place rice or potatoes and liquid in the pan for a complete meal!

ANGEL FOOD CAKE

1 ½ c. of Angel Food Cake Mix
½ c. of water

Mix ingredients together in a bowl with a whisk until soft peaks form about 1-2 minutes. Put in a 7 inch angel food cake mix, making sure it is NOT greased. Place 1 ½ c of water in bottom in instant pot. Put pan on trivet and cover pan with foil. Put on manual for 27 minutes. Slow release. Remove from pot, remove foil, and place upside down to cool.