

# Meals in Minutes



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# Meals in Minutes

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# INTRODUCTION

Do you have a pressure cooker sitting in your kitchen waiting to be used? Pressure cooking might be the tool for you if you want to:

- **Reduce cooking time**, pressurized, evenly cooking foods in less time to heat foods
- **Keep food safe**, by using high heat and pressure to eliminate germs
- **Tenderize tough foods**, especially tough cuts of meats, dry beans, and whole grains
- **Preserve nutrition**, as quick, sealed pressure cooking helps limit nutrient and moisture loss
- **Cook conveniently**, using one tool for multiple cooking processes like browning, sautéing, or pressure cooking
- **Intensify flavors**, with a searing or sautéing start plus a pressure finish to lock in complex tastes of your food

Electric or stove top pressure cookers are an excellent option for any home chef who wants to cook healthy meals in their kitchen.

## Pressure cooking past to present

Stove top pressure cooking, which dates back to the late 1600s, has long been valued for its convenience, energy efficiency, and versatility. These sealed pots build pressure between 5 to 15 pounds per square in (psi). This pressure results in food being cooked at about 250° F, which is hotter than the normal boiling point of 212°F. The pressurized cooking changes liquid to steam both inside and surrounding the food to cook it faster.

Its popularity skyrocketed in 2010 with the launch of an electric pressure cooker that combined multiple cooking functions: pressure cooking, slow cooking, rice cooking, and more into a single appliance. Many tools have added safety features to reduce risk of building too much pressure. This innovation made it incredibly popular with home cooks, leading to widespread adoption and many consumer options. Today, electric pressure cookers are a kitchen staple, providing a fast, energy-saving, and easy-to-use way to prepare meals.

## Stay safe with your electric pressure cooker

- Keep basic kitchen safety in mind, wash hands, avoid cross contamination, check internal temperature of cooked foods, and cool foods quickly after cooking
- Refer to the user manual for your specific pressure cooker model for detailed instructions and safety guidelines
- Keep vent, lid, and seals clean of food particles
- Inspect the rubber and seal for wear or stiffening, do not seal when stored
- Close the vent and ensure the lid is locked at the start of pressurizing
- Consider where the steam will go from pressure release valve during natural release (slow, unassisted) or manual (quick, assisted) release, never open cooker when still pressurized
- Include **at least ½-1 cup of liquid** in the recipe, but fill **no more than ⅔ to ½ full** to safely pressurize and steam food
- Set time delay for no longer than 2 hours to avoid increased food borne illness risk
- Consult your manual to see if recipes require an adjustment if you live at altitude
- Note that not all posts on the internet or social media will follow food safety guidelines

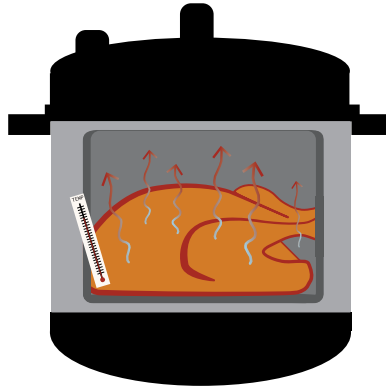
## What shouldn't be cooked in a pressure cooker?

**Canning is NOT recommended:** Pressure cookers are usually not large enough to safely can, and the pressurization isn't tested consistently enough for safe home canning. Alternatively, cooking in a pressure canner is not recommended to keep the canner safe and free from particles.

**Frying in oil is NOT recommended:** Even if there is an air fryer component of your pressure cooker, - do NOT cook foods in oil as it can damage the equipment.

## Science behind how it works

Pressure cookers use steam and pressure to cook food quickly and evenly. Under normal circumstances, water boils at 212°F. However, in a sealed pressure cooker, the increased pressure raises the boiling point to about 250°F. As the cooker heats up, water in the ingredients transforms into steam. Because this steam cannot escape, the internal pressure builds. This combination of higher pressure and temperature effectively cook foods. This method is ideal for recipes with moist heat able to withstand pressure, braised lean meats, stews, soups, beans, whole grains, and boiled eggs for example.



Pressure Cooker

TIPS:

### What jobs can an electric pressure cooker do?

- Slow cooker
- Rice cooker
- Steamer
- Yogurt maker
- Sauté/browning pan
- Warming pot
- Air fryer \*some specific models, may require additional purchase

### Foods ideal for pressure cooking

- **Meat and Poultry:** pot roast, pulled pork, brisket, salmon, chicken breast
- **Grains:** rice, quinoa, barley, buckwheat, farro, couscous, kamut, oats
- **Soups and Stews:** chili, dal, vegetable broths, chicken noodle soup
- **Vegetables:** squash or root vegetables
- **Beans and Legumes:** lentils, black beans, pinto beans, chickpeas
- **Others:** yogurt, hard boiled eggs

### Combine foods with common cook times

- Poultry or red meat with carrots, celery, and onions
- Whole grains and beans

### Convert your favorite conventional oven or stovetop recipe

- Decrease cook time by  $\frac{2}{3}$  to  $\frac{3}{4}$  time at pressure
- Decrease liquid by about  $\frac{1}{2}$ , ensuring there is still  $\frac{1}{2}$ -1 cup of liquid
- Find a similar pressure cooker recipe and try it!



A Nutrition Resource

# Hard Boiled Eggs

## Pressure Cooker Recipe

Serving Size: 1 Egg

### Ingredients:

- Up to one dozen eggs (12)
- 1 cup water

### Directions:

- 1) Wash hands and clean surfaces.
- 2) Place trivet or basket inside of pressure cooker.
- 3) Place eggs in one layer on top of trivet or basket.
- 4) Add water to the pot.
- 5) Lock on the lid and turn vent knob to seal position.
- 6) Cook for 5 minutes on high.
- 7) Allow pressure cooker to natural release for 5 minutes, then manually release any remaining steam.
- 8) Open the lid carefully.
- 9) Scoop out eggs with a slotted spoon and place in an ice bath for 5 minutes.
- 10) Peel eggs.
- 11) Serve immediately or store in the refrigerator for up to one week.

### Nutrition Facts

| Amount per                 |       |                     |
|----------------------------|-------|---------------------|
| 1 serving (3.1 oz)         |       | 88 g                |
| Calories                   | 126   | From Fat 75         |
| % Daily Value*             |       |                     |
| <b>Total Fat</b>           | 8.4g  | 13%                 |
| Saturated Fat              | 2.8g  | 14%                 |
| Trans Fat                  | 0g    |                     |
| <b>Cholesterol</b>         | 327mg | 109%                |
| <b>Sodium</b>              | 125mg | 5%                  |
| <b>Total Carbohydrates</b> | 1g    | 0%                  |
| Dietary Fiber              | 0g    | 0%                  |
| Sugars                     | 0g    |                     |
| <b>Protein</b>             | 11g   | 22%                 |
| <b>Vitamin A</b>           | 10%   | <b>Vitamin C</b> 0% |
| <b>Calcium</b>             | 5%    | <b>Iron</b> 9%      |

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Tips:

- Eggs are a great, low-cost source of protein. Research indicates that one egg a day is NOT connected to increased heart disease risk. Hard boiled eggs pair well with whole grain toast, fruit, and a glass of milk for a balanced breakfast. Try an egg salad sandwich for lunch or mix up the flavor with a marinated or pickled egg snack!
- Eggs can last 4-6 weeks after the sell-by date. Once hard-boiled, they last up to one week in the refrigerator.

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## Vegetables

### General Guidelines for Pressure Cooking Fresh Vegetables

- Times may vary; all should add 10 minutes of natural release unless otherwise specified.

| Type of Vegetable   | Form/Preparation        | Cooking Time     |
|---------------------|-------------------------|------------------|
| Artichoke, globe    | Whole                   | 9 to 11 minutes  |
| Asparagus           | Spears or 1-inch pieces | 0 to 2.5 minutes |
| Beans, green or wax | Whole or cut            | 1 to 3 minutes   |
| Beets               | Small, whole            | 11 to 13 minutes |
|                     | Large, whole            | 15 to 18 minutes |
| Broccoli            | Spears                  | 2 to 4 minutes   |
| Carrots             | Whole                   | 3 to 5 minutes   |
|                     | Slices                  | 2 minutes        |
| Cauliflower         | Whole                   | 6 to 8 minutes   |
|                     | Florets                 | 2 to 3 minutes   |
| Greens              | Whole leaves            | 1 to 4 minutes   |
| Onions              | Whole                   | 6 to 9 minutes   |
|                     | Sliced                  | 3 minutes        |
| Potatoes            | Whole, medium           | 12 to 15 minutes |
|                     | ½-inch slices           | 2 to 3 minutes   |
|                     | Halves                  | 8 to 10 minutes  |
| Potatoes, sweet     | Whole, medium           | 10 to 11 minutes |
|                     | Halves                  | 8 to 10 minutes  |
| Pumpkin             | Wedges                  | 8 to 10 minutes  |
| Turnips             | ½-inch slices           | 3 to 5 minutes   |
| Squash, acorn       | Halves                  | 6 to 7 minutes   |
| Squash, Hubbard     | 1-inch cubes            | 8 to 10 minutes  |
| Squash, summer      | 1-inch slices           | 2 to 3 minutes   |
| Sweet peppers       | Whole                   | 1 to 3 minutes   |
| Tomatoes            | Whole                   | 2 to 3 minutes   |

## General Guidelines for Pressure Cooking Frozen Vegetables

- Times may vary; all should add 10 minutes of natural release unless otherwise specified.

| Type of Vegetable   | Cooking Time     |
|---------------------|------------------|
| Asparagus           | 2 minutes        |
| Beans, green or wax | 1 to 3 minutes   |
| Broccoli            | 2 to 3 minutes   |
| Brussels sprouts    | 2 to 2.5 minutes |
| Cauliflower         | 1 to 2 minutes   |
| Corn on the cob     | 3 to 4 minutes   |
| Corn, kernels       | 1 minute         |
| Lima beans          | 2 to 4 minutes   |
| Mixed vegetables    | 2 minutes        |
| Peas                | 1 minute         |





# Honey Glazed Herbed Carrots

## Pressure Cooker Recipe

**Yield: 8 Servings**

### Ingredients:

- ½ cup water
- 1-pound carrots, cut to 2 inches x ½-inch thickness
- 1/4 cup honey
- 1 teaspoon dried dill
- 1 teaspoon dried thyme
- salt to taste
- 2 tablespoons butter

### Directions:

- 1) Wash hands and clean surfaces.
- 2) Add water and carrots to the pressure cooker.
- 3) Lock on the lid and turn vent knob to seal position.
- 4) Cook for 3 minutes on high.
- 5) After cooking timer completes, manually (quick) release pressure.
- 6) Open lid carefully.
- 7) Drain excess water.
- 8) Add butter immediately and mix with carrots until melted.
- 9) Add honey, dill, thyme, and salt and stir gently to ensure carrots are well coated with honey mixture.
- 10) Serve hot, spooning remaining honey butter over the carrots.
- 11) Store in an airtight container in the fridge for 4-6 days.

| <b>Nutrition Facts</b>                   |                    |
|--|--------------------|
| Amount per                               |                    |
| 1 serving (3 oz)                         | 86 g               |
| <b>Calories</b> 78                       | <b>From Fat</b> 26 |
| % Daily Value*                           |                    |
| <b>Total Fat</b> 3g                      | 5%                 |
| Saturated Fat 1.8g                       | 9%                 |
| Trans Fat 0.1g                           |                    |
| <b>Cholesterol</b> 8mg                   | 3%                 |
| <b>Sodium</b> 56mg                       | 2%                 |
| <b>Total Carbohydrates</b> 14g           | 5%                 |
| Dietary Fiber 2g                         | 7%                 |
| Sugars 11g                               |                    |
| <b>Protein</b> 1g                        | 1%                 |
| <b>Vitamin A</b> 195% • <b>Vitamin C</b> | 4%                 |
| <b>Calcium</b> 2% • <b>Iron</b>          | 2%                 |

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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## TIPS

- 1) Adding different flavors or textures to vegetables can be a great way to find a new favorite or expand your produce regulars.
- 2) Carrots are a great source of immune boosting vitamin C, fiber, and potassium, which helps maintain healthy blood pressure. Carrots are also rich in beta carotene, which the body converts to vitamin A, an important antioxidant for vision and immune health.
- 3) Interested in growing your own food, but uncertain where to start? Carrots grow well in colder weather climates like Montana. Taking part in the growing process can also improve your chances of trying and liking a vegetable at any age!

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## Fruits

### General Guidelines for Pressure Cooking Fruits

Times may vary; all should add 10 minutes of natural release unless otherwise specified.

| Type of Fruit | Cooking Time   |
|---------------|----------------|
| Apples        | 4 to 6 minutes |
| Apricots      | 4 to 6 minutes |
| Berries       | 3 to 5 minutes |
| Cherries      | 5 to 6 minutes |
| Cranberries   | 4 to 6 minutes |
| Peach halves  | 3 minutes      |
| Pears         | 6 to 8 minutes |
| Plum halves   | 4 to 6 minutes |



# Applesauce

## Pressure Cooker Recipes

**Yield: 8 Servings**

### Ingredients:

- 5 pounds apples (about 15 medium, rinsed, peeled, and chopped)
- 1 cup water
- 1/3 cup sugar
- 2 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

### Directions:


- 1) Wash hands and clean surfaces.
- 2) Rinse apples in water (no soap or bleach).
- 3) Peel and chop apples into similar size pieces.
- 4) Add apples, water, and seasonings to pressure cooker.
- 5) Lock on lid and turn vent knob to seal.
- 6) Set pressure cooker to high for 5 minutes.
- 7) Allow pressure cooker to natural release of at least 10 minutes, then manually release any remaining steam.
- 8) Open lid carefully and mash apples with a potato masher (chunkier) or immersion blender (smoother) until at desired texture.
- 9) Serve immediately or store in airtight container in fridge for 4-6 days.

| <b>Nutrition Facts</b>         |                      |
|--------------------------------|----------------------|
| <b>Amount per</b>              |                      |
| 1 serving (11.2 oz)            | 318 g                |
| <b>Calories</b> 166            | <b>From Fat</b> 5    |
| <b>% Daily Value*</b>          |                      |
| <b>Total Fat</b> 0.5g          | 1%                   |
| Saturated Fat 0.1g             | 1%                   |
| Trans Fat 0g                   |                      |
| <b>Cholesterol</b> 0mg         | 0%                   |
| <b>Sodium</b> 4mg              | 0%                   |
| <b>Total Carbohydrates</b> 44g | 15%                  |
| Dietary Fiber 7g               | 29%                  |
| Sugars 34g                     |                      |
| <b>Protein</b> 1g              | 2%                   |
| <b>Vitamin A</b> 3%            | <b>Vitamin C</b> 22% |
| <b>Calcium</b> 3%              | <b>Iron</b> 2%       |

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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## Whole Grains

### General Guidelines for Pressure Cooking Grains

Times may vary; all should add 10 minutes of natural release unless otherwise specified.

| Type of Grain   | Cooking Time |
|-----------------|--------------|
| Barley, pearled | 20 minutes   |
| Millet          | 7 minutes    |
| Oats, groats    | 7 minutes    |
| Quinoa          | 5 minutes    |
| Rice, white     | 6 minutes    |
| Rice, brown     | 28 minutes   |
| Rice, wild      | 30 minutes   |
| Wheat, bulgur   | 6 minutes    |
| Wheat, berries  | 40 minutes   |



# Savory Quinoa and Tomatoes

## Pressure Cooker Recipe

**Yield: 8 Servings**

**Ingredients:**

- 1 leek, chopped
- 1½ cup broth (chicken or vegetable)
- 1 can (28oz) stewed tomatoes, drained
- 1 teaspoon minced garlic
- 1 cup quinoa
- 2 tablespoons olive oil

**Directions:**

- 1) Wash hands and clean surfaces.
- 2) Set pressure cooker to sauté setting.
- 3) Add olive oil, leek, and garlic and stir to avoid burning.
- 4) Add remaining ingredients.
- 5) Lock on the lid and turn vent knob to seal position.
- 6) Set pressure cooker to high setting for 1 minute cooking time.
- 7) Allow pressure cooker to natural release for 10 minutes, then manually release any remaining steam.
- 8) Open lid carefully.
- 9) Serve immediately or store in an airtight container in the fridge for 4-6 days.

| <b>Nutrition Facts</b>   |                    |
|--|--------------------|
| <b>Amount per</b>  |                    |
| 1 serving (3.7 oz)   | 104 g              |
| <b>Calories</b> 121  | <b>From Fat</b> 42 |
| <b>% Daily Value*</b>  |                    |
| <b>Total Fat</b> 4.8g  | 7%                 |
| Saturated Fat 0.6g   | 3%                 |
| Trans Fat 0g   |                    |
| <b>Cholesterol</b> 0mg   | 0%                 |
| <b>Sodium</b> 207mg  | 9%                 |
| <b>Total Carbohydrates</b> 17g   | 6%                 |
| Dietary Fiber 2g   | 8%                 |
| Sugars 1g  |                    |
| <b>Protein</b> 3g  | 7%                 |
| <b>Vitamin A</b> 8% • <b>Vitamin C</b> 7%  |                    |
| <b>Calcium</b> 3% • <b>Iron</b> 8%   |                    |
| * Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                    |

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### TIPS

- 1) MyPlate recommends that half of your grains be whole grains. Whole grains provide additional nutrients and fiber that help keep your heart strong, cholesterol low, and aid in digestion. Look for 100% whole grain on the package or a whole grain listed as the top ingredient on the food label.
- 2) Whole grains come in many different shapes and sizes and can easily be swapped in your favorite dishes. Try new grains to see what your family enjoys the most.

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## Beans and Legumes

### Guidelines for pressure cooking beans and legumes

Times may vary; all should add 10 minutes of natural release unless otherwise specified.

| Type of Bean/Legume        | Cooking Time |
|----------------------------|--------------|
| Black beans                | 20 minutes   |
| Black-eyed peas            | 8 minutes    |
| Cannelloni beans           | 35 minutes   |
| Chickpeas (garbanzo beans) | 35 minutes   |
| Great Northern beans       | 25 minutes   |
| Kidney beans               | 22 minutes   |
| Lentils                    | 8 minutes    |
| Lima beans                 | 12 minutes   |
| Navy beans                 | 20 minutes   |
| Peanuts, raw               | 75 minutes   |
| Pinto beans                | 22 minutes   |
| Scarlet runner beans       | 16 minutes   |
| Split peas                 | 6 minutes    |



# Hummus

## Pressure Cooker Recipe

**Yield: 8 Servings**

**Ingredients:**

- 1 cup dried chickpeas (Montana grown if available)
- 2 cloves garlic
- 1½ teaspoon salt
- 4 cups water
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ cup tahini (optional)
- ½ teaspoon ground cumin

**Directions:**


- 1) Wash hands and clean surfaces.
- 2) Rinse dried chickpeas under cold water and drain well.
- 3) Add chickpeas, whole cloves of garlic, salt, and water into the pressure cooker.
- 4) Lock on the lid and turn vent knob to seal position.
- 5) Set pressure cooker to high setting for 60 minutes.
- 6) Allow pressure cooker to natural release for 20 minutes then manually release any remaining steam.
- 7) Open lid carefully.
- 8) Drain chickpeas, leaving one cup of liquid with the chickpeas.
- 9) Pour into a blender and add lemon juice, cumin, tahini, and olive oil to chickpeas.
- 10) Blend mixture until smooth.
- 11) Serve immediately or store in an airtight container in the fridge for 4-6 days.

| <b>Nutrition Facts</b>         |                     |
|--------------------------------|---------------------|
| <b>Amount per</b>              |                     |
| 1 serving (5.8 oz)             | 166 g               |
| <b>Calories 216</b>            | <b>From Fat 110</b> |
| <b>% Daily Value*</b>          |                     |
| <b>Total Fat 13g</b>           | 20%                 |
| Saturated Fat 1.8g             | 9%                  |
| Trans Fat 0g                   |                     |
| <b>Cholesterol 0mg</b>         | 0%                  |
| <b>Sodium 462mg</b>            | 19%                 |
| <b>Total Carbohydrates 19g</b> | 6%                  |
| Dietary Fiber 5g               | 18%                 |
| Sugars 3g                      |                     |
| <b>Protein 8g</b>              | 16%                 |
| <b>Vitamin A 1%</b>            | <b>Vitamin C 3%</b> |
| <b>Calcium 9%</b>              | <b>Iron 14%</b>     |

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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**Tips:**

- Chickpeas, also known as garbanzo beans, are a type of legume. Legumes, which include beans, peas, and lentils, are an excellent source of protein and many essential nutrients. Try swapping chickpeas (or a different legume) in as your protein on salads, sandwiches, and soups to not only add diversity to your diet, but a wider variety of nutrients!
- Did you know that Montana is the number one producer of chickpeas in the United States, making up 35% of the total chickpea production in the US? Montana is also a major producer of other legumes, including peas and lentils. Look in your local grocery store for Montana grown legumes to help support the Montana food production economy.

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A Nutrition Resource



# LENTIL TACOS

## Pressure Cooker Recipe

**Yield: 4 Serving | Serving Size: 1/2 Cup**  
**Cost/serving: \$2.07\***

### Ingredients:

- 1 Cup dry lentils (brown or green) 1/2 Cup white onion, diced
- 1 can (14.5 oz) low-sodium chicken broth 1/2 cup water
- 3/4 Cup salsa
- 1/2 Teaspoon Cumin
- 1/2 Teaspoon Chili powder
- 1/2 Teaspoon Garlic powder
- 1/4 Teaspoon Paprika

### Directions:

- 1) Peel onion and dice
- 2) Add lentils, onion, broth, water, salsa, and spices to pressure cooker.
- 3) Stir to combine ingredients and lock lid.
- 4) Ensure valve is set to sealed position and set manual pressure to high for 15 minutes.
- 5) After cooking time, quick release pressure ( if too much liquid still remains, use saute function and simmer lentils for 2-4 minutes to reduce liquid.
- 6) Serve on tortillas or taco shells with garnishes or taco salad.

### Nutrition Facts

|   |                       |
|---|-----------------------|
| 4 servings per container  |                       |
| <b>Serving size</b>   | <b>1/2 Cup (222g)</b> |
| <b>Amount Per Serving</b>   |                       |
| <b>Calories</b>   | <b>60</b>             |
| % Daily Value*  |                       |
| <b>Total Fat</b> 1g   | <b>1%</b>             |
| Saturated Fat 0.24g   | <b>1%</b>             |
| Trans Fat 0g  |                       |
| <b>Cholesterol</b> 0mg  | <b>0%</b>             |
| <b>Sodium</b> 390mg   | <b>17%</b>            |
| <b>Total Carbohydrate</b> 11g   | <b>4%</b>             |
| Dietary Fiber 2g  | <b>7%</b>             |
| Total Sugars 3g   |                       |
| Includes 0g Added Sugars  | <b>0%</b>             |
| <b>Protein</b> 5g   | <b>10%</b>            |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small>  |                       |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                       |



**\*Note:** Recipe and nutrition facts are only for lentil taco filling.

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## Meats

### General guidelines for pressure cooking meats

Times may vary; all should add 10 minutes of natural release unless otherwise specified.

| Type of Meat                  | Cooking Time     |
|-------------------------------|------------------|
| Chuck roast, 3 lbs            | 35 minutes       |
| Round steak, ¼ inch thick     | 4 minutes        |
| Beef stew meat, 1-inch cubes  | 15 to 20 minutes |
| Short ribs                    | 25 minutes       |
| Venison, 3 to 4 inches thick  | 30 to 40 minutes |
| Ham, picnic shoulder, 3-6 lbs | 30 minutes       |
| Ham shank, uncooked, 3-5 lbs  | 35 to 45 minutes |
| Lamb chops, ¼ inch thick      | 2 minutes        |
| Leg of lamb, 3 lbs            | 35 to 45 minutes |
| Lamb stew meat, 1-inch cubes  | 10 minutes       |
| Pork chops, ½ inch thick      | 5 minutes        |
| Pork butt roast, 3 lbs        | 55 minutes       |
| Pork loin roast, 3 lbs        | 60 minutes       |
| Pork steak, ¼ inch thick      | 2 minutes        |
| Veal roast, 3 lbs             | 45 minutes       |



# Beef Pot Roast with Root Vegetables

## Pressure Cooker Recipe

**Yield: 8 Servings**

**Ingredients:**

- 3 pounds beef roast (chuck, loin, round, sirloin)
- 3 tablespoons barbeque rub
- 2 tablespoons olive oil
- 1 medium onion, sliced
- 1 cup red wine or water
- 1 cup beef broth
- 2 medium russet potatoes, cubed
- 2 medium sweet potatoes, cubed
- 2 medium turnips, coined
- 3 large carrots, coined


**Directions:**

- 1) Wash hands and clean surfaces.
- 2) Separate meats from produce and other ready to eat food items.
- 3) Trim fat off of roast and cover with barbeque rub.
- 4) Set pressure cooker to sauté setting.
- 5) Add olive oil and onion and stir to avoid burning.
- 6) Add roast, wine or water, and broth.
- 7) Lock on lid and turn vent knob to seal position.
- 8) Set pressure cooker to high setting for 50 minutes.
- 9) After cooking timer completes, manually (quick) release pressure.

| <b>Nutrition Facts</b>   |                     |
|--|---------------------|
| <b>Amount per</b>  |                     |
| 1 serving (14.8 oz)  | 419 g               |
| <b>Calories</b> 484  | <b>From Fat</b> 162 |
| <b>% Daily Value*</b>  |                     |
| <b>Total Fat</b> 18.1g   | 28%                 |
| Saturated Fat 6.4g   | 32%                 |
| Trans Fat 0.6g   |                     |
| <b>Cholesterol</b> 141mg   | 47%                 |
| <b>Sodium</b> 241mg  | 10%                 |
| <b>Total Carbohydrates</b> 32g   | 11%                 |
| Dietary Fiber 4g   | 15%                 |
| Sugars 4g  |                     |
| <b>Protein</b> 49g   | 97%                 |
| <b>Vitamin A</b> 184% • <b>Vitamin C</b> 25%   |                     |
| <b>Calcium</b> 9% • <b>Iron</b> 35%  |                     |
| * Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                     |

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- 10) Open lid carefully.
- 11) Add the remaining ingredients.
- 12) Lock on lid and turn vent knob to seal position.
- 13) Set pressure cooker to high setting for 10 minutes.
- 14) After cooking timer completes, manually (quick) release pressure.
- 15) Open lid carefully.
- 16) Serve immediately or store in an airtight container in the fridge for 4-6 days.

**TIPS:**

- Include different varieties and colors of vegetables to provide different taste and nutrients to your meal. Include purple potatoes, yellow carrots, and shallots or add some spicy peppers for a new twist on a comfort classic.
- Pot Roast has long been a weekend tradition in some families. Eating meals together not only ensures all have access to a nutritious meal, but it can also promote family communication, encourage less risk-taking behavior, and improve well-being for all attendees!

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## Poultry

### General guidelines for pressure cooking poultry

Times may vary; all should add 10 minutes of natural release unless otherwise specified.

| Type of Poultry                | Cooking Time     |
|--------------------------------|------------------|
| Whole chicken, 4-5 lbs         | 25 to 30 minutes |
| Parts with bone, 3 lbs         | 9 to 11 minutes  |
| Boneless parts, cut pieces     | 2 minutes        |
| Boneless half breast           | 3 to 5 minutes   |
| Legs                           | 8 minutes        |
| Thighs                         | 5 to 7 minutes   |
| Frozen boneless thighs/breasts | 5 to 7 minutes   |
| Ground, 1 lb                   | 2 to 3 minutes   |
| Whole Cornish hen              | 8 to 10 minutes  |
| Pheasant, cut into pieces      | 7 to 10 minutes  |



# Thai Chicken Thighs

## Pressure Cooker Recipe

**Yield: 8 Servings**

**Ingredients:**

- 1 tablespoon canola oil
- 2 pounds boneless skinless chicken thighs, about 8
- 2/3 cup chicken broth
- 1/4 cup peanut butter
- 1/4 cup soy sauce
- 2 tablespoons lime juice
- 2 tablespoons honey
- 1/8 teaspoon red pepper flakes
- 1 teaspoon ground ginger
- 1 teaspoon ground garlic
- salt and pepper to taste

**Optional Toppings:**

- 1/4 cup chopped peanuts
- 1/4 cup diced cilantro

| <b>Nutrition Facts</b>   |                    |
|--|--------------------|
| Amount per   |                    |
| 1 serving (5.8 oz)   | 163 g              |
| <b>Calories</b> 199  | <b>From Fat</b> 56 |
| % Daily Value*   |                    |
| <b>Total Fat</b> 6.3g  | 10%                |
| Saturated Fat 1g   | 5%                 |
| Trans Fat 0g   |                    |
| <b>Cholesterol</b> 83mg  | 28%                |
| <b>Sodium</b> 687mg  | 29%                |
| <b>Total Carbohydrates</b> 7g  | 2%                 |
| Dietary Fiber 0g   | 1%                 |
| Sugars 6g  |                    |
| <b>Protein</b> 27g   | 54%                |
| <b>Vitamin A</b> 1% • <b>Vitamin C</b> 5%  |                    |
| <b>Calcium</b> 1% • <b>Iron</b> 4%   |                    |
| * Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                    |

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#### Directions:

- 1) Wash hands and clean surfaces.
- 2) Separate meats from produce and other ready to eat food items.
- 3) Add oil to pressure cooker.
- 4) Set sauté setting to high.
- 5) Brown the chicken thighs in batches in the oil, about 3-4 minutes per side.
- 6) Remove thighs from pressure cooker and set aside.
- 7) Add the chicken broth, scraping up the browned bits.
- 8) Add remaining ingredients and stir until thoroughly combined.
- 9) Add the browned thighs to the pressure cooker, turning them to ensure they are covered in sauce.
- 10) Lock on the lid and turn venting knob to seal.
- 11) Set pressure cooker to high for 10 minutes.
- 12) After cooking timer completes, manually (quick) release pressure.
- 13) Open lid carefully.
- 14) Transfer chicken to a platter and add peanuts and cilantro as topping if desired.

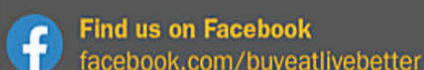
#### TIPS:

- While some cooking strategies can dry out skinless chicken, pressure cooking helps to reduce moisture loss in cooking. Chicken thighs can be a lower cost option, but could be swapped out for boneless, skinless chicken breast as well.
- Cook once and eat multiple times. By separating into smaller portions and freezing, you can spread out your protein in multiple meals. This chicken might pair well with a cooked grain, in a lettuce wrap, or next to a papaya salad.

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# Venison Stew

## Pressure Cooker Recipes

**Yield: 8 Servings**

**Ingredients:**

- 1 teaspoon olive oil
- salt and pepper
- 3 pounds venison, cut into 1inch cubes
- 3 cups beef stock
- 2 sweet potatoes, cubed
- 4 carrots, coined
- 2 stalks of celery, sliced
- 1 cup crushed tomatoes
- 1 tablespoon horseradish
- ½ tablespoon Worcestershire sauce
- 1 cup frozen peas
- 1 teaspoon dried thyme

| <b>Nutrition Facts</b>   |                    |
|--|--------------------|
| <b>Amount per</b>  |                    |
| 1 serving (13.4 oz)  | 379 g              |
| <b>Calories 327</b>  | <b>From Fat 49</b> |
| <b>% Daily Value*</b>  |                    |
| <b>Total Fat</b> 5.5g  | 8%                 |
| Saturated Fat 2.7g   | 13%                |
| Trans Fat 0g   |                    |
| <b>Cholesterol</b> 133mg   | 44%                |
| <b>Sodium</b> 1262mg   | 53%                |
| <b>Total Carbohydrates</b> 14g   | 5%                 |
| Dietary Fiber 3g   | 12%                |
| Sugars 4g  |                    |
| <b>Protein</b> 54g   | 107%               |
| <b>Vitamin A</b> 196% • <b>Vitamin C</b> 17%   |                    |
| <b>Calcium</b> 6% • <b>Iron</b> 45%  |                    |
| * Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                    |

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#### Directions:

1. Wash hands and clean surfaces.
2. Separate meats from produce and other ready to eat food items.
3. Add oil to pressure cooker.
4. Set sauté setting to high.
5. Season venison with salt and pepper.
6. Add seasoned beef to pressure cooker and brown on all sides.
7. Add all other ingredients into pressure cooker and stir.
8. Lock on lid and turn vent knob to seal.
9. Set pressure cooker to high for 30 minutes.
10. Perform a natural release of at least 15 minutes then manually release any remaining steam.
11. Open lid carefully.
12. Serve immediately or store in an airtight container in the fridge for 4-6 days.

#### TIPS:

- Venison is typically a lean source of protein and often comes out tough when cooked in the oven or on the stove. Pressure cooking venison is a great way to ensure your meat comes out tender and enjoyable.
- Hunting is a Montana tradition and can be a sustainable practice when the entire animal from a hunt is used. Additionally, hunting is good exercise and a fantastic opportunity to explore Montana's beautiful landscape with friends and family.

*\*Pricing may vary depending on wild game availability, selection, and sourcing*

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# Mixed Vegetable Soup

## Pressure Cooker Recipe

**Yield: 8 Servings**

**Ingredients:**

- 3 tablespoons olive or vegetable oil
- 1 large onion
- 1 teaspoon minced garlic
- 2 medium red potatoes, diced
- 2 large carrots, diced
- 1 cup peas, fresh or frozen
- 1 pound lima beans, shelled • ½ pound fresh green beans, trimmed and cut in half
- 2 teaspoons flour (leave out to make this soup gluten free)
- 1 cup chicken broth or vegetable stock
- salt and pepper to taste

**Directions:**

- 1) Wash hands and clean surfaces.
- 2) Set pressure cooker to high sauté.
- 3) Add onion and garlic when display reads hot.
- 4) Sauté until onion is soft, about 4 minutes. Stir frequently so that onions do not burn.
- 5) Add all other vegetables, salt and pepper, broth, and flour if using.

| <b>Nutrition Facts</b>   |                    |
|--|--------------------|
| <b>Amount per</b>  |                    |
| 1 serving (7.8 oz)   | 220 g              |
| <b>Calories</b> 175  | <b>From Fat</b> 51 |
| <b>% Daily Value*</b>  |                    |
| <b>Total Fat</b> 6g  | 9%                 |
| Saturated Fat 4.3g   | 22%                |
| Trans Fat 0g   |                    |
| <b>Cholesterol</b> 1mg   | 0%                 |
| <b>Sodium</b> 144mg  | 6%                 |
| <b>Total Carbohydrates</b> 26g   | 9%                 |
| Dietary Fiber 5g   | 21%                |
| Sugars 4g  |                    |
| <b>Protein</b> 6g  | 12%                |
| <b>Vitamin A</b> 66% • <b>Vitamin C</b> 43%  |                    |
| <b>Calcium</b> 5% • <b>Iron</b> 16%  |                    |
| * Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                    |
| <i>HappyForks.com</i>  |                    |

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- 6) Stir mixture and scrape bottom of the pan to ensure nothing is sticking to the bottom.
- 7) Press cancel on pressure cooker.
- 8) Lock on the lid and turn vent knob to seal position.
- 9) Set pressure cooker to high pressure for 5 minutes. The pressure cooker will take about 30 minutes to rise to pressure, and then the 5-minute cook cycle will begin.
- 10) Allow pressure cooker to naturally release for 10 minutes, then manually release any remaining steam.
- 11) Open lid carefully.
- 12) Serve immediately or store in an airtight container in the fridge for 4-6 days.

**TIPS:**

- Most Americans do not get enough vegetables in their diet. My Plate recommends 5 servings of fruits and vegetables a day, soups are a great way to increase your veggie intake. Leave chunks or blend the soup together with an immersion blender, depending on preference.
- Enjoy with a whole grain grilled cheese or add legumes, like black beans or chickpeas, to round out complete protein sources for a meatless meal.

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# Vanilla Cheesecake

## Pressure Cooker Recipe

**Yield: 8 Servings**

**Ingredients:**

*Crust*

- 1 cup graham cracker crumbs
- 3 tablespoons butter, melted

*Cheesecake*

- 16 ounces (2 blocks) cream cheese, softened
- ¾ cup sweetened condensed milk
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 cups water

| <b>Nutrition Facts</b>   |                     |
|--|---------------------|
| <b>Amount per</b>  |                     |
| 1 serving (5.7 oz)   | 163 g               |
| <b>Calories</b> 293  | <b>From Fat</b> 213 |
| <b>% Daily Value*</b>  |                     |
| <b>Total Fat</b> 23.8g   | 37%                 |
| Saturated Fat 14g  | 70%                 |
| Trans Fat 0.2g   |                     |
| <b>Cholesterol</b> 111mg   | 37%                 |
| <b>Sodium</b> 355mg  | 15%                 |
| <b>Total Carbohydrates</b> 14g   | 5%                  |
| Dietary Fiber 0g   | 2%                  |
| Sugars 7g  |                     |
| <b>Protein</b> 6g  | 13%                 |
| <b>Vitamin A</b> 16% • <b>Vitamin C</b> 0%   |                     |
| <b>Calcium</b> 9% • <b>Iron</b> 7%   |                     |
| * Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                     |

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### Directions:

1. Wash hands and clean surfaces.
2. Spray a 6- or 7-inch springform pan with nonstick spray. Trace and cut a piece of parchment paper to fit the bottom of the pan. Place paper in pan and spray again.
3. Mix graham cracker crumbs with butter and press into the bottom and one inch up the sides of the pan.
4. Place in freezer for 10 minutes.
5. Beat the cream cheese, sweetened condensed milk, and vanilla extract in a large bowl until smooth and creamy.
6. Add eggs and beat just until combined.
7. Pour mixture into prepared crust.
8. Pour water into pressure cooker.
9. Place the trivet in the bottom of the pot.
10. Cut a piece of aluminum foil the same size as a paper towel.
11. Place the foil under the paper towel and place the pan on top of the paper towel.
12. Wrap the bottom of the pan in the foil, with the paper towel as a barrier.
13. Carefully place the cheesecake in the pot.
14. Lock on the lid and turn vent knob to seal.
15. Set pressure cooker to high for 35 minutes.
16. Allow pressure cooker to naturally release.
17. Open lid carefully.
18. Carefully remove the cheesecake from the pressure cooker.
19. Use oven mitts to unwrap the foil from the pan.
20. Cool on a wire rack for 1 hour and refrigerate for at least 4 hours before removing the pan sides.

### TIPS:

- While MyPlate and dietary guidelines suggest limiting the amount of added sugar in your diet, that doesn't mean you can't enjoy desserts in moderation. Let this dessert contribute to your dairy intake, add some whole grain crunch with granola, or meet your 5-a-day fruit/vegetable goal with some fresh picked Montana berries or cherries.
- Removing the springform pan from the pressure cooker can be challenging. To make this easier, you can create a sling out of aluminum foil. Fold a 20-inch-long sheet of aluminum into thirds lengthwise. Cradle the springform pan inside the foil sling and lower the pan into the pressure cooker using the long ends of the foil sling. When the cheesecake is finished cooking, use oven mitts to pull the long ends of the sling, pulling the cheesecake out of the pressure cooker.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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MSU Extension is pleased to serve the citizens of Montana in a variety of ways. Through food and nutrition classes, we strive to help people save money and eat more nutritiously by preparing food safely, easily and quickly at home. Our foods classes cover cooking techniques, safe use of equipment and food safety information to help reduce food borne illnesses. Foods classes incorporate nutritional concepts including those found at ChooseMyPlate.gov. We encourage people to reduce sodium and sugar to prevent and manage chronic diseases. Label reading and grocery-shopping tips and techniques are used throughout classes. Menu planning and food preparation can help people eat more wholesome foods at a reduced cost, benefiting both health and wealth. MSU Extension is one of the ingredients to lifelong learning in your community.

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