

# Instant Pot

## *Cheatsheet*

APPROXIMATE TIME IN MINUTES AT HIGH PRESSURE

### *Veggies*

Asparagus: 1-2  
Dry Beans: 20-25  
Green Beans: 1-2  
Broccoli: 1-2  
Cabbage: 2-3  
Carrots: 6-8  
Cauliflower: 2-3  
Corn on the cob: 3-5  
Potatoes (cubed) : 3-4  
Potatoes (whole): 12-15  
Sweet Potatoes: 12-15

### *Rice*

Brown Rice: 20-22  
White Rice: 4

### *Meat & Poultry*

Minutes Per Pound  
Beef Stew: 20  
Beef Ribs: 20-25  
Chicken Breasts: 6-8  
Pork Roast: 15  
Whole Chicken: 8  
Turkey Breast: 20-25  
Hard Boiled Eggs: 5

