

Make Any Soup, Stew or Broth in the Instant Pot



No need to search exclusively for Instant Pot recipes, make any stovetop recipe IP-friendly with this cheat sheet.

The Basics



1. Reduce water/broth in recipe by about half (make sure there's at least ½ cup of liquid total)



2. Reduce cooking time by one-third



3. Never fill pot more than two-thirds full (scale down recipe as needed)








4. Always use high pressure for soups, stews and broths

Natural & Quick Release

WHEN TO NATURAL RELEASE	WHY
WHEN RECIPE HAS CHUNKS OF MEAT	To avoid meat getting tough
WHEN RECIPE CONTAINS BEANS	To maintain their shape
FOR STOCK OR BROTH RECIPES	To prevent greasy splattering
WHEN TO QUICK RELEASE	WHY
PASTA RECIPES OR QUICK-COOKING MEAT SUCH AS CHICKEN BREAST	To prevent overcooking

Timing is Everything

INGREDIENT	WHEN TO ADD
ALCOHOL 	Use to deglaze pot after sautéing aromatics
THICKENERS (arrowroot, flour, etc) 	Make a slurry (mix with cold water), add at end of cooking and cook with [Sauté] function (after pressure is released)
DAIRY 	At the end of cooking (after pressure is released)
DELICATE ITEMS (peas, corn, asparagus, seafood) 	At the end of cooking (after pressure is released)
RED PEPPER FLAKES OR CAYENNE 	At the end of cooking (after pressure is released)

Troubleshooting



PROBLEM	SOLUTION
ONE INGREDIENT ISN'T DONE	Simmer using [Sauté] function until cooked
THE RECIPE IS BLAND-TASTING	Uncover pot and use [Sauté] function to reduce liquid
THE RECIPE IS FLAT-TASTING	Add a bit of acid (citrus juice or vinegar)

