

101 Electric Pressure Cooker Recipes 101 Delicious Recipes For Your Electric Pressure Cooker

The New York Times best-selling author of *101 Things to Do with a Cake Mix!* demonstrates the delectable versatility of the crock pot. Call it a slow cooker, a crockery cooker, or your best friend, these handy kitchen machines are gaining popularity, and for good reason. Slow cookers make perfectly tender meats and brings out the flavor of a wide variety of dishes with little risk of burning. And don't let the name fool you—your slow cooker can be a real time-saver! Simply throw your ingredients in, get on with life, and come home to a kitchen filled with the aroma of real home cooking. In *101 Things to Do with a Slow Cooker*, Stephanie Ashcraft presents easy-to-follow recipes for everything from South of the Border Pot Roast to Cherries Jubilee and even Almond hot Chocolate. Recipes for soups and stews, main courses, side dishes, beverages, desserts, and more are included, along with suggestions for what to serve with each dish, time-saving tips, and easy modifications.

Quick and Easy Instant Pot Cookbook For Beginners So, you just got yourself a brand new Instant Pot. You want to get pressure cooking right away, but with so many buttons, pressure settings and pressure timings, it's easy to get overwhelm and spoil the food that could have otherwise been DELICIOUS! That's exactly why we've brought this cookbook for you. With super easy instructions and information from building the pressure to releasing it, this nifty little cookbook will make your Instant Pot life so much easier and fun!

Do you often have no time to prepare a meal? Do you just want to put all the ingredients into an instant pot, wait for the cooking process to the end, and have delectable dinner in a few minutes? Do you often just cook for two? If yes for any of these questions, then you are reading the right book! Instant Pot is a revolutionary multi-cooker that cooks foods in a matter of minutes. This book is a complete guide of Instant Pot cooking. You will learn all essential knowledge about the Instant Pot usage, such as: What Is an Instant Pot How Dose an Instant Pot Work Benefits of Using Instant Pot How to Choose an Instant Pot Dos and Don'ts of Instant Pot Other Useful Advice and More After learning about the Instant Pot using, this book will open the splendid world of flavorsome foods to you. We have collected over 100 easy recipes, which all are well-chosen and chef-proved. Most of the recipes are low in carbohydrates and can reduce weight. You will find: Soups, Stews, and Chilies, Beef, Pork, and Lamb, Seafood and Chicken, Vegan and Vegetarian, Side Dishes, Stocks, and Sauces, Festival & Weekend Recipes, Special Occasion Recipes, Desserts, and Wicked Recipes, etc. With these recipes, you certainly have new meals for the next few weeks. Consider this book not just your average cookbook but as your best friend. This book is created for daily use; it contains a multitude of healthy and wonderful recipes you can enjoy each day. But please be noted, although this book title is *Instant Pot Cookbook for Two*, it is also suitable for single or family with many individuals. The serves in recipes may not 2, but you can adjust the portion or quantity of ingredients accordingly. As different people have different eating amount. Wish you will have your favorite dishes by this Instant Pot Cookbook! For more information, please scroll up to click the "Look Inside" button, you will like it! As all recipes in this book are really very delicious and simple to make! Best wishes!

An authorized vegan Instant Pot cookbook for easy, flavorful, and healthy recipes with your electric pressure cooker Including homemade staples and one-pot meals to sides and desserts, Marina Delio of Yummy Mummy Kitchen helps you create go-to recipes in your Instant Pot that are entirely plant-based and nourishing. Weeknight meals are full of flavor for both vegan and meat-eaters alike. Many recipes are free of

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oil, gluten, soy, and nuts, making them perfect for families with food sensitivities. With a breadth of cuisines and colorful fruits and veggies, you can whip up Crunchy Granola with Easy Vanilla Yogurt Jars, Veggie-Loaded Lentil Stew, Easy Yellow Curry with Sweet Potato, Chickpeas, and Spinach, or Creamy Polenta that pairs well with any entree. Don't forget about dessert with dairy-free Chocolate Fondue or oil-free and gluten-free Individual Apple Crisps. With the push-button convenience of an Instant Pot, you can pressure cook, steam, and saute an entire meal in record time.

NATIONAL BESTSELLERThe easiest-to-follow Instant Pot cookbook ever: 100 delicious recipes with more than 750 photographs guiding you every step of the way Jeffrey Eisner's popular Pressure Luck Cooking website and YouTube channel have shown millions of home cooks how to make magic in their Instant Pots. Now Eisner takes the patient, fun, step-by-step approach that made him an online phenomenon and delivers a cookbook of 100 essential dishes that will demystify pressure cooking for Instant Pot users of all abilities--and put an astounding dinner on the table in a flash. Every flavor-filled recipe in this book is illustrated with clear photographs showing exactly what to do in each step. There are no surprises: no hard-to-find ingredients, no fussy extra techniques, and nothing even the most reluctant cooks can't master in moments. What you see is truly what you get, in delicious and simple dishes such as: Mac & Cheese Quick Quinoa Salad French Onion Chicken Eisner's popular Best-Ever Pot Roast Ratatouille Stew And even desserts such as Bananas Foster and Crème Brûlée.

Pressure cookers deliver delicious, healthy meals fast! Pressure cooking is quick, easy, and ensures more nutrients remain in the food than most other cooking methods. Highly efficient, this must-have mini appliance reduces cooking time to a third of the normal time, making it the go-to for busy families and people on the go. What's more, today' electric pressure cookers (like the Instant Pot®) make this centuries-old method safe and as easy as pushing a button! From soups and sides to entrees and desserts, Pressure Cooker Magic is your guide to fast, easy, everyday-gourmet recipes such as: •Chicken & Sausage Gumbo •Swiss Chard with Warm Bacon Vinaigrette •Beef Bourguignon •Curried Apricot Chicken •Blackberry Balsamic Pork Chops •Teriyaki Mahi-Mahi with Rice •Quinoa with Lemon & Corn •Pumpkin Cheesecake To get the most out of your pressure cooking experience, this cookbook includes cooking time charts and tips for adapting your own family-favorite recipes. Enjoy all of the flavors that made Grandma's meals so yummy, without the headaches of all-day cooking, weighing, measuring, or planning—Alison DuBois Scutte has done all the work for you! She also includes practical info and tested tips for successful results. Save money. Save time. Eat healthier.

101 tried-and-tested vegetarian and vegan recipes for your Instant Pot® that will change your life! Expert nutritionist Jenny Tschiesche's delicious recipes take inspiration from all around the world and provide a wealth of ideas for meat-free meals. It can sauté vegetables in five minutes and cook a delicious, creamy risotto in 20 so is it any wonder that the Instant Pot has taken the online community by a storm! The cult phenomenon that is the multifunctional electric cooker uses a combination of steam and pressure to cook food fast, making everything from soups and stews to perfectly cooked grains and pulses, sweet things and drinks in a flash. For both dedicated life-long vegetarians and first-time vegans, it's a miraculous time saver. Healthy, nutritionally balanced meals that fit your lifestyle are just a press of a button away! The current revival in popularity of pressure cookers has brought about the development of electric pressure cookers, often bundled up as multi-cookers. Pressure cookers today are much quieter, safer and offer an incredible range of possibilities when creating meals, snacks and even drinks.101 Electric Pressure Cooker Recipes has been created by Liana Green of www.lianaskitchen.co.uk with every recipe being lovingly tested, and of course then eaten! Liana has picked her best pressure cooker recipes, all of which are suitable for all kinds of electric pressure cooker brands, including the popular Instant Pot as well as Pressure King Pro, VonShef and Bella.Recipes are split out between

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Poultry, Beef, Lamb, Pork, Vegetarian, Soups, Jams and Chutneys, Desserts and Sauce and Dips. Sample Recipes: Chicken Tikka Masala, Chilli Con Carne, Ginger and Orange Gammon, Garlic Prawns, Butternut Squash Risotto, Minestrone Soup, Baked Beans, Egg Fried Rice, Egg, Ham & Cheese Frittata, Marmalade, Apricot Jam, Vanilla Cheesecake, Sweet Chocolate Dumplings, White Chocolate Brownies, Eggnog, Thai Sweet Chilli Sauce, and So Many More! Liana has kept the recipes as simple as possible and is always on hand to answer any problems that readers might come up with when using their electric pressure cookers!

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker, including all the essential info for using the appliance safely and effectively, and 175 recipes.

If your pressure cooker has been collecting dust, then you need to get *Comfortable Under Pressure!* Meredith Laurence, the Blue Jean Chef, has been cooking on live television on QVC for over ten years. By sharing tips, tricks and techniques with the QVC customers while equipping their kitchens with QVC's professional Technique® and Blue Jean Chef® cookware, Meredith has helped people become comfortable in their kitchens. Now, in this cookbook, Meredith gives you a wide variety of delicious recipes for the pressure cooker, so you can get meals on the table in one third of the time it would normally take. Her recipes, tips, and techniques will help make any cook more Comfortable Under Pressure. With 125 recipes and over 100 tips and explanations, *Comfortable Under Pressure!* will help you create delicious meals while becoming more versatile and at ease with your pressure cooker. Don't let the pressure get to you! Get *Comfortable Under Pressure!*

Discover the 101 Mouthwatering, Delicious, Easy and Healthy Pressure Cooker Recipes for Breakfast, Lunch, Dinner in 30 Minutes or Less! By Reading this Book you will learn the Proper Way of cooking Pressure Cooker Recipes This Pressure Cooker Meals will work for pork, turkey, lamb, chicken, beef, or game meats All 101 Pressure Cooker Recipes are accompanied by Captivating Photos! I am extremely excited to pass this information along to you, and I am so happy that you now have read and can hopefully implement these strategies going forward. I hope this book was able to help you understand the basics of using a pressure cooker and how to use this when making your daily meals. The next step is to get started using this information and to hopefully live a healthier but flavorful life! Please don't be someone who just reads this information and doesn't apply it, the tips and recipes in this book will only benefit you if you use them! Here Is a Preview of What You'll Learn after Downloading This Kindle book: 101 Electric Pressure Cooker Recipes with Captivating Images Each recipe in this cookbook is delicious, tasty and easy to prepare. Each recipe is accompanied with captivating, beautiful and colored picture of the final outcome recipe. Step-by-step directions for preparing each of the recipes that makes the process of cooking much easier and quicker. Ingredient for every recipe is clearly written and measurements are given in very simple and easy to understand manner. The navigation between the recipes has been

made super easy. The cookbook comes with Linked table of contents which made jumping to your preferred and desirable recipe very easy by just clicking on the recipe. For a full list of what you can see inside, scroll up and click on the look inside feature and check out the Table of Contents! Don't Lose Your Chance and Join Thousands of Readers Today Before the Price Becomes Higher! Take Action Right Away and start your Pressure Cooker Perfection meals at the Comfort of your Home. Get Your Copy Today! Tags: pressure cooker recipes, pressure cooker meals, pressure cooking, pressure cooker cookbook, pressure cook, electric pressure cooker cookbook, pressure cooker instant pot, pressure cooker soup cookbook, pressure cooker perfection, pressure cooker paleo, electric pressure cooker cookbook, pressure cooker cookbook free, pressure cooker recipe book, pressure cooker cooking

Don't Have Hours To Spend In The Kitchen? Want To Have Delicious And Easy-To-Make Recipes For Your Family? Yes, you can unleash all the full potential of your Instant Pot Cooker! Owning an instant pot can be a great experience because you can cook all of your favorite foods faster than you ever thought possible, however, what are you supposed to do when you don't know what to cook? This instant pot cookbook covers everything, from how to cook all of your favorite meats to understanding what each of the settings on the instant pot is used for! The electric pressure cooker is fairly easy to use and, with a little practice, just about anybody will be able to use it. It is a convenient device for busy people to use and keeps them away from takeout and restaurant foods. From breakfast, lunch, and dinner, to deserts, vegetarian meals in the instant pot and more, this book has all of the instant pot recipes that you will ever need to keep your family happy. Filled with step-by-step instructions, this hands-on electric pressure cooker cookbook and guide includes: Breakfast Recipes Hearty Lunch Recipes Dinner Recipes All Natural Desserts Pressure Tips: Tips & Techniques Help You Master Your Skills The recipes include Vegetarian Recipes, with sections for Snacks, Side Dishes and Soups as well. No Experience Needed To Cook Your Delicious Meals The recipes are easy to follow and very versatile, just about anyone can make a delicious meal out of it. If you are the person who lives a fast-paced, conscious, health-oriented life then the INSTANT POT COOKER is designed specifically for you...

The Complete 2 in 1 Instant Pot Cookbook This Book Includes: Quick And Easy Recipes For Healthy Meals, 101 Quick And Easy Recipes For Your Electric Pressure Cooker The Most Complete Instant Pot Cookbook with Delicious Tasting Recipes Ready to become a professional in your kitchen, but worried you don't have the time? Do you want to be the talk of the town for your gourmet meals that are done in just minutes? The Instant Pot can help to make this a reality with great meals cooked in no time at all. Instant Pot Cookbook: Quick and Easy Recipes for Healthy Meals is a great companion for those busy families who want to get a meal on the table, but don't have all day. It is easy to get busy with work, school and other activities, but you still want to feed your family the very best meals possible. Inside this Instant Pot

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Cookbook, you will learn all the great recipes that you need to put your Instant Pot to work. This Amazing Instant Pot Cookbook Includes some of the following Recipes Apple cheesecake (just four ingredients! Cinnamon Pancakes Stroganoff (a vegetarian version as well!!) Beef Stew Cranberry Chicken Peanut Butter Chocolate Brownies And many other delicious tasting recipes 101 Amazing Recipes For Your Instant Pot Pressure Cooker Instant Pot Cookbook: 101 Quick And Easy Recipes For Your Electric Pressure Cooker Ready to become a master chef in the kitchen? Love to cook for your family, but just don't have the time to get it all done in between your other obligations? Instant Pot Recipes: 101 Quick and Easy Recipes for Your Electric Pressure Cooker will be able to solve this issue! The pressure cooker is a simple machine that can make all your gourmet and home cooked meals in just a few minutes, rather than making you spend forever to get the meal on the table. You will love how easy it is to make and that you will be able to get some of your favorite recipes changed up in no time. Some of the recipes that you will be able to find inside this Instant Pot pressure cooker recipe book include: Pot Roast Venison Stew Chili Strawberry Oatmeal Meatloaf Orange and Chocolate Custard Cups Apple Crisp and Blueberry Cobbler And so much more! Get Your Instant Pot Cookbook Today! Discover the 101 Recipes Inside this Book

DELICIOUS NEWS FOR VEGANS! The Complete Official Instant Pot® Cookbook The Complete Vegan Instant Pot Cookbook is your jam-packed, fully-authorized guide to vegan pressure cooking. Brimming with 101 mouthwatering whole food recipes meant to satisfy every palate, this book also features complete and detailed instructions to help you master vegan pressure cooking. Filled with useful tips and tricks for vegan pressure cooking, this book shows you how to keep your Instant Pot clean, why pressure cooking is great for vegans, what accessories you need in your kitchen, how to avoid common mistakes, and more. The Complete Vegan Instant Pot Cookbook includes: **FRESH AND TASTY RECIPES**--From Maple Morning Millet to Chickpea Kale Korma, savor 101 healthy, plant-based vegan recipes--no processed substitutes needed. **EASY INSTRUCTIONS**--Take the guesswork out of vegan pressure cooking with instructions that use exact Instant Pot settings, including the Porridge, Slow Cooker, and Sauté functions. **MASTER YOUR PRESSURE COOKER**--Get the most out of your Instant Pot thanks to feature guides, maintenance instructions, handy shortcuts, and more. The Complete Vegan Instant Pot Cookbook gives you vegan pressure cooking without the pressure.

Short on time? With an Instant Pot(R), you can cook up all your family's favorite meals in a fraction of the time. Pressure-Cooker Country Chicken Soup, BBQ Spareribs even down-home Bacon-Braised Mixed Greens taste like they cooked all day. And, how about Lemon Bread Pudding for dessert? Got more time? Go low & slow with a slow cooker. Treat your family to slow-simmered dishes like fork-tender Italian Pot Roast, tummy-warming Grandma's Famous Chili and Hot

Fudge Spoon Cake. Includes instructions and recipes to scale for cooking for 1 or 2 and for converting slow-cooker recipes to the pressure cooker. Also will include Salads & Desserts to go-with meals entrees prepared in the Instant Pot. Additional recipes for salads and even more desserts to go with what you prepare in your Instant Pot (R)! We're sharing lots of useful tips for making the most of these handy kitchen appliances. So put 'em to work, cooking up wonderful meals for your family. 175 Recipes.

This authorized collection of 75 simplified Indian classics for the immensely popular electric pressure cooker, the Instant Pot, is a beautifully photographed, easy-to-follow source for flavorful weekday meals. The Essential Indian Instant Pot Cookbook is your source for quick, flavorful Indian favorites and contemporary weekday meals. With 75 well-tested recipes authorized by Instant Pot covering every meal of the day, this is a go-to resource for classic chicken, lamb, and vegetarian curries; daals, soups, and seafood like fennel and saffron spiced mussels; breakfast delights like spicy frittata and ginger almond oatmeal; and sweet treats like rose milk cake and fig and walnut halwa.

The Amazing Indian Instant Pot guide you were looking for! What makes Indian cuisine special is the sheer diversity of the meals itself. Each region of India has its own style of cooking that boasts a very distinct flavor based on the local ingredients that are available in that region. Needless to say, no matter which parts cuisine you are going for, you are always in for a treat! For the honorable people of India, the food is not only just another "meal", but rather it's a form of expression that represents their culture as a whole. Hyped up enough? If you have been craving to try out the Indian foods yourself but are unable to go to India, then this is the perfect opportunity for you! This book is jam packed with 100+ absolutely amazing Indian recipes that fully utilize the power of an Electric Pressure Cooker! So, not only will you be able to cook Indian cuisine, you will be able to cook them at lightning fast speed and in "Style"! You will learn: *The fundamentals of Instant Pot *Learn the basics of using an Electric Pressure Cooker *Be able to explore an amazing gallery of 101 mouthwatering Indian recipes from all the regions of India And much more! If you have been looking for the "Definitive" Indian Instant Pot book, then look no further as you have found the right one! Stop wasting any more time now and dive into the amazing world of Indian cuisine with your shiny new Electric Pressure Cooker and learn how to become an Indian Master Chef!

101 fast, easy recipes written specifically for your Electric Pressure Cooker! Save time, eat healthier and save money by letting pressurized steam cook your food! Learn "beyond the manual" tips and techniques to master your electric pressure cooker. Written by the Author of many TV shopping and infomercial demos, this book features the Seen-On-TV recipes that you've been searching for!

Pressure cookers have been around for a long time, but the thought of using one still does not appeal to some. This reluctance may be due to childhood memories of a screeching pressure cooker followed by an explosion that sent the evening's dinner splattering all over the ceiling in the kitchen. Many people can remember that as children they were hurried out of the kitchen whenever the pressure cooker was on the stove. Eating foods that are pressure cooked offers more nutritional boost than those cooked for longer periods using traditional cookware. The longer foods are cooked, the more nutrients are destroyed. Pressure cooking is far more efficient than using multiple pots on separate burners, and can result in significant energy savings. This is because pressure cookers lend themselves to one-pot cooking recipes. Eating healthy gets a whole lot easier with this delicious collection of 75 recipes—each one photographed—for nutritious and satisfying meals

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made quickly in your electric pressure cooker, all developed by a certified nutritionist and cookbook author for maximum health and flavor. In The Fresh and Healthy Instant Pot Cookbook, Megan Gilmore presents recipes that use easy-to-find, whole-food ingredients for simple weeknight meals from morning to night—through the revolutionary cooking power of the Instant Pot, an electric, programmable multicooker. There are gluten-free options for each recipe, and all recipes are free of refined sugar and many of the most common food allergens, yet don't scrimp on flavor. With dishes like Korean Chicken Bowls, Eggplant Parmesan Bake, Peanut Butter Crunch Granola Bars, Flourless Banana Oat Bread, and One-Pot Chocolate Cake and Frosting, following a healthy diet while enjoying your favorite whole foods has never been more achievable. Every recipe is photographed in this highly visual and information-rich collection, and also includes nutritional information (calories, fat, carbs, fiber, and protein) and detailed timing for prep, coming to pressure, cook time, and release time.

Pressure Cooker Magic 101 Fast & Fabulous Recipes Simon and Schuster

Are you considering getting rid of a few extra pounds or just getting a healthier body overall? Maybe you find yourself trying to regain control or avoiding one of the world's famous chronic illnesses such as diabetes or hypertension? Regardless of which option you may find yourself in it may be reason enough to consider a dietary lifestyle change. The Keto diet plan may be able to solve most, if not all of the issues you are facing, and what better way to create these delicious, healthy meals than with an Instant Pot. In this book Ketogenic Instant Pot: you will get:

- A breakdown of the Ketogenic Diet
- A guide on how to use the Instant Pot to achieve the best results from your Keto lifestyle
- 101 delicious Ketogenic Instant Pot Recipes with easy instructions and a nutritional breakdown of the number of calories, fat, protein, and carbs that they will add to your diet.
- Tips and tools to help you get started when transitioning as well as to stay on track.
- And so much more!

It may sound like a huge step but it's really not that hard once you have the basic information down, and we've got you covered in that regard. This Ketogenic Instant Pot Cookbook we act as a beginner's guide as it will introduce you to the Keto diet, explaining exactly what it is and the benefits of the diet then equip you with a few tools, tips, and easy Instant Pot recipes to get you started. Life is often times running too fast for us actually to get anything down for ourselves but it's time to stop and think about you! It's your day to become a better, healthier you. So grab snuggle up to a copy of this Ketogenic Instant Pot Cookbook and let's show you how to take your second step. Pick Up Your Copy Today!

101 Instant Pot / Pressure Cooker Recipes Cook Fast and Healthier with a Pressure Cooker ***Instant Pot Cookbook:101 Days Pressure Cooker Recipes Cookbook-> Pressure Cooker Recipes: Electric Pressure Cooker Cookbook*** What you will find included in the Instant Pot Cookbook? * One recipe to cook each day for the next 101 Days of your life. * A step by step guide on how to cook your Instant Pot/Pressure Cooker meals.* A wide variety of whole food meals and cuisine to satisfy all tastes and preferences. Here you have the Most Complete Pressure Cooker Cookbook: More than 101 Days of Pressure Cooker Recipes in one Book: Enjoy! Do you like Whole Foods? Now you have 2 options:a) You carry on browsing more books with less recipes and more expensive.b) You spend \$2.99 and get the cheapest and most complete Pressure Cooker Book in the market. With so many delicious Pressure Cooker Recipes you will never get tired of cooking!Pick up your copy today by clicking the " BUY NOW" button at the right top of this page. 7 Days to REFUND if you are not satisfied. RISK FREE. tags: Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker Cookbook, Instant Pot Pressure Cookbook, Instant Pot Cookbook, Crock Pot, Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker Cookbook, Instant Pot Pressure Cookbook, Instant Pot Cookbook, Crock Pot, Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker Cookbook, Instant Pot Pressure Cookbook, Instant Pot Cookbook, Crock Pot,

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Boosting the digestibility of your food is a key to maximizing the potential nutritional value of every bite. And the pressure cooker can help you accomplish this too. The combination of steam and pressure can make even the toughest meats succulent and tender. And tenderness is a key sign that a food is easy for your body to digest.

The Electric Pressure Cooker Cookbook is your resource for learning all the shortcuts to make a delicious meal in a fraction of the usual time—with over 200 new family-friendly recipes from the world's leading blogger on pressure cooking Barbara Schieving (of PressureCookingToday.com). These recipes are big on flavor, imaginative in their variety, and easy to make, featuring fresh, natural, and nutritious ingredients. The Electric Pressure Cooker Cookbook features loads of tips and tricks that help you get the most from your pressure cooker, no matter what brand you own. If you're a busy parent or can't find time to make dinners after work, then you will love the Shortcut Dinners and 30-Minute Meals sections. With the terrific weeknight meals on the fly, you'll also adore the Sunday Suppers perfect for special weekend gatherings. Find recipes for every taste and diet: Robust meat and chicken dishes Vegetarian mains and sides Healthy breakfasts Tasty sandwiches, wraps, and tacos Soothing soups and stews And a big chapter full of quick and easy desserts Whether you're an experienced pressure cooker user or completely new to this time-saving device, you will return to this cookbook again and again for recipes your whole family will love.

If you have little time to cook, but want delicious and hearty meals then a pressure cooker is the perfect way to enjoy tender and wholesome dishes. With only a short amount of prep time you can tuck in to tasty homemade meals. Good Food: Pressure Cooker Favourites is crammed with tender casseroles, satisfying soups and mouth-watering stews. In Pressure Cooker Favourites you will find a whole range of seafood, chicken, game and vegetarian dishes and with each recipe triple-tested by the experts at Good Food you are guaranteed success every time. Both speedy and delicious these recipes are the perfect companion to a busy lifestyle.

Save time and energy in the kitchen with The Pressure Cooker Cookbook. The pressure cooker is the perfect tool for cooking fast and flavorful meals on a busy schedule. Your pressure cooker will preserve the nutritional value of tender meats, robust vegetables, and refreshing seafood without sacrificing their flavor or texture. With The Pressure Cooker Cookbook, you can prepare hearty meats, vegetables, stew, and chilis in less than 30 minutes. The Pressure Cooker Cookbook will make it easy to cook great meals efficiently, with over 100 quick recipes, easy-to-use charts for measurement and timing, and tips for using your pressure cooker on a daily basis. The Pressure Cooker Cookbook will help you cook tasty meals in half the time, with: 101 simple, delicious Pressure Cooker Cookbook recipes, such as Lemon Chicken, Yankee Pot Roast, and Banana Pudding Easy-to-follow cook times for common ingredients 6 new pressure cooker techniques to try from the editors of The Pressure Cooker Cookbook Step-by-step descriptions of natural release and quick release methods 10 Pressure Cooker Cookbook tips for successfully using a pressure cooker With The Pressure Cooker Cookbook, you can savor bold, complex flavors, even on a busy weeknight.

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101 tried-and-tested recipes for your electric multi-cooker that will change your life! Expert nutritionist Jenny Tschiesche's tried-and-tested recipes provide a wealth of ideas for family meals from a 15-minute risotto to a leg of lamb. It can sauté vegetables in five minutes and cook a whole chicken in 20 so is it any wonder that the Instant Pot has taken the online community by a storm! The cult phenomenon that is the multifunctional electric cooker is able to slow cook, steam, pressure cook and even sauté. The combination of steam and pressure cooks food fast, making everything from tender roasts through to perfectly cooked curries in a flash. For active people and busy families it's a miraculous time saver. Textures and tastes, which would otherwise take hours, can be created in minutes and healthy, nutritious meals are just a press of a button away!

101 tried-and-tested vegetarian and vegan recipes for your Instant Pot® that will change your life! Expert nutritionist Jenny Tschiesche's delicious recipes take inspiration from all around the world and provide a wealth of ideas for meat-free meals for all the family. It can sauté vegetables in five minutes and cook a delicious, creamy risotto in 20 so is it any wonder that the Instant Pot has taken the online community by a storm! The cult phenomenon that is the multifunctional electric cooker uses a combination of steam and pressure to cook food fast, making everything from soups and stews to perfectly cooked grains and pulses, sweet things and drinks in a flash. For both dedicated life-long vegetarians and first-time vegans, it's a miraculous time saver. Healthy, nutritionally balanced meals that fit your lifestyle are just a press of a button away!

With [this book], you'll explore an inspiring variety of healthy, easy-to-make pressure cooker recipes-- from savory breakfasts to hearty stews to decadent desserts, and more. Packed with nutritious, family-friendly pressure cooker recipes-- plus vegetarian, gluten-free, and Paleo-friendly options-- [this book] is your go-to guide for fuss-free, all-in-one cooking.

Being on the lectin-free diet doesn't mean that you have to eat boring meals -it's a diet not a punishment. You are supposed to enjoy the diet and that means eating a lot of delicious, mouthwatering dishes that are free of the dangerous, nutrient-killing, human organ-damaging lectins. There's a lectin-free version for every recipe out there, yes, including those meals you loved before you made the decision to embrace the lectin-free lifestyle. But except you're both a nutritionist and a professional chef, you may not really know how to convert many of the regular dishes that you are used to, into lectin-free recipes without flouting the rules and principles of the diet. Cooking with the instant pot is a different ball game entirely. The instant pot and lectin-free meals are Siamese twins- it's almost impossible to do the lectin-free diet without an instant pot or a pressure cooker. You know why? Pressure cooking neutralizes the lectins in many foods and makes them safe to consume. So, if you can't imagine living without eating your favorite pinto beans or your potatoes or soybeans, just get the instant pot pressure cooker. With a pressure cooker, you can be free to eat just about anything you desire even if it has tons of lectins in it. In this book you'll find over 100 delicious but easy to cook lectin-free recipes that you can cook in your Instant Pot. You'll also learn: -The Importance of an Instant Pot Pressure Cooker on a Lectin-free Diet -Lectin-free Pantry Shopping List/Checklist for The Lectin-free Diet (What to buy, replace or substitute) -Lectin-free Chicken Recipes -Lectin-free Beef Recipes -Lectin-free Pork Recipes -Lectin-free Seafood Recipes -Lectin-free Beans and Veggies Recipes -Lectin-free Noodle and Zoodle Recipes -Lectin-free Breakfast Recipes and much more.

- Do you want to make great recipes for yourself and family using the Electric Pressure Cooker? - Did you get an Instant Pot as a present? Or do you already have one in the kitchen, but have no idea what to cook? Perfect Cookbook for Beginners and advanced users. This is great time to start your amazing cooking with Instant Pot Electric Pressure Cooker. Learn how to become a great chef in the kitchen and impress your guests, friends, and family with your newly acquired Instant Pot Cooking Skills! This ultimate cookbook is here to give you useful

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information about the Instant Pot pressure cooker as well as the step-by-step easy and quick way to cook perfect delicious recipes. Use this Instant Pot cookbook to make EVERY meal, ANY day of the week, with: More than 100 creative recipes with poultry, chicken, beef, veggies and etc Delicious options for breakfasts, lunches, snacks, and desserts -many of which take 30 minutes or less Healthy dinner recipes, which you can use after busy working days and your family would enjoy it. Throughout the pages of this book, you will discover ? variety of sweet, savory, salty, and other delicious recipes. These flavorful dishes are hand-picked to ensure you have ? hearty collection of the best recipes on hand at all times. So the Time is NOW! Buy now and enjoy!

Healthy Eating Made Everyday Easy. The key to healthy eating (hint: this isn't about dieting) is keeping meals effortless and totally delicious. The best part is, you can do it all with just one pot. This healthy eating cookbook makes it easier than ever to enjoy good-for-you food that is good for your weeknight schedule, too. With 101 satisfying and nutritious recipes for one-and-done meals--no extra pots or pans needed--you'll spend less time in the kitchen, and more time enjoying real food. Recipes this easy make it hard to eat unhealthy. Inside this healthy eating cookbook, you'll find: Guidelines to Eat Well, Live Well--Learn the basics of healthy eating, foods to enjoy and avoid, and how to prep fast. Just One-Pot Recipes (REALLY)--Make a complete dish from start to finish with your Air Fryer, Dutch Oven, Electric Pressure Cooker, Sheet Pan, Skillet, or Slow Cooker. 101 All-Day Meals--Eat healthy from breakfast through dinner with these fulfilling and filling recipes. Wake up with Apple Cinnamon Buns or whip up Mushroom and Farro "Stroganoff" for dinner, whatever is on the menu--this healthy eating cookbook makes sure it will be easy and tasty, too.

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"You'll be amazed at all the great things your electric pressure cooker can do, from hearty soups and stews and perfect pot roast to foolproof risotto and irresistible pulled pork. This versatile kitchen tool makes cooking incredibly quick and easy -- so now you can create fabulous fresh meals in an instant!"--

101 Amazing Recipes For Your Instant Pot Pressure Cooker Instant Pot Cookbook: 101 Quick And Easy Recipes For Your Electric Pressure Cooker Ready to become a master chef in the kitchen? Love to cook for your family, but just don't have the time to get it all done in between your other obligations? Instant Pot Recipes: 101 Quick and Easy Recipes for Your Electric Pressure Cooker will be able to solve this issue! The pressure cooker is a simple machine that can make all your gourmet and home cooked meals in just a few minutes, rather than making you spend forever to get the meal on the table. You will love how easy it is to make and that you will be able to get some of your favorite

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The current revival in popularity of pressure cookers has brought about the development of electric pressure cookers, often bundled up as multi-cookers. Pressure cookers today are much quieter, safer and offer an incredible range of possibilities when creating meals, snacks and even drinks. 101 Electric Pressure Cooker Recipes has been created by Liana Green of www.lianaskitchen.co.uk with every recipe being lovingly tested, and of course then eaten! Liana has picked her best pressure cooker recipes, all of which are suitable for all kinds of electric pressure cooker brands, including the popular Instant Pot, T-Fal, Crock Pot Express and Cuisinart. Recipes are split out between Poultry, Beef, Lamb, Pork, Vegetarian, Soups, Jams and Chutneys, Desserts and Sauce and Dips. Sample Recipes: Chicken Tikka Masala Chilli Con Carne Ginger and Orange Gammon Garlic Prawns Butternut Squash Risotto Minestrone Soup Baked Beans Egg Fried Rice Egg, Ham & Cheese Frittata Marmalade Apricot Jam Vanilla Cheesecake Sweet Chocolate Dumplings White Chocolate Brownies Eggnog Thai Sweet Chilli Sauce And So Many More! Liana has kept the recipes as simple as possible and is always on hand to answer any problems that readers might come up with when using their electric pressure cookers!

Your Electric Pressure Cooker can do more than you think! Now you can take a shortcut if you have an Instant Pot, Ninja Foodi, Multipot (or other brand) and learn electric pressure cooker tips, tricks and workarounds that most people take months to learn through trial and error... Get the most from your electric pressure cooker with this beautiful and well-researched cookbook and guide from Healthy Happy Foodie Cookbooks! Perfect for first-time users or seasoned chefs. Includes illustrated "how to" instructions, plus 101 of our best programmable pressure cooker recipes... GET MORE FROM YOUR INSTANT POT OR OTHER BRAND ELECTRIC PRESSURE COOKER - clear instructions with photos and illustrations so you can spend your time eating delicious keto meals instead of reading and researching how! MAKE YOUR FIRST MEAL IN 10 MINUTES - our unique "10 Minute Quick-Start" chapter will guide you through your first delicious meal with your pressure cooker, using clear, easy instructions with photos! LEARN PRO SECRETS - how do you cook from frozen? What is the "pot in pot" method? How do you make your own stock? And much more... LEARN WORKAROUNDS - to overcome common problems with the instant pot, such as sealing rings that take on the smell of spicy food, what to do if you release the steam too quickly, etc.! LEARN HOW TO AVOID: Under- or Over-cooking meals; Too soggy, too dry; Strange-tasting food (especially desserts) because of sealing rings; Disappointing results. QUICK, EASY & HEALTHY RECIPES WITH NUTRITIONAL INFO - a wide range of healthy recipes with easy to follow instructions! FEATURES... 101 delicious recipes showing exactly how to make: Delicious Breakfasts Hearty Soups & Stews Popular Pastas & Casseroles Tasty Chicken Main Dishes Melt-In-Mouth Beef & Pork Main Dishes Exotic Seafood Main Dishes Comforting Desserts PLUS: Illustrated instructions tailored to your programmable electric pressure cooker Pro Tips Reference Charts (Scroll up and "Look Inside" for a full table of contents.) Do you own an electric pressure cooker, and are you interested in making delicious yet easy and fast meals for your family? Then this book is for you! All of our recipes and "how to" tips are designed specifically to be compatible with Instant Pot, Ninja Foodi, Mueller, Mealthy Multipot and other popular electric pressure cookers, and to help you get the most out of this healthy way of eating. Buy today! MONEY-BACK GUARANTEE Free shipping for Prime members ABOUT HEALTHY HAPPY FOODIE COOKBOOKS Healthy Happy

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Foodie Cookbooks are independently published, home kitchen-tested cookbooks which cover a range of diet and cooking-method topics. Our team of chefs, writers and enthusiasts love to cook and love testing new kitchen products! Our mission is to help our readers get the most from their cooking journey!

Do you want to make great recipes for yourself and family using the Instant Pot? Did you get an Instant Pot as a present? Or do you already have one in the kitchen, but have no idea what to cook? Perfect Cookbook for Beginners with Instant Pot Recipes to start your amazing cooking journey with your Electric Pressure Cooker. ***Please note: Book is available in 2 Paperback formats- Black and White and Full color. Choose the best for you*** This Instant Pot cookbook will show you how to make the most of your perfect pot. With these easy and healthy recipes, you can surprise your family, friends and your loved one. So, now you have your kitchen bible with 101 recipes that would help to cook your favorite meals. Use this Instant Pot cookbook to make EVERY meal, ANY day of the week, with: 101 creative recipes like Italian shredded chicken and orange chicken, red wine beef stew, mango mashed potatoes, yummy banana bread Delicious options for breakfasts, lunches, snacks, and desserts - many of which take 30 minutes or less Healthy dinner recipes, which you can use after busy working days and your family would enjoy it. Instant Pot recipes are so easy, the kids can do it!

100 foolproof pressure-cooker recipes that will change the way you cook. In Pressure Cooker Perfection, the first volume in our new test kitchen handbook series, the editors at America's Test Kitchen demystify an appliance that to many home cooks remains intimidating -- but shouldn't. Modern pressure cookers are safer, quieter, more reliable, and more user-friendly than old-fashioned jiggle-top models. And they can prepare a wide range of foods -- everything from barbecue to risotto -- in record time. Cooking under pressure results in better-tasting dishes because every drop of flavor is trapped in the sealed pot. This fact, combined with the shorter cooking time, means that your dishes will be supercharged with flavor. And cooking under pressure is versatile. While they're ideal for roasts and stews, pressure cookers can also turn out perfectly tender beans, grains, and legumes in short order. If ever there was a cooking method that could benefit from the obsessive trial and error that our test kitchen is known for, this is it. When cooking time is compressed, every minute matters, and when flavors are amplified, even a small change becomes significant. We ran hundreds of tests in fifteen pressure cookers to find out what works and what doesn't, and we deliver the foolproof, guaranteed-successful recipes in Pressure Cooker Perfection. With this foolproof guide to cooking under pressure, every home cook will be guaranteed success.

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