

## Instant Pot Cookbook Quick And Very Easy Electric Pressure Cooker Recipes For Every Taste Instant Pot Recipes Instant Pot Electric Pressure Cooker Slow Cooker Book 1

Instant Pots are the hottest appliances on the market today, and they are changing the way we cook. The Taste of Home Instant Pot Cookbook will give you the essential recipes you want to make in your Instant Pot to feed your family and capture the flavor of the Instant Pot & electric pressure cooker craze! For fast-to-fix dinners, you can't beat the convenience of an Instant Pot! That's why these electric pressure and multi-cookers are the latest rage in homes across the country. Now you can make the most of this timesaving tool with Taste of Home Instant Pot Cookbook! Inside you'll find a mouthwatering assortment of appetizers, entrees, sides and more—all made easy in the Instant Pot. Need a hearty weeknight dinner in a hurry? Whip up Saucy Mesquite Ribs. Looking for a meal-in-one dish that beats the clock? Whip up Apple Balsamic Chicken. You'll find these recipes as well as easy breakfast dishes, finger-licking sandwiches and no-stress sides...all made quick in the Instant Pot. Dig into the comforting goodness you crave any day of the week. With the 111 recipes in Taste of Home Instant Pot Cookbook, it's never been easier! You will also find key recipe hacks to help make use of the quick cooking feature of the Instant Pot like hard-boiled eggs, rice, beans, oatmeal, soups and bone broths, even cheesecakes and more. Great for breakfast, lunch or dinner plus appetizers and desserts. Satisfy your meat-lovers or your vegetarians. Find out why the Instant Pot has so many obsessive fans (who call themselves, "Pot Heads"), and why you will soon be one among them. Instant Pots can be used as an electric pressure cooker, slow cooker, yogurt maker, rice cooker and more. Plus, a How to Use Your Instant Pot informational opening chapter so you will have Instant Pot success from the start!

Authorized by Instant Pot and filled with beautiful photographs and more than 75 simple, well-tested comfort food recipes, this indispensable book is the ultimate collection of delicious weekday meals. The best-selling Instant Pot has been a runaway hit, with an almost cultlike following and users who swear by it. But finding delicious, well-tested, weekday-friendly recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Instant Pot Cookbook covers each meal of the day, offering plenty of tried-and-true classic recipes, such as spicy beef and bean chili, a whole roasted chicken with mushroom sauce, and decadent New York cheesecake, alongside a hearty array of contemporary meals, such as Greek-style Gigantes beans with fresh feta, braised pork loin with balsamic vinegar and caramelized onions, buttery cauliflower mashed potatoes, pork adobo, and more! Whether you're looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado, this is the book to have.

**NATIONAL BESTSELLER**The 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.

Dinner is about to get even easier now that you can cook mouth-watering meals in your Instant Pot(R) with five ingredients or less. The Instant Pot(R) is unquestionably the most popular and bestselling kitchen appliance of the last year, with many models performing the functions of a pressure cooker, a slow cooker, a rice cooker, a steamer, a sauté pan, a yogurt maker and a warmer. 5-Ingredient Instant Pot(R) Cookbook is a perfect companion for the Instant Pot(R) and a follow-up to Marilyn Haugen's previous bestseller, 175 Best Instant Pot(R) Recipes, which has over 20,000 copies in print. All of its 150 recipes, created especially for use with an Instant Pot(R), contain a minimum of ingredients and require little effort. There are recipes for every occasion and season, and for novices and well-seasoned home cooks alike. The recipes include favorites like Ham and Cheddar Egg Muffins, Hearty Black Bean Soup, Pepperoncini Beef Roast, Chicken Caesar Pita Pockets, Braised Herb Salmon with Asparagus, Buttery Garlic Mashed Potatoes, and Chocolate Peanut Clusters.

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.

Master The Instant Pot With 600 Foolproof Recipes For Everyday Do you want quick & easy solutions in the kitchen mastering your Instant Pot? Are you willing to have more free time while cooking delicious meals? Well, if the answer is yes, then that's why I'm here for. To help you with achieving this, I focused on creating the one and only Instant Pot cookbook, for excellent results, with easy and effortless to cook recipes for anyone. This simple, yet powerful pressure cooker cookbook has plenty of content in the following categories: Foolproof Rice & Grains recipes for quick carbs recharge No-fuss Brunch and Dinner recipes to keep "cheating" Energizing Smoothies and Breakfasts Great Meatless and Vegetarian recipes Great variety of Soups, Stews and Salads Fascinating Desserts & Drinks Lots of protein recipes - Poultry, Meat, Fish & Seafood Craveable Side Dishes & Snacks This complete Instant Pot cookbook will take care of your scarce cooking time and will show you the easiest & tastiest way towards a New Lifestyle based on your Instant Pot pressure cooker.

"Authorized by Instant Pot"--Page 4 of cover.

550 Easy Instant Pot Recipes for Quick & Efficient Cooking! Do you crave quick effortless instant pot recipes? I know you had tasty dinners with the loved ones and but the time you spent in the kitchen is just A LOT! That's why I focused on creating the one and only Instant Pot recipe book with 550 Delicious meals, that you'll ever need to cook to master the Instant Pot Pressure Cooker This simple, yet powerful instant pot cookbook has plenty of content in the following categories: My Favorite Morning Recipes No-fuss Brunch and Dinner recipes to keep "cheating" Energizing Smoothies and Appetizers Great Vegan and Vegetarian recipes Great variety of Pasta, Beans and Grains Fascinating Keto Desserts Drinks Lots of protein recipes - Poultry, Meat, Fish & Seafood Craveable Side Dishes Snacks This complete Instant Pot cookbook for Beginners will take care of your scarce cooking time and will show you the easiest tastiest way towards a PERMANENT TASTE & A GREAT NEW LIFESTYLE! Get it now and give yourself the best present!

## Where To Download Instant Pot Cookbook Quick And Very Easy Electric Pressure Cooker Recipes For Every Taste Instant Pot Recipes Instant Pot Electric Pressure Cooker Slow Cooker Book 1

A collection of 200 easy, delicious recipes for the incredibly popular Instant Pot, packaged in a gorgeous hardcover format with more than 80 stunning photographs throughout. The well-tested, fully authorized recipes in The Ultimate Instant Pot Cookbook cover a range of flavors and occasions, making this the ultimate collection of recipes for the home cook who values the convenience of an electric pressure cooker. This is the only book you'll need when looking for tried-and-true classics like creamy tomato soup, ground beef stroganoff, chicken mushroom casserole, or peach cobbler; international favorites like carnitas, chicken tikka masala, or refried beans; and crave-worthy treats like French toast casserole and triple chocolate cheesecake. There are even easy entertaining recipes, like artichoke-spinach dip, and special occasion recipes such as the classic Thanksgiving favorites of mashed potatoes, creamed corn, and more. With special sections of vegetarian recipes and jams, jellies, and pickles, this collection goes deeper than other Instant Pot books and has something for everyone. And recipes for every meal of the day, from breakfast to dessert, make this book your one-stop source for mouthwatering meals all day long. Printed on high-quality paper and bound in a hardcover format filled with beautiful photographs, this is truly the ultimate book for gifting or self-purchase, and destined to become the beloved Instant Pot cookbook.

Instant Pot - It's not just a supercharged pressure cooker - it's a way of life. 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? You've found the ultimate list of the Best Instant Pot Recipes! These quick and simple recipes will get dinner on the table in no time. There are tons of recipes that are easy to make in your Instant Pot. Here you will find pressure cooker recipes for everything from Moroccan meatballs to lasagna soup. These recipes are perfect for on-the-go families who love healthy and delicious food, but may not always have time to spend hours cooking. 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 1001 recipes that would help to cook your favorite meals. Use this Instant Pot cookbook to make EVERY meal, ANY day of the week, with: 1001 delicious recipes like Italian shredded chicken and orange chicken, red wine beef stew, mango mashed potatoes, yummy banana bread and etc Easy options for breakfasts, lunches, snacks, side dish and dessert recipes Healthy dinner recipes, which you can use after busy working days and your family would enjoy it. This book will teach you how to create a variety of healthy, easy-to-make, delicious recipes in the easiest way possible. Making great cooking choices has never been easier!

The cookbook that makes using your Instant Pot easier than ever—more than 300 easy, fun, and creative recipes for the hottest kitchen appliance! The Instant Pot is the latest must-have kitchen appliance. It acts as a pressure cooker, slow cooker, steamer—and much more! The Everything Easy Instant Pot Cookbook shows you everything you need to know about the Instant Pot and will help you master each of its many functions to get the most out of your new favorite device. With 300 delicious and simple recipes perfect for Instant Pot beginners, you'll be making hundreds of great meals sure to impress your friends and family in no time! Whether you're looking for an easy breakfast dish, a savory snack, or a scrumptious supper for the family, let the Instant Pot change your life!

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

Get the most out of your Instant Pot or multi-cooker! Sanders provides easy-to-follow recipes that get delicious family meals to your table in almost no time at all. Comfort foods, creative side dishes, even desserts-- these recipes will make your pressure cooker your favorite appliance!

Master the ketogenic diet with fast and easy recipes from the ONLY OFFICIAL ketogenic Instant Pot cookbook. Keeping up with the ketogenic diet to lose weight can be challenging, but cooking for it doesn't have to be. On a mission to make keto convenient, Urvashi Pitre--the bestselling author behind Two Sleepers and The Indian Instant Pot Cookbook--combines delicious low-carb recipes with the home cook's favorite appliance: the Instant Pot. The Keto Instant Pot Cookbook is the only authorized ketogenic diet Instant Pot cookbook for tried and true recipes ridiculously easy and fast. The ultimate Instant Pot cookbook for keto-friendly recipes, The Keto Instant Pot Cookbook includes: A Guide to Keto Made Easy providing essential information from diet basics to setting the right macros to meet your weight loss goals Instant Pot Cookbook 101 with step-by-step instructions and useful tips for using this Instant Pot cookbook and others! Over 65 Satisfyingly Simple Instant Pot Cookbook Recipes requiring only 45 minutes to make from start to finish for most recipes Eliminate the stress of sticking to the ketogenic diet with Urvashi Pitre and The Keto Instant Pot Cookbook: the go-to Instant Pot cookbook to make keto speedy, easy, and good.

Fully authorized by Instant Pot—brand new recipes from the best-selling author of Indian Instant Pot Cookbook and The Keto Instant Pot Cookbook Indian Instant Pot Cookbook by Urvashi Pitre is already one of the top-selling cookbooks in its category. Now Pitre turns her sights to all kinds of boldly flavored and internationally-themed recipes—Mexican, Thai, Moroccan, and more—with Instant Pot Fast & Easy, fully authorized by Instant Pot. Just like fans have come to expect, Pitre's incredibly well-tested recipes will work perfectly every time, and of course taste great too. And because these are Instant Pot recipes, dishes like Japanese Chicken Curry, Chinese Steamed Ribs, and Mexican Pulled Pork are ready in a fraction of the time they would take using traditional cooking methods. As with all of Pitre's recipes, the focus is on whole foods instead of artificial convenience ingredients, so the recipes are delicious, easy, and healthful too. The Ultimate Instant Pot Cookbook Foolproof, Quick and Easy 800 Instant Pot Recipes for Beginners and Advanced Users

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini

Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Authorized by Instant Pot®, this one-stop Instant Pot® Pressure Cooker Cookbook presents over 75 family-friendly recipes for delicious mains, appetizers, sides, breakfasts, and desserts—complete with an introduction to the appliance's convenient features and solutions to rookie mistakes. The rumors are all true—this appliance is a game changer. You can make stew on a school night and still have time to do homework! With easy-to-follow instructions and mouthwatering color photos throughout, discover all that you and your Instant Pot® can achieve, from cooking fluffy rice and vegetarian meals to making homemade yogurt and decadent desserts—all in a fraction of the time. With your Instant Pot®, quickly and easily make amazing: Caramelized Onion Dip Vegetable Pot Stickers with Sesame-Ginger Dipping Sauce Apple Cider and Thyme-Braised Brisket Enchiladas Rancheras Pulled Pork Sandwiches Double Chocolate Cheesecake Whether you're looking for guidance as you get acquainted with your Instant Pot® electric pressure cooker or just want to expand your Instant Pot® repertoire, you will return to this cookbook again and again for fantastic dishes for every occasion.

"500 recipes for any budget. Recipes are listed step by step in a clear and understandable manner. With this cookbook, you will cook better, tastier and faster meals for yourself and your family."--Amazon.com.

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.

**\*OFFICIALLY LICENSED BY THE MAKERS OF THE INSTANT POT!\*** 175 must-have recipes for everyone's favorite cooking appliance—the Instant Pot—perfect for fast, delicious meals the whole family will love. Discover how easy cooking can be with the versatile Instant Pot that serves as everything from a pressure cooker to a sauté pan to a yogurt maker. The fast, programmable, and energy-efficient appliance makes it quick and easy to whip up any of these delicious, satisfying recipes in just minutes! This essential cookbook provides 175 appetizing, flavorful recipes from breakfast through dinner including: –Bacony Poblano Hashbrowns –Moroccan Lamb Stew –Bourbon Barbeque Chicken Thighs –Double Chocolate Cheesecake With dishes to suit every dietary need from vegetarian to gluten free, there's something for everyone in this collection of Instant Pot recipes. Featuring an introduction to the Instant Pot's features and tips for the best cooking results, soon you'll be using your Instant Pot for every meal!

A collection of easy, surefire recipes for the incredibly popular electric pressure cooker, the Instant Pot, all beautifully photographed and fully authorized. The 200 well-tested, fully authorized recipes in The Ultimate Instant Pot Cookbook cover a range of flavors and occasions, making this the ultimate collection of recipes for the home cook. This is the only book you'll need when looking for tried-and-true classics like creamy tomato soup, ground beef stroganoff, chicken mushroom casserole, or peach cobbler; international favorites like carnitas, chicken tikka masala, or refried beans; and crave-worthy treats like French toast casserole and triple chocolate cheesecake. There are even easy entertaining recipes, like artichoke-spinach dip, and special occasion recipes such as the classic Thanksgiving favorites of mashed potatoes, creamed corn, and more. With special sections of vegetarian recipes and jams, jellies, and pickles, this collection goes deeper than other Instant Pot books and has something for everyone. And recipes for every meal of the day, from breakfast to dessert, make this book your one-stop source for mouthwatering meals all day long.

The Ultimate Instant Pot Cookbook with 800 Recipes for Beginners & Advanced Users Do you want to make an effortless progress in your kitchen regardless of the occasion? Do you want to save time cooking healthy meals on any budget? In this pressure cooker cookbook you will find: Simple and quick solutions as to how to use your Instant Pot effectively Easy-to-cook and delicious-to-taste instant pot recipes Improved techniques on how to cook in the most efficient way using the Instant Pot Thanks to this great cooking device, the Instant Pot, cooking quick and budget-friendly meals is easier than ever. No matter if you're a solo eater, or if you cook for the whole family or friends - you'll always find dozens of recipes to satisfy everyone. In this instant pot recipe book you will find 800 recipes in these categories: Brunch & Side Dishes to die for Easy Pasta and Rice recipes Something for Fish & Seafood lovers Tons of tasty Pork, Beef, Lamb and Poultry recipes Beans & Grains recipes for quick meals Effortless Soups, Stews & Chilis Vegetables & Vegetarian pressure cooker recipes Delicious Snacks & Appetizers Quick-to-prepare Desserts Finally there's your All-on-one Instant Pot recipes cookbook, for any occasion for any guest for any budget! Get the best-selling instant pot cookbook now and master your Instant Pot!

100 easy everyday meals made in the Instant Pot using only 6 ingredients (or fewer!) What could be easier than getting meals on the table with a push of a button? Doing it with only six ingredients or less. Forget about loading up the cart with a long list of special ingredients, time-consuming advance prep, and endless chopping and dicing. This book offers no-fuss recipes that complement the Instant Pot's many settings, for simple, satisfying meals ready when you want them. Recipes include meaty braises, soups and stews, healthy breakfasts (for anytime of day!), pastas and grains, and more. For even more convenience, one-pot recipes are noted with icons throughout, and some versatile recipes

can be made using either the Instant Pot's pressure-cook or slow-cook function, so you can cook according to your schedule. "Tasty tips" and serving suggestions offer even more flexibility to make the most of ingredients you already have on hand. Whether you're just getting to know your Instant Pot or you're a long-time fan, this book makes cooking delicious, wholesome meals easier than ever.

Make delicious comforting soups and stews in no time with easy to prepare Instant Pot recipes! If your day feels incomplete without a steaming bowl of your favorite soup or stew and you love making different varieties of soups and stews at home, then this book is for you. This cookbook provides you with a creative collection of 100 healthy soups and stews that you can prepare effortlessly using your Instant Pot. Use the Instant Pot Pressure Cooker and Save time in the Kitchen! We're using an Instant Pot because this modern appliance allows you to prepare some of the finest homemade meals in next to no time. The Instant Pot and multi-cookers like it are designed to consolidate numerous cooking tasks into one machine that performs perfectly each time by simply pushing a couple of buttons and letting the machine do the rest of the work. No matter how busy and hectic your daily life is, a satisfying and nourishing home-cooked meal is as simple as putting some fresh ingredients in a pot and pressing a button. The recipes in this cookbook are a great way to incorporate nutritious vegetables, fruits, and spices into your routine diet. A warm bowl of soup or stew holds the goodness of multiple ingredients that improve your health and wellness. They are rich with fiber, minerals, and antioxidants to boost your immunity and overall health. They are easy to digest and have a smooth, rich taste. Inside, you'll find: Everything you need to know to use an Instant Pot and prepare delicious soups and stews in no time. Wholesome chicken and turkey recipes such as the Spiced Chicken Stew, the Chicken Chorizo Soup, Creamy Chicken Noodle Soup, and the Turkey Plantain Stew. Bountiful beef and veal recipes like the Chuck Mushroom Stew, the Beef Veggie Rice Soup, the Beef Barley Mushroom Soup, and the Slow Cooked Veal Peas Stew. Satisfying pork and lamb recipes such as the Sausage Tomato Stew, the Cabbage Pork Soup, the Slow Cooked Corn Lamb Soup, and the Lamb Chop Carrot Stew. Delightful fish and seafood recipes such as the Salmon Pasta Soup, the Fish Cream Stew, the Fish Cream Soup, and the Halibut Sweet Potato Stew Amazing vegetarian and bean recipes like the Pumpkin Bean Stew, the Tomato Cream Soup, the Kidney Bean Broccoli Soup, Kidney and the Corn Brown Rice Stew All recipes come with a detailed list of ingredients, cooking and preparation times, number of servings, easy to follow step-by-step instructions, and nutritional information per serving. Let's start cooking! Scroll back up and order your copy today!

Eating healthy gets a whole lot easier with this delicious collection of 75 recipes—each one photographed—for nutritious and satisfying meals 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.

Officially authorized by Instant Pot! 175 must-have 5-ingredient recipes perfect for anyone looking to save time and effort—all while using your favorite appliance the Instant Pot. Now using the Instant Pot is easier and more convenient than ever with these 175 delicious, simple, and straightforward recipes using just five ingredients or less. Perfect for people on the go, this cookbook will help you make mouthwatering dishes for every meal of the day that the whole family will love. Using ingredients that you probably already have on hand, *The "I Love My Instant Pot" 5-Ingredient Cookbook* features fast and affordable recipes that don't require a lot of prep or shopping. And best of all, they're satisfying, flavorful recipes you will want to make over and over again! Including an easy-to-understand overview of your Instant Pot, this cookbook has you covered for every occasion. From breakfast to dinner and desserts and snacks in between, you will save more time (and money) than ever while enjoying tasty food all day long.

*Easy and Healthy Instant Pot Recipes Will Help You and Your Loved One Instant for Two (Easy and Healthy Cookbook)* is what you are looking for, here you'll find nutritious, flavorful, simple instant pot recipes that will easily transform into mouth-watering meals - perfectly scaled for two. I am a personal trainer and need to eat healthy food, as well as good tasty food, but I don't want to spend hours in the kitchen preparing meals, especially when I come home from work, exhausted. We don't have to struggle anymore with the question: "We have no idea what to eat...What do we cook for breakfast or for dinner tonight?" Stop worrying about that! Here you can find delicious, perfectly portioned recipes in just 30-40 minutes or less and your Instant Pot can help you with it. Next time you cook for your partner, family member, friend, or whomever, they will absolutely love these meals. *Easy and Healthy Instant Pot Recipes for Two* contains: What is an Instant Pot and how to use it Breakfast Ideas for couples Chicken, Beef and Pork recipes for both of You to Enjoy Vegetarian and Sea Food Meals for Romantic Weeknight Dinners Do not waste Your time looking for other options and download Your copy today.

This enticing collection of more than 75 easy, inventive, well-tested vegan recipes for the incredibly popular electric pressure cooker, the Instant Pot, is the go-to source for mouthwatering plant-based weekday meals. The best-selling Instant Pot makes cooking delicious meals a snap! But finding vegan recipes that are both inspiring and trustworthy has proven difficult, until now. *The Essential Vegan Instant Pot Cookbook* presents a collection of quick and easy vegan recipes that cover each meal of the day, offering tried-and-true dishes with a modern twist, such as Black Bean Tamale Casserole, Root Vegetable Tagine with Couscous, African Peanut Stew, Jerk Tofu Wraps, and more. And best of all, they're all well-tested and authorized by Instant Pot. With beautiful photography and an attractive package, this book is an indulgence for home cooks who live a plant-

based lifestyle as well as healthy eaters looking to incorporate more meatless Mondays into their week.

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.

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!

Be Smart - Get the Most From Your Pressure Cooker! It's time to embrace the art of cooking with your Instant Pot Pressure Cooker. Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes teaches you how to use this revolutionary kitchen tool. You'll also discover a wealth of Delicious, Easy, and Healthy Instant Pot Recipes for every meal of the day! The Instant Pot is faster than other cooking methods because it uses both pressure and heat to cook your food. It can cut your cooking times in half - or more! This insulated pressure cooker uses very little water and energy to cook your food. It can save you up to 70% on energy costs. Not only does the Instant Pot save you money, it also helps you slim down. You'll get more nutrients from your pressure-cooked meals because the Instant Pot steams food quickly and evenly. Your food will even retain more of its beautiful, natural color! Here's a preview of what you'll get from this book: The History of Instant Pot Instant Pot Parts and Design What to Look for When Buying an Instant Pot The Differences in Pressure Cooking How to Clean Your Instant Pot Tasty Breakfast Recipes Hearty Lunch Recipes Delightful Dinner Recipes Healthy Instant Pot Snack Recipes Get ready to enjoy amazing pressure-cooked breakfasts like Breakfast Quinoa, Egg Muffins, and Quick Hard-Boiled Eggs. Your lunches can include Cilantro Lime Rice, Collard Greens, and Pot Roast. For dinner, you can look forward to Asian Pepper Steak, Ratatouille Vegetable Stew, and Pressure Cooker Spaghetti! Don't wait - Get your copy of Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes Today!

The official Instant Pot® Cookbook for every dinner duo. Cooking for two is a lot easier with your Instant Pot®--especially when recipes are perfectly portioned for you, too! The Instant Pot® Cookbook for Two makes it easier and tastier than ever to spend quality time together over a real homemade meal. From Artichoke and Spinach Risotto to Teriyaki Chicken with rice, these rich and delicious recipes ensure no leftovers, no waste, and no guesswork when it comes to weekday meals. Plus, most recipes take only ten minutes or less to prep and are table-ready in under an hour, giving you more time to spend enjoying your company. The Instant Pot Cookbook for Two includes: A HANDY OVERVIEW covers Instant Pot® best practices, shopping tips for two, troubleshooting advice, and how to scale recipes up or down. 80+ RECIPES work with all models of the 3-quart Mini and 6-quart Lux, Duo, and Ultra. RECIPE TIPS throughout explain how to double recipes, use up ingredients, modify cooking times (if needed) for Mini and larger Lux models, and divide the labor to speed prep. Catch up on your day, re-connect or just wind down with a good meal. It's more than just sitting down to eat, it's a chance to really be together. Tasting Table calls the Instant Pot "the hottest kitchen tool since George Foreman's pint-size grill" and everyone from Ruth Reichl to top food bloggers rave about its efficiency, convenience, and affordability. Now, with this licensed cookbook—one of the most comprehensive published to date—you can discover exactly how much this miracle appliance can do. This full-color cookbook features recipes for all the functions of the Instant Pot, from everyday staples to surprising new dishes. You'll find more than 175 recipes for everything from breakfast to dessert, including delicious soups and stews, vegetable mains and sides, jams and yogurts—even an entire cheesecake. This must-have cookbook is the perfect companion to the best-selling kitchen appliance to come along in decades.

Healthy and flavorful recipes for two, using your 3-Quart Instant Pot Mini. For owners of the Instant Pot Mini are 100 nutritious recipes designed specifically for the 3-quart multi-cooker. If you're cooking for yourself or for two, or if you just want fewer leftovers, then this smaller Instant Pot is perfect for you. But when your Instant Pot capacity is half the size of most models, you need recipes with half the yield, too! You don't have to calculate your own messy conversions--just follow the recipes in the book for perfectly portioned, perfectly cooked meals. Including recipes for breakfast, lunch, dinner, and dessert, Healthy Instant Pot Mini Cookbook is the only resource you need for a variety of delicious flavors and cuisines. With useful recipes, such as Spinach Prosciutto Egg Bites and Layered Chicken Enchilada Casserole, you could even choose to have breakfast and lunch prepared for several days. If you're using your 3-quart Instant Pot as a complement to your bigger model, choose from 19 side recipes so that the entire meal is ready in a snap. Forget takeout. Without processed ingredients and refined sugars, you can feel good about what you're eating, and you'll have it in half the time and at a lesser cost.

Easy, healthy Instant Pot recipes from popular Pressure Luck blogger and YouTube star Jeffrey Eisner—lightening up comfort-food favorites for wholesome everyday eating

Jeffrey Eisner's internationally bestselling Step-by-Step Instant Pot Cookbook was the easiest-to-follow set of Instant Pot recipes ever assembled—showing even the most reluctant cooks how to make magic in their pressure cookers. Now, in this new cookbook featuring over 90 new simple and delicious dishes, Eisner shows how the Instant Pot can be a part of your plan to slim down and keep the weight off—without losing any of the flavor. We're talking a trove of lightened-up recipes, many of which fit easily into a variety of lifestyles including: Keto Paleo Gluten-Free Dairy-Free Vegetarian and Vegan Recipes are accompanied by nutrition information and a precise timing bar so you know exactly how long your meal will take from pot to table. Some of the light, simple, and delicious recipes you'll find inside are: Butternut Squash Soup Sun-Dried Tomato & Shallot Shells Greek Farro Feta Salad Eggplant Risotto Creamy Avocado Chicken Salt & Vinegar Pork Zucchini Chips & Tzatziki Dip Mug Cakes in Mason Jars & More Building on the wild success of Eisner's popular Pressure Luck Cooking website and YouTube channel, every recipe in this book is illustrated with color photographs showing exactly what to do in each step, along with a beautiful shot of every finished recipe. There are no hard-to-find ingredients or fussy techniques, and each dish takes advantage of the time-saving benefits of the Instant Pot.

The Instant Pot(R) Mini has the same features as the #1 selling multicooker--at a compact size that's great for smaller families, couples, and singles. But how should home cooks convert recipes for this little machine? Custom-made for the mini, this cookbook features 100 perfectly proportioned recipes plus authorized operating basics. The delicious dishes range from French toast to Mongolian Beef to cheesecake.

Inspired by her viral New York Times article "Why Do Cooks Love the Instant Pot(R)? I Bought One to Find Out," Melissa Clark's Dinner in an Instant has all new recipes that bring her signature flavor-forward dishes to everyone's favorite countertop appliance. Dinner in an Instant gives home cooks recipes for elevated dinners that never sacrifice convenience. Beloved for her flawless recipes, Melissa Clark turns her imagination to the countertop appliances that have won American hearts from coast to coast. Recipes include Fresh Coconut Yogurt, Japanese Beef Curry, Osso Buco, Smoky Lentils, Green Persian Rice with Tahdig, and Lemon Verbena Cr me Brulee. Dinner in an Instant provides instructions when possible for making the same dish on both the pressure cooker and slow cooker settings, allowing home cooks flexibility. Symbols guide the reader toward Paleo, Vegan, Vegetarian, and Gluten Free dinners. Fresh, approachable, and classic, Dinner in an Instant is Melissa Clark's most practical book yet.

Officially authorized by Instant Pot!?! Never waste extra food again with these perfect-portioned recipes for solo cooks all while using your favorite kitchen appliance—the Instant Pot. We all know and love the Instant Pot! With its quick cooking times and multiple functions, it is a fast and easy way to get a delicious meal on the table. And now you can enjoy all the benefits of using the Instant Pot without dealing with leftovers! Whether you live alone or need a quick meal just for yourself, this cookbook teaches you how to create perfectly portioned recipes right in your Instant Pot. With 175 recipes, photographs, and an easy-to-understand overview of how the Instant Pot works, this cookbook is a must-have for beginner and experienced Instant Pot users alike. With satisfying, single-serving dishes for every meal from breakfast to dinner and snacks in between, The “I Love My Instant Pot” Cooking for One Recipe Book is the perfect way to eliminate wasting food while keeping yourself full and satisfied all day long.

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