



How To Convert Recipes To Pressure Cookers



Slow Cooker To Pressure Cooker

Slow Cooker Time

10 hours on low/5 hours on high
8 hours on low/4 hours on high
6 hours on low/3 hours on high
4 hours on low/2 hours on high

Instant Pot Time

30 minutes on high pressure
24 minutes on high pressure
18 minutes on high pressure
12 minutes on high pressure

Oven/Stove To Pressure Cooker

Stove/Oven Cook Time

2 hours
1 1/2 hours
1 hour
30 minutes

Instant Pot Time

40 minutes on high pressure
30 minutes on high pressure
20 minutes on high pressure
10 minutes on high pressure

How To Convert Pasta Recipes

Lowest Pasta Cook Time

12 minutes
9 minutes
6 minutes
3 minutes

Instant Pot Time

4 minutes on high pressure
let NPR for 5 minutes then QR
4 minutes on high pressure
let NPR for 5 minutes then QR
4 minutes on high pressure
let NPR for 5 minutes then QR
4 minutes on high pressure
let NPR for 5 minutes then QR