

INSTANT POT



MEAT

cook time cheat sheet

Stew Meat/ Roast

20 min/lb.



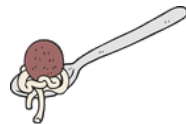
Beef Ribs

20-25 min



Meat Balls (beef)

5 min/lb



Whole Chicken

8 min/lb



Chicken Breasts

6-8 min



Turkey Breast Boneless

7-9 min



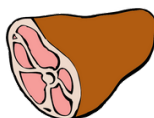
Ham Slices

9-12 min



Ham Shoulder

8 min/lb



Pork Loin

20 min/lb



Pork Butt

15 min/lb



Pork Ribs

15-20 min



Turkey Leg

15-20 min



Turkey Breast Whole

20-25 min



Crab (whole)

2-3 min



Whole Fish

4-5 min



Fish Fillet

2-3 min



Shrimp

1-3 min



Lobster

2-3 min

