



## **Classic Pot Roast**

**Serves 6**

### **Ingredients:**

3-pound boneless chuck roast  
Salt and freshly ground black pepper  
1 tablespoon vegetable oil  
1 onion, chopped  
2 ribs celery, chopped  
1 cup red wine  
2 cups beef stock  
2 to 3 sprigs of fresh thyme  
1 bay leaf  
3 carrots, sliced into 2-inch slices (or use 18 baby cut carrots)  
8 to 12 fingerling potatoes, left whole  
2 tablespoons flour or cornstarch (optional)  
¼ cup chopped fresh parsley

### **Directions:**

1. Pre-heat the pressure cooker using the BROWN setting.
2. Season the roast on all sides with salt and pepper. Add the vegetable oil to the cooker and brown the roast on all sides. Then, remove the roast to a resting plate.
3. Add the onion and celery to the cooker and cook for a few minutes. Pour in the red wine and using a wooden spoon, scrape up any brown bits that have formed on the bottom of the Dutch oven and bring to a simmer. Add the beef stock to the cooker, along with the thyme and bay leaf and scatter the carrots and potatoes on top. Lock the lid in place.
4. Pressure cook on HIGH for 50 minutes.
5. Let the pressure drop NATURALLY and carefully remove the lid.
6. Transfer the roast and vegetables to a side plate and tent with foil. Turn the pressure cooker to the BROWN setting and bring the sauce to a simmer. Reduce the sauce to the desired consistency while the roast rests for at least 10 minutes. If thicker gravy is desired, mix the flour or cornstarch with ¼ cup of water and whisk the mixture into the sauce. Season to taste with salt and pepper and spoon the liquid and vegetables over the roast. Garnish with chopped fresh parsley.



## **Beef and Macaroni**

**Serves 6 to 8**

### **Ingredients:**

1 tablespoon vegetable oil  
1 pound lean ground beef  
1 onion, finely chopped  
1 green pepper, chopped  
1 red pepper, chopped  
1½ teaspoons dried oregano  
1½ teaspoons dried basil  
1 teaspoon paprika  
1 teaspoon salt  
Freshly ground black pepper  
1 28-ounce can diced tomatoes in juice  
1 cup beef stock  
¼ cup ketchup  
½ pound dried elbow macaroni (or other pasta)  
Grated Parmesan cheese OR 1½ cups grated Cheddar cheese

### **Directions:**

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the oil and brown the beef. Avoid breaking up the beef too much, but let it cook in larger chunks. Add the onion, peppers, herbs and spices, salt and pepper and continue to cook for a few minutes, stirring well.
3. Add the tomatoes, stock, ketchup and elbow macaroni and lock the lid in place.
4. Pressure cook on HIGH for 6 minutes.
5. Reduce the pressure with the QUICK-RELEASE method and carefully remove the lid. Give the ingredients a good stir, season to taste with salt and pepper, and serve with grated Parmesan cheese or for a cheesy dish, stir in the grated Cheddar cheese.



## **Chicken Tortilla Soup**

**Serves 4 to 6**

### **Ingredients:**

2 tablespoons olive oil  
1 onion, finely diced (about 1 cup)  
2 cloves garlic, minced  
1 Jalapeño pepper, minced or sliced into rings  
1 red bell pepper, chopped  
1 tablespoon chili powder  
1 teaspoon ground cumin  
1 (28-ounce) can fire-roasted tomatoes, diced  
3 cups good-quality or homemade unsalted chicken stock  
1 (15-ounce) can black beans, drained and rinsed  
1 (15-ounce) can red kidney beans, drained and rinsed  
2 boneless skinless chicken breasts  
Salt and freshly ground black pepper  
4 cups corn tortilla chips, broken into pieces  
1 avocado, peeled and sliced  
½ cup fresh cilantro leaves  
1 cup grated Cheddar cheese  
1 lime, cut into wedges

### **Directions:**

1. Pre-heat the pressure cooker using the BROWN setting.
2. Add the olive oil. Sauté the onion for 3 to 4 minutes, stirring occasionally. Add the garlic, Jalapeño pepper, red pepper and spices, and cook for another minute or two. Add the tomatoes, chicken stock, beans and salt, give it a good stir and push the chicken breasts under the liquid. Lock the lid in place.
3. Pressure cook on HIGH for 8 minutes.
4. Reduce the pressure with QUICK-RELEASE method and carefully remove the lid. Remove the chicken to a side plate and when cool enough to touch, shred the chicken with two forks into small pieces.
5. Return the chicken to the soup and season to taste with salt and freshly ground black pepper. Place some tortilla chips into each bowl and ladle the soup on top. Garnish with avocado, cilantro, Cheddar cheese and a lime wedge to squeeze.



## **Pressure Cooker Boiled Eggs**

**Makes 12**

### *Ingredients:*

1 dozen large eggs

1½ cups water

Rack

### *Directions:*

1. Place a rack in the pressure cooker and add 1.5 cups of water.
2. Place the eggs on the rack and lock the lid in place.
3. Pressure cook for 6 minutes for large eggs. (5 minutes for medium eggs; 7 minutes for extra large eggs; 8 minutes for jumbo eggs).
4. Release the pressure using the QUICK-RELEASE method and transfer the eggs to an ice bath to cool and then peel.



## **Orange Creamsicle Cheesecake**

**Makes one 7-inch cheesecake, serves 6**

### **Ingredients:**

6 graham crackers, crushed  
2 tablespoons orange zest, divided  
2 tablespoons butter, melted  
1 pound cream cheese, room temperature  
2/3 cup sugar  
3/4 teaspoon pure vanilla extract  
1/4 cup orange juice concentrate  
2 eggs

### **Directions:**

1. Line the inside of a 7-inch cake pan with a large piece of greased aluminum foil (greased side facing up), pushing it into all the edges of the pan. Crush the graham crackers into crumbs either by hand or with a food processor, and combine with one tablespoon of orange zest and the melted butter. Press the crumb mixture into the base of the cake pan. Refrigerate while you prepare the cheesecake batter.
2. Using the paddle on your stand mixer with low speed, the regular beaters on a hand mixer on low speed, or a food processor blend the cream cheese until it is completely smooth with no lumps. When all the lumps in the cream cheese have disappeared, add the sugar, vanilla extract, orange juice concentrate and the remaining orange zest. Blend just to incorporate the ingredients and then add the eggs one at a time. Continue to mix until the eggs have been mixed in, but do not over-beat. Fold the mandarin segments into the batter.
3. Pour the batter into the cake pan with the graham cracker crust. Cover the pan tightly with more greased aluminum foil. Place a rack in the bottom of the pressure cooker. Make a sling with which to lower the cheesecake into the cooker by taking a long piece of aluminum foil, folding it in half lengthwise twice until it looks like it is about 26-inches by 3-inches. Lower the cheesecake into the cooker and onto the rack, and add enough water to cover the bottom by 1 inch. Lock the lid in place, tucking the ends of the sling into the cooker.
4. Pressure cook on HIGH for 22 minutes.
5. Let the pressure drop NATURALLY and let the cheesecake sit in the turned off pressure cooker for one hour. Carefully remove the lid and transfer the cheesecake from the cooker to the counter. Let the cheesecake come to room temperature and then remove the foil from the top of the cake pan. Blot any liquid that might have condensed on the surface of the cake, wrap it in plastic wrap and refrigerate for at least 8 hours.
6. Bring the cake to room temperature before serving.