



CRACK CHICKEN

4-6 servings

INGREDIENTS

- ½ cup water
- 2 lbs boneless chicken breast
- 8 ounce cream cheese (cut into 6-8 pieces)
- 1 packet ranch seasoning
- 1 cup cheddar cheese (shredded)
- 6-8 slices cooked bacon (crumbled)
- 2 green onions diced (optional)

DIRECTIONS

1. Pour water in the Instant Pot.
2. Place chicken and cream cheese in an even layer and sprinkle ranch seasoning over the top.
3. Using the display panel select the **MANUAL or Pressure Cook** function*. Use the +/- buttons to program the Instant Pot for 15 minutes.
4. When the time is up, quick-release the pressure.
5. Carefully remove the chicken and shred.
6. Whisk the cream cheese mixture thoroughly to break up any remaining cream cheese pieces.
7. Using the display panel select **CANCEL** and then **SAUTE**.
8. Return chicken to pot along with cheddar cheese. Mix thoroughly and then turn the pot off.
9. Sprinkle with bacon and green onions and serve.

*If your Instant Pot does not have a **MANUAL** function, use the **Pressure Cook** function.

PREP TIME: 5 MINUTES COOK TIME: 15 MINUTES TOTAL TIME: 20 MINUTES



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FALL OFF THE BONE RIBS

4 servings

INGREDIENTS

- 1 slab baby back ribs
- 2 teaspoons salt
- 2 teaspoons pepper
- 1 cup apple juice
- 1 cup BBQ sauce divided
($\frac{1}{4}$ cup and $\frac{3}{4}$ cup)

DIRECTIONS

1. Liberally salt and pepper both sides of slab of ribs. Cut slab in half if it's too big for your Instant Pot.
2. Pour apple juice into Instant Pot. Place ribs into pot, drizzle with $\frac{1}{4}$ cup of BBQ sauce and secure lid. Make sure it's set to "sealing."
3. Set Manual timer for 25 minutes. It will take a few minutes to heat up and seal the vent. Once timer counts down, let sit another 5 minutes then release steam by turning valve to "venting." Turn on oven to broil (or heat your grill) while you're waiting for the 5 minute resting time.
4. Remove ribs from Instant Pot and place on a baking sheet. Slather on both sides with remaining sauce.
5. Place under broiler (or on grill) for 5-10 minutes, watching carefully so it doesn't burn. Remove and brush with a bit more sauce. Pull apart and dig in!

PREP TIME: 5 MINUTES COOK TIME: 35 MINUTES TOTAL TIME: 40 MINUTES



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SLOW COOKED LAZY DAY BEEF STEW

3-4 servings

INGREDIENTS

1 large onion (chopped)
3 garlic cloves (minced)
1 ½ cups beef or chicken broth
2 tbsp Worcestershire sauce
2 tbsp soy sauce
1 tbsp brown sugar
1 tbsp vinegar (any kind)
1 tsp salt
½ tsp pepper
1-1 ½ lbs stew beef
(fresh or frozen)
3-4 red-skinned potatoes
(cut into 1 inch pieces)
2-3 carrots
(cut into 1 inch pieces)
1 cup frozen peas
2 tbsp cornstarch
3 tbsp Water
2 tbsp chopped fresh parsley
(optional)

DIRECTIONS

1. Add everything except peas, cornstarch, water and parsley to your Instant Pot.
2. Set to **Slow Cook** for 8 hours.
3. When cook time is finished, add frozen peas (they will thaw using the residual heat).
4. Mix cornstarch and water to make a slurry and stir into the stew. Add as much or as little as needed to reach desired consistency.
5. Garnish with parsley and enjoy!

PREP TIME: 10 MINUTES COOK TIME: 8 HOURS TOTAL TIME: 8 HOURS, 10 MINUTES



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STICKY HONEY PUMPKIN CHEESECAKE

8 servings



INGREDIENTS

BASE

1 cup of ginger biscuits
(crushed into fine crumbs with
a rolling pin or food processor)

2 tbsp flour

¼ cup melted butter

FILLING

½ cup honey

¼ cup water

4 ¼ cups of full fat cream
cheese (Philadelphia works
best here)

½ cup sour cream

2 eggs + 1 egg yolk

¼ tbsp salt

2 tsp vanilla

2 tbsp corn flour

½ cup pumpkin purée
(see note on right for how to
make this!)

½ tsp mixed spice

1 cup water

FOR SERVING (OPTIONAL)

Whipped cream

Roasted pumpkin seeds

DIRECTIONS

1. For Pumpkin Puree: Place skin on slices of pumpkin into the inner pot on the trivet with add 3 cups of water. Select **Pressure Cook** on high for 10 minutes, followed by a quick pressure release. Peel the soft skin off and puree.
2. For Filling: Add the honey to your inner pot and select **Sauté**. Cook the honey until wisps of smoke start to appear and the honey is a deep brown, then quickly pour in the ¼ cup of water to stop the cooking and stir until the honey dissolves into the water. Press **CANCEL** and pour the caramelized honey out the pot and set to one side.
3. For Base: In a small bowl add the ginger snap crumbs, flour and melted butter and mix well to combine. Grease a springform cake tin (that fits your inner pot) with non stick cooking spray or melted butter. Press the ginger snap mixture into the cake tin and place into the freezer to set.
4. In a large bowl add the cream cheese, sour cream and caramelized honey. Whisk until well combined, then add the eggs, salt, vanilla, and corn flour, mixing again until just combined (don't overmix). Divide the cheesecake mixture in half. In one half add the pumpkin puree and spices, and mix to combine.
5. Spoon the cheesecake batters into the prepared cake tin, alternating the batters as you go to get a nice swirl effect, then cover the cake tin tightly in foil.
6. Place the trivet in your Inner pot with 1 cup of water, then place the cake tin onto the trivet, and secure the lid.
7. Select **Pressure Cook** and set the time to **33 minutes**, and press **Start**.
8. When the cooking program finishes, allow the pressure to **release naturally**, then remove the cheesecake and place it into the fridge to set for **4 hours, or preferably overnight**. The cheesecake should be set in the middle with a slight wobble.

PREP TIME: 20 MINUTES COOK TIME: 43 MINUTES COOL TIME: MINIMUM 4 HOURS



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THE PERFECT HARD BOILED EGGS

1-12 servings

INGREDIENTS

1 cup water
1-12 large eggs

DIRECTIONS

1. Pour water into the inner pot and place in your Instant Pot.
2. Place eggs in the inner pot on the included steam rack.
3. Set steam release to the **Sealing** position.
4. Select **Pressure Cook** or **Manual**, set to **High** pressure and adjust to **5 minutes**.
5. After cooking, let sit **5 minutes** for **Natural Release**, then Quick Release.
6. Let soak in ice water bath for 5 minutes for fast cooling and easy peeling.

PREP TIME: 2 MINUTES COOK TIME: 10 MINUTES TOTAL TIME: 12 MINUTES



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WEEKNIGHT MAC AND CHEESE

4-6 servings

INGREDIENTS

16 ounces elbow macaroni
(uncooked)
2 tablespoons butter
4 cups water
2 teaspoons salt
12 ounces evaporated milk
(1 can)
8 ounces sharp cheddar cheese
(grated)
¼ cup parmesan cheese
(grated)

DIRECTIONS

1. Add macaroni, butter, water, and salt to Instant Pot. Place lid on pot and lock into place to seal. **Pressure Cook on High Pressure for 4 minutes.** Use Quick Pressure Release. Stir milk into macaroni and then stir in the cheeses until melted and combined.

PREP TIME: 5 MINUTES | COOK TIME: 4 MINUTES | TOTAL TIME: 9 MINUTES



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PERFECTLY SIMPLE WHITE RICE

6 servings

INGREDIENTS

- 2 cups white rice (rinsed)
- 2 cups water

DIRECTIONS

1. Rinse the rice before cooking by adding water, gently stirring, then draining the water out. Initially the rice water will be cloudy, but after a few drains the water should be clear up (note: the water might still be slightly opaque).
2. Add water to the inner pot.
3. Close and lock the lid and turn the steam release handle to Sealing.
4. Pressure cook using the Rice program, on High for 12 minutes.
5. Release pressure on Natural venting for 10 min.
6. Release remaining pressure using Quick venting.
7. Fold carefully until fluffy.
8. Enjoy!

TOTAL TIME: 22 MINUTES



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