



## Instant Pot/Pressure Cooker Recipes

Created by Raydiant Wellness LLC



# Pressure Cooker Cinnamon & Banana Crunch Steel Cut Oats

7 ingredients · 25 minutes · 4 servings



## Directions

1. Add the steel cut oats and water to your pressure cooker and close lid. Set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
2. Remove the lid carefully, and stir in the milk and cinnamon until combined. Add more milk if needed.
3. Divide the oats into bowls and top with banana slices, granola and almond butter. Enjoy!

## Notes

### Meal Prep

These oats can be prepped ahead and stored in the fridge up to 5 days, or in the freezer for longer. Reheat and add toppings before serving.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### No Granola

Omit, or use a mix of nuts and seeds instead.

### More Fiber

Add chia seed or ground flax seed.

## Ingredients

- 1 1/2 cups Steel Cut Oats
- 3 cups Water
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 2 Banana (sliced)
- 1 cup Granola
- 1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	555	<b>Protein</b>	14g
<b>Fat</b>	22g	Cholesterol	0mg
Saturated	3g	Sodium	23mg
Trans	0g	Potassium	739mg
Polyunsaturated	5g	Calcium	151mg
Monounsaturated	9g	Iron	3mg
<b>Carbs</b>	80g	Magnesium	116mg
Fiber	12g	Zinc	2mg
Sugar	15g	Selenium	9µg



# Pressure Cooker Chicken Taco Stuffed Sweet Potato

10 ingredients · 50 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
2. Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to “sealing” then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
3. Remove the lid carefully. Remove the chicken and shred it with two forks.
4. When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

## Notes

### Dairy Lover

Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

### Meal Prep

Cook the sweet potatoes ahead of time for a quick weeknight meal.

### Leftovers

Keep in a sealed container in the fridge for 3 to 4 days.

## Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 8 ozs Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Chicken Broth
- 2 tsps Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

## Nutrition

Amount per serving

<b>Calories</b>	349	<b>Protein</b>	30g
<b>Fat</b>	11g	<b>Cholesterol</b>	85mg
Saturated	2g	<b>Sodium</b>	743mg
Trans	0g	<b>Potassium</b>	1195mg
Polyunsaturated	2g	<b>Calcium</b>	72mg
Monounsaturated	6g	<b>Iron</b>	2mg
<b>Carbs</b>	34g	<b>Magnesium</b>	89mg
Fiber	9g	<b>Zinc</b>	2mg
Sugar	7g	<b>Selenium</b>	28µg

# Pressure Cooker Italian Brown Rice.

7 ingredients · 30 minutes · 4 servings



## Directions

1. Combine the brown rice, vegetable broth, tomatoes, balsamic vinegar, Italian seasoning and sea salt in the pot of the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 20 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir well.
3. Divide the rice between plates. Top with the parsley, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Reheat with additional vegetable broth if needed.

### Serving Size

One serving is approximately 1/2 cup of rice.

### More Flavor

Add garlic powder, onion powder or red pepper flakes.

### Additional Toppings

Top with other fresh herbs, like basil, red pepper flakes or nutritional yeast.

### No Canned Tomatoes

Use fresh tomatoes instead.

### Cooking Time

If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

## Ingredients

- 1 cup Brown Rice
- 1 cup Vegetable Broth
- 1/2 cup Diced Tomatoes (from the can, drained)
- 2 tsps Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 tsps Parsley (chopped, optional for serving)

## Nutrition

Amount per serving

<b>Calories</b>	182	<b>Protein</b>	4g
<b>Fat</b>	2g	Cholesterol	0mg
Saturated	0g	Sodium	468mg
Trans	0g	Potassium	140mg
Polyunsaturated	0g	Calcium	14mg
Monounsaturated	0g	Iron	1mg
<b>Carbs</b>	37g	Magnesium	55mg
Fiber	2g	Zinc	1mg
Sugar	2g	Selenium	8µg

# Pressure Cooker Rice & Bean Burritos.

12 ingredients · 30 minutes · 4 servings



## Directions

1. Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
2. Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
3. Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
4. Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to one burrito.

### More Flavor

Add minced garlic and/or chili powder when cooking the onions and peppers. Add cilantro to the mashed avocado.

### No Brown Rice Tortillas

Substitute whole wheat tortillas

## Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 2 **tsps** Smoked Paprika
- 1 **tsp** Cumin
- 1/4 **tsp** Sea Salt
- 1 **3/4 cups** Black Beans (cooked, rinsed)
- 1 **cup** Basmati Rice
- 3/4 **cup** Salsa
- 1 **1/2 cups** Water
- 4 Brown Rice Tortilla
- 1 Avocado (mashed, optional)

## Nutrition

Amount per serving

<b>Calories</b>	568	<b>Protein</b>	16g
<b>Fat</b>	13g	<b>Cholesterol</b>	0mg
Saturated	2g	<b>Sodium</b>	674mg
Trans	0g	<b>Potassium</b>	783mg
Polyunsaturated	2g	<b>Calcium</b>	70mg
Monounsaturated	7g	<b>Iron</b>	5mg
<b>Carbs</b>	98g	<b>Magnesium</b>	84mg
Fiber	17g	<b>Zinc</b>	1mg
Sugar	9g	<b>Selenium</b>	2µg



# Pressure Cooker Mexican Quinoa & Black Beans

11 ingredients · 15 minutes · 4 servings



## Directions

1. Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
3. Divide between bowls and top with diced avocado. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

### More Flavor

Add fresh garlic or onion, coriander or smoked paprika.

### Additional Toppings

Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

### More Vegetables

Add corn kernels, chopped leafy greens or bell pepper.

### Cooking Time

If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

### No Canned Tomatoes

Use fresh tomatoes instead.

## Ingredients

- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 1/4 cups Vegetable Broth
- 1 cup Quinoa (uncooked)
- 1 cup Diced Tomatoes (from the can, drained)
- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Lime (juiced)
- 2 Avocado (diced)

## Nutrition

Amount per serving

<b>Calories</b>	430	<b>Protein</b>	15g
<b>Fat</b>	18g	<b>Cholesterol</b>	0mg
Saturated	3g	<b>Sodium</b>	560mg
Trans	0g	<b>Potassium</b>	1032mg
Polyunsaturated	4g	<b>Calcium</b>	78mg
Monounsaturated	11g	<b>Iron</b>	5mg
<b>Carbs</b>	56g	<b>Magnesium</b>	166mg
Fiber	17g	<b>Zinc</b>	3mg
Sugar	3g	<b>Selenium</b>	5µg

# Pressure Cooker Wild Rice & Mushroom Soup

10 ingredients · 1 hour 15 minutes · 6 servings



## Directions

1. In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
2. Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
3. Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

## Notes

### Leftovers

Can be stored in the fridge for 4 days, or frozen for up to 2 months.

### Serving Size

One serving is equal to approximately 2 cups.

### Mushroom Lover

Up the mushroom flavour by adding dried mushrooms.

## Ingredients

**3** Carrot (medium, peeled and chopped)  
**5 stalks** Celery (chopped)  
**1** Yellow Onion (medium, chopped)  
**1 cup** Wild Rice (dry)  
**5 cups** Mushrooms (sliced)  
**2 cups** Chickpeas (cooked, from the can)  
**6 cups** Vegetable Broth  
**1 tbsp** Poultry Seasoning  
**1/2 cup** All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	287	<b>Protein</b>	13g
<b>Fat</b>	2g	Cholesterol	0mg
Saturated	0g	Sodium	713mg
Trans	0g	Potassium	785mg
Polyunsaturated	1g	Calcium	79mg
Monounsaturated	0g	Iron	4mg
<b>Carbs</b>	57g	Magnesium	92mg
Fiber	11g	Zinc	3mg
Sugar	10g	Selenium	10µg



# Pressure Cooker Red Lentil & Vegetable Soup

12 ingredients · 20 minutes · 6 servings



## Directions

1. Add all ingredients except for the lemon juice to the pot of your pressure cooker.
2. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually. Stir in the lemon juice and season with additional salt if needed.
3. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 1/2 cups of soup.

### Additional Toppings

Serve with additional lemon wedges and fresh parsley.

### Consistency

If the soup is too thick, thin with additional broth until desired consistency is reached.

### More Veggies

Add bell pepper and/or tomato.

## Ingredients

- 1 Carrot (peeled, chopped)
- 1 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 1 Zucchini (chopped)
- 3 Garlic (cloves, minced)
- 5 cups Vegetable Broth
- 1 cup Dry Red Lentils (rinsed)
- 1 cup Parsley (chopped)
- 1 cup Kale Leaves (finely chopped)
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 Lemon (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	163	<b>Protein</b>	10g
<b>Fat</b>	1g	<b>Cholesterol</b>	0mg
Saturated	0g	<b>Sodium</b>	765mg
Trans	0g	<b>Potassium</b>	628mg
Polyunsaturated	0g	<b>Calcium</b>	60mg
Monounsaturated	0g	<b>Iron</b>	4mg
<b>Carbs</b>	30g	<b>Magnesium</b>	17mg
Fiber	7g	<b>Zinc</b>	0mg
Sugar	5g	<b>Selenium</b>	0µg



# Pressure Cooker Cajun Black Eyed Pea Soup

11 ingredients · 25 minutes · 4 servings



## Directions

1. Turn your pressure cooker to sauté mode and add a splash of the vegetable broth. Add the onion, celery and bell pepper and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the cajun seasoning. Stir to combine.
2. Add the tomatoes, kale, salt, black eyed peas and broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
3. Carefully remove the lid, and stir to combine. Divide between bowls, top with cilantro, if using, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### No Fire Roasted Tomatoes

Use regular canned tomatoes.

## Ingredients

- 3 cups** Vegetable Broth
- 1** Yellow Onion (chopped)
- 2 stalks** Celery (chopped)
- 1** Yellow Bell Pepper (chopped)
- 2** Garlic (cloves, minced)
- 2 tsps** Cajun Seasoning
- 1 1/2 cups** Fire Roasted Diced Tomatoes
- 3 cups** Kale Leaves (roughly chopped)
- 1 tsp** Sea Salt
- 1 3/4 cups** Black Eyed Peas (from the can, drained and rinsed)
- 1/3 cup** Cilantro (chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	165	<b>Protein</b>	9g
<b>Fat</b>	1g	Cholesterol	0mg
Saturated	0g	Sodium	1878mg
Trans	0g	Potassium	715mg
Polyunsaturated	0g	Calcium	138mg
Monounsaturated	0g	Iron	4mg
<b>Carbs</b>	31g	Magnesium	68mg
Fiber	9g	Zinc	1mg
Sugar	7g	Selenium	1µg

# Pressure Cooker Squash & Pear Soup.

8 ingredients · 30 minutes · 4 servings



## Directions

1. Add all of the ingredients to the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and let the soup mixture cool slightly.
3. Using a hand blender, puree the soup until smooth. Add additional broth if needed until the desired consistency is reached.
4. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 1/2 cups of soup.

### Additional Toppings

Fresh herbs, fresh ground black pepper or red pepper flakes.

### Pear

Bosc pears were used for this recipe. Firm, not overly ripe, pears yield the best results.

### No Hand Blender

Use a blender or food processor instead.

## Ingredients

**4 cups** Butternut Squash (peeled, chopped)

**3** Garlic (cloves)

**2** Pear (peeled, seeds removed, roughly chopped)

**1** Carrot (chopped)

**1** Yellow Onion (chopped)

**1 tbsp** Fresh Sage (optional)

**1/2 tsp** Sea Salt

**2 cups** Vegetable Broth (plus more if needed)

## Nutrition

Amount per serving

<b>Calories</b>	142	<b>Protein</b>	3g
<b>Fat</b>	0g	Cholesterol	0mg
Saturated	0g	Sodium	641mg
Trans	0g	Potassium	720mg
Polyunsaturated	0g	Calcium	106mg
Monounsaturated	0g	Iron	2mg
<b>Carbs</b>	36g	Magnesium	59mg
Fiber	7g	Zinc	0mg
Sugar	15g	Selenium	1µg



# Pressure Cooker Potato, Leek & Kale Soup

11 ingredients · 25 minutes · 4 servings



## Directions

1. Turn your pressure cooker to sauté mode and add a splash of vegetable broth. Then add the leeks and celery and cook for 4 to 5 minutes, until softened. Add the garlic, oregano, thyme and sea salt and stir to combine, cooking for one minute more.
2. Turn off the sauté mode and add the potatoes along with the remaining vegetable broth. Stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished cooking, turn off and do a quick release.
3. Remove about 3/4 of the soup and place in a blender. Carefully blend to purée until smooth. Pour this back into the pressure cooker. Add the kale leaves and lemon juice and stir. Heat through to let the kale wilt a little. Divide into bowls, garnish with dill if using, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to about 1 1/2 cups.

### More Flavor

Use oil to sauté the vegetables.

### Additional Toppings

Top with red pepper flakes.

### No Dill

Omit or use any other fresh herb.

## Ingredients

- 3 cups** Vegetable Broth
- 1** Leeks (white parts only, chopped fine)
- 2 stalks** Celery (chopped)
- 4** Garlic (cloves, minced)
- 1 tsp** Oregano (dried)
- 1/8 tsp** Dried Thyme
- 1/2 tsp** Sea Salt
- 3** Yellow Potato (medium, chopped)
- 2 cups** Kale Leaves (stem removed, chopped)
- 1 1/2 tbsps** Lemon Juice
- 1/4 cup** Fresh Dill (optional, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	158	<b>Protein</b>	5g
<b>Fat</b>	1g	<b>Cholesterol</b>	0mg
Saturated	0g	<b>Sodium</b>	822mg
Trans	0g	<b>Potassium</b>	865mg
Polyunsaturated	0g	<b>Calcium</b>	84mg
Monounsaturated	0g	<b>Iron</b>	2mg
<b>Carbs</b>	35g	<b>Magnesium</b>	52mg
Fiber	5g	<b>Zinc</b>	1mg
Sugar	4g	<b>Selenium</b>	1µg