

30 Days to Healthy Living Instant Pot Recipes

*** (Most recipes are 100% 30 Days Compliant – some are 80/20) ***

Breakfast:

Instant Pot Soft Boiled Eggs

Cook Time: 2 minutes

Serves: 6

Ingredients:

- 6 eggs
- 1 cup water

Instructions:

- Place the metal trivet in the stainless steel insert of your Instant Pot.
- Place eggs on top of the trivet. You can cook up to 1 dozen eggs.
- Add 1 cup of water to the pot.
- Put the lid on the Instant Pot, checking that the vent is sealed.
- Press Manual and adjust the time to 2 minutes on high pressure.
- While the eggs cook, prepare a bowl of ice water.
- As soon as the Instant Pot beeps, immediately release pressure.
- Remove the lid and use tongs to place each egg into the bowl of ice water.
- After 2 to 3 minutes, carefully peel the eggs, slice, and serve!.

Instant Pot Coconut Milk Yogurt

Instructions:

- Fill a sterilized pint-sized canning jar with coconut milk.
- Break open the probiotic capsules and carefully stir the contents into the coconut milk.
- Place a lid on the jar to keep out condensation.
- Add 1 cup of water to the Instant Pot bowl, and then place the stainless steel rack on the bottom of the bowl.

- Place canning jar on the steam rack and lock the Instant Pot lid in place.
- Incubate for 8-10 hours using your Instant Pot's "Yogurt" setting.
- Immediately remove the canning jar from the Instant Pot and place the yogurt in a blender, along with the gelatin. Blend until smooth.
- Pour yogurt in a clean container, that holds at least 2 cups, and refrigerate 6-8 hours, or until chilled through.

Main Dishes

Pressure Cooker Crispy Chicken Carnitas

Prep Time: 15minutes

Cook Time: 25 minutes

Ingredients:

For the Chicken:

- 2 pounds boneless, skinless chicken breasts (or thighs)
- 1 tablespoon ground cumin
- ½ teaspoon EACH chili powder AND dried oregano
- salt and pepper
- zest and juice of 1 orange (about ¼ cup)
- ¼ cup lime juice
- ¼ cup chicken broth
- 5 cloves garlic, pressed or chopped
- 1 yellow onion, quartered
- 1-2 chipotle pepper + 1-2 tablespoons adobo sauce
- 1 bay leaf
- ½ bunch of cilantro (stems included)
- 2 tablespoons oil + more

For The Chipotle Sauce:

- ½ cup mayo
- 1 tablespoon non-dairy milk or your preference
- 1-2 chipotle peppers + 1 tablespoons adobo sauce
- pinch of salt and garlic powder

To Serve:

tortillas, diced onions, chopped cilantro, sautéed cabbage, lime wedges, and anything else you like!

Instructions:

For the Chicken:

- Combine the cumin, chili powder, oregano, salt and pepper in a bowl. Sprinkle the seasons over the chicken breasts on both sides.
- Heat the instant pot on the sauté setting. Add a quick swish of oil and sear the chicken breasts on both sides for a minute on each side. Do this in batches so the chicken sears rather than steaming. Remove the chicken to a plate. Add the onions and pressed garlic, let cook 2 minutes flipping as needed to brown all sides evenly.
- Add the chicken back into the pressure cooker along with the orange zest, orange juice, lime juice, chicken broth, whole chipotle pepper(s), adobo sauce, bay leaf, and cilantro. Cover the instant pot and let pressure cook on the 'chicken' setting for 8-10 minutes depending on the size of the chicken breast. Prepare the chipotle sauce while you wait for the chicken to cook. Allow the pressure to release naturally or turn to the 'vent' setting. Allow it to vent completely before removing the lid.
- Position a rack in the center of the oven and preheat the oven to the 'broiler' setting. Remove the chicken breast to a clean surface and shred the chicken using 2 forks. Place in a large bowl and drizzle ¼ cup of cooking liquid over the shredded chicken and toss to coat. Drizzle 1 tablespoon of the oil over the surface of a baking sheet. Add the chicken and drizzle the second tablespoon of oil on top. Stir to coat evenly.
- Broil the chicken for 10-12 minutes stopping half way to toss the chicken and drizzle another 1-2 tablespoons of cooking liquid. Rotate the pan for even broiling.

For the Chipotle Sauce:

- While the chicken is pressure cooking, add the sauce ingredients to a blender and blend until smooth.

Notes:

Leftover chipotle peppers/adobo sauce can be kept in a zip-top bag in the freezer!

Instant Pot Ground Beef Chili

Ingredients:

- 1 tablespoon avocado oil
- 1 large yellow onion diced
- 1 small red bell pepper diced
- Diamond Crystal kosher salt
- 2 tablespoons tomato paste
- 4 garlic cloves minced
- 2 pounds ground grass-fed beef 85% lean, 15% fat
- 3 tablespoons chili powder
- 1 tablespoon dried oregano
- 1 tablespoon ground cumin

- ¼ teaspoon cayenne pepper optional
- 1 14.5 ounce can fire-roasted diced tomatoes, drained
- ½ cup chicken broth
- 2 teaspoons Red Boat fish sauce
- 1 tablespoon apple cider vinegar optional

Optional toppings:

- Sliced avocado
- Sliced scallions
- Finely diced white onions + minced cilantro
- Unsweetened coconut yogurt I like Coyo brand the best
- Lime wedges

Instructions

- Press the sauté button on the Instant Pot and wait for the metal insert to heat up. Once the insert is hot, add 1 tablespoon of fat and swirl it around.
- As soon as the oil is shimmering, add the onions and bell peppers with a sprinkle of salt.
- Cook for 3 minutes, stirring frequently, until the vegetables are softened.
- Stir in the tomato paste and minced garlic and cook until fragrant, about 30 seconds.
- Add in the ground beef, along with 1 teaspoon Diamond Crystal brand kosher salt. Brown the meat and break it up with a spatula.
- When most of the ground beef is no longer pink (5 to 7 minutes), stir in the chili powder, oregano, cumin, and cayenne pepper (optional). Combine well to distribute the fragrant spices.
- Toss in the drained diced tomatoes, broth, and fish sauce. Stir everything well, making sure the liquid reaches the bottom of the insert.
- Lock the lid and cook under high pressure for 15 minutes. (In other words, press the “Manual” or “Pressure Cook” button and set the time for 15 minutes under high pressure.)
- When the chili is finished cooking, release the pressure manually if you’re itching to eat it right away. Otherwise, you can let the pressure come down naturally and chow down when you’re ready.
- Taste the chili and adjust the seasoning if necessary. Sprinkle on some extra salt and stir in the apple cider vinegar, if desired. Taste again to see if you need to punch up the flavors.
- Ladle up the chili and serve with your favorite toppings, like sliced avocado, white onion, and cilantro!
- You can store the chili in the fridge for up to 4 days in the fridge or up to 6 months in the freezer.

Instant Pot Chicken Curry

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 6

Ingredients:

- 1 15 ounce can coconut milk
- 1 15 ounce can tomato sauce
- 1 cup chicken broth
- 1 1/2 tablespoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 sweet potatoes, peeled and diced (about 4 cups)
- 1/2 onion, sliced
- 1 1/2 pounds chicken breast
- 1 15 ounce can chickpeas, drained, rinsed
- 2 cups fresh spinach, packed
- 1 tablespoon cornstarch
- 1 tablespoon water
- Rice, cooked
- Cilantro

Instructions:

- Place tomato sauce, coconut milk, and chicken broth in the bottom of the Instant Pot. Mix in the seasonings, garlic, and ginger. Add the sweet potatoes, onions, and chicken. make sure everything is submerged in the sauce. Top with lid and cook on high pressure for 10 minutes followed by an 8 minute natural release and then a quick release.
- Take the chicken out and shred it on a cutting board into bite size chunks.
- Set the Instant Pot to "saute" function. Mix the cornstarch with water and then add to the curry along with the chickpeas, and fresh spinach. Simmer for about 3 minutes or until it starts to thicken. Mix the chicken back in and then turn off.
- Serve curry over rice and garnish with cilantro.

Main Dishes Soup and Stew w/ Meat

Carrot Ginger Soup with Chicken & Spinach

Ingredients:

- 1 tablespoon avocado oil or ghee
- 1 large onion, diced
- 2 garlic cloves, diced
- 2 tablespoons fresh ginger, grated or minced
- 1 pound of organic carrots, cut into small coins
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 3 cups of vegetable broth
- 1 cup of coconut milk
- 10 drops of Stevia or sweetener of choice (optional)
- 1 fresh lemon
- 1 pound of cooked chicken, bones removed, diced into cubes
- 4 handfuls of fresh spinach

Instructions:

- In a large pan add the avocado oil or ghee and cook the onions for 5-10 minutes, until they begin to soften.
- Add the garlic and ginger to the pan and stir until fragrant.
- Combine the carrots, cumin, coriander, and turmeric in the pan. Stir well.
- Pour in the broth and bring to a gentle boil. Reduce heat, cover, and allow the carrot to cook through for about 20-25 minutes.
- Remove the pan from heat and add the coconut milk and sweetener if using. Allow the mixture to cool slightly and then use an immersion blender or other mixer to puree until smooth. Season with salt, pepper, and a squeeze of lemon.
- Stir the fresh spinach into the still slightly warm soup. The spinach should wilt on its own, but you can also warm it up together for the right temperature. Add the chicken and enjoy!

Instant Pot Instructions:

- Set the Instant Pot to saute and add the avocado oil or ghee, along with the onions. Cook for 5-10 minutes, until the onion begins to soften.
- Add the garlic and ginger to the pot and stir until fragrant.
- Combine the carrots, cumin, coriander, and turmeric in the pot. Stir well.
- Pour in the broth and close the lid. Turn vent to sealed, press cancel, and manually cook on high pressure for 5 minutes.
- After the 5 minutes, do a manual release.

- Add the coconut milk and sweetener if using to the pot. Allow the mixture to cool slightly and then use an immersion blender or other mixer to puree until smooth. Season with salt, pepper, and a squeeze of lemon.
- Stir the fresh spinach into the still slightly warm soup. The spinach should wilt on its own, but you can also warm it up together for the right temperature. Add the chicken and enjoy!

Lemon Chicken Soup

Ingredients:

- 2 tablespoons olive oil
- 1 cup celery chopped finely
- 1 cup onion chopped finely
- 2 tablespoons garlic minced, about 5 cloves
- 2 cups carrots sliced in small circles
- 1/2 teaspoon salt
- 1 teaspoons pepper
- 1/2 teaspoon dried rosemary
- 1 teaspoon thyme leaves optional
- 1/4 teaspoon red pepper flakes optional
- 4 bay leaves
- 1 lb boneless, skinless chicken breasts
- 2 quarts chicken broth
- 1/2 cup lemon juice (off to the side)

Optional:

- 2 cups cooked orzo or zucchini noodles

Instant Pot Instructions:

- Chop all vegetables (I prefer to put mine in the food processor!) Turn instant pot on Sauté mode for 10. Heat olive oil in the pan and sauté celery, onion + garlic until fragrant and softened
- Once cooked, stir in carrots and spices (including bay leaves).
- Place whole chicken breasts on top of vegetables in instant pot. Cover with chicken broth. Do not add lemon juice to the pot.
- Cover instant pot and set to sealing, 'Soup' for 13 minutes
- Allow the soup to come to pressure and cook. Once finished, quick release the pressure.
- Remove bay leaves from the broth and discard. Remove chicken from the pot + shred on a cutting board with forks or in a mixer.
- Place shredded chicken back in instant pot base. Add lemon juice to the pot. Stir to combine.

- For serving: Add cooked orzo or zucchini noodles to a bowl. Serve soup on top of the zoodles/pasta. Do not add zucchini noodles/pasta to the pot - they will absorb the liquid and get soggy!

Main Dishes Soups & Stews [Vegan]

Instant Pot Borscht

Ingredients:

- 1 tablespoon olive oil
- 1/2 pound carrots (2 large)
- 1/4 pound onion (1 medium)
- 1 pound beets (3 medium)
- 1+3/4 pound potatoes (6 medium)
- 1 pound cabbage (1/2 cabbage head)
- 2 tablespoons tomato paste
- 6 cups vegetable stock
- 3 cloves garlic (optional)
- dill (optional)
- salt, pepper to taste

Instructions:

- Prepare all the vegetables first
- Finely dice the onions.
- Shred the carrots. I prefer doing it using my food processor but you could use a manual grater.
- Peel and dice the beets into 1/4 inch pieces.
- Peel and cut the potatoes into 1-1.5 inch pieces.
- Remove the core from the cabbage and finely shred it. I like also cutting each long cabbage shred in half so that they aren't too long.
- Make the Instant Pot Borscht
- Turn your Instant Pot on and choose the sauté function.
- Add the olive oil and wait until it gets hot.
- Add the diced onions and shredded carrots and cook for about 5-7 minutes while stirring it with a spatula or a wooden spoon. I find that Instant Pot sauté function cooks vegetables faster than the stove, so in about 5-7 minutes this amount of vegetables will become quite soft.
- NOTE: You can technically omit this step of sautéing the vegetables first. It adds the flavour but even without the step the soup will still be delicious!
- Add the rest of the ingredients to the pot.

- Close the lid, turn the pressure valve to Sealing, choose either Manual mode or Pressure cooker mode (depending on your model) and use the arrows to select cook time of 13 minutes.
- It took 32 minutes to come to pressure for me but I used cold tap water. if you use room temperature water/stock, it may take a few minutes less.
- Once the 13 minutes of pressure cooking are up and your Instant Pot beeps that it's done do a manual quick release. I like putting a small kitchen towel on the pressure release valve to contain the steam a little bit. It took about 5 minutes to fully release the pressure.
- Carefully open the lid, the borscht will be hot and steaming. Add minced garlic if using.
- Serve sprinkled with chopped dill.

Quick Onion Soup

Ingredients

- 2 tbsp / 30 ml avocado oil or coconut oil
- 8 cups / 960 g yellow onions
- 1 tbsp / 15 ml balsamic vinegar
- 6 cups / 1.4 L pork stock (or vegetable stock)
- 1 tsp / 5 g real salt
- 2 bay leaves
- 2 large sprigs of fresh thyme

Instructions:

- Cut the onions in half through the root, peel them and slice them into thin half moons. Set the Instant Pot to "Saute" and add the oil. Once the oil is hot, add the onions. Cook the onions until they have reduced down and become translucent, stirring occasionally to prevent sticking, about 15 minutes.
- Add the balsamic vinegar and scrape up any fond from the bottom of the Instant Pot, then add the stock, salt, bay leaves and thyme. Turn off the Instant Pot and close the lid of the Instant Pot, making sure to check that the float is free and the vent isn't blocked and that the lid is set in the "Sealing" position.
- Set the Instant Pot to "High Pressure" and cook the soup for 10 minutes once it has come up to pressure. Allow the pressure to release using the "natural release" – don't open the vent or hot liquid may gush out of the vent along with the steam.
- Discard the bay leaves and thyme stems, then blend the soup together either using an immersion blender directly in the pot, or by transferring the soup carefully to a blender.

Desserts & Snacks

Instant Pot Flourless Brownies

Ingredients

- ¾ cup almond butter
- ¾ cup coconut sugar
- ⅓ cup raw cacao powder
- 1 egg
- ¼ teaspoon fine sea salt
- ½ teaspoon baking soda
- ½ teaspoon pure vanilla extract
- ½ cup dairy-free dark chocolate chips (optional)

Instructions:

- Line a 7-inch round pan with parchment paper. In a large bowl, combine the almond butter, coconut sugar, cacao powder, egg, salt, baking soda, and vanilla and stir well to create a thick batter.
- Transfer the batter to the prepared pan and use your hands to press it evenly into the pan. Sprinkle with the chocolate chips and gently press them into the batter. Pour 1 cup water into the Instant Pot and arrange the handled trivet (see page 11) on the bottom. Place the pan on top of the trivet and cover it with an upside-down plate or another piece of parchment to protect the brownies from condensation.
- Secure the lid and move the steam release valve to Sealing. Select Manual/Pressure Cook to cook on high pressure for 15 minutes. When the cooking cycle is complete, let the pressure naturally release for 10 minutes, then move the steam release valve to Venting to release any remaining pressure. When the floating valve drops, remove the lid.
- Use oven mitts to lift the trivet and the pan out of the pot. Let the brownies cool completely in the pan before cutting and serving, as they will be very fragile when warm. Store leftovers in an airtight container in the fridge for 2 weeks

Make it Vegan - Omit the egg and instead combine 1 tablespoon ground flax or chia seeds with 3 tablespoons water for an egg substitute. Add 1 teaspoon raw apple cider vinegar to help the “egg” react with the baking soda. Add 10 minutes to the pressure cooking time, then follow the instructions as given.

Instant Pot Masala Chai

Chai for 1

- ½ cup water
- 1 black tea bag

- 1 cardamom pod, lightly crushed
- 1 whole clove
- Pinch of fennel seeds (approx. 1/8 teaspoon)
- ½ cup milk
- Sweetener, adjust to taste

Chai for 4

- 2 cups water
- 4 black tea bags
- 4 cardamom pods, lightly crushed 4 whole cloves
- ½ teaspoon fennel seeds
- 2 cups milk
- Sweetener, adjust to taste

Chai for 10

- 5 cups water
- 10 black tea bags
- 10 cardamom pods, lightly crushed 10 whole cloves
- 1 ¼ teaspoons fennel seeds
- 5 cups milk
- Sweetener, adjust to taste

Ingredients:

- Multiply the ingredients according to the number of people drinking chai.
- Press the sauté button on the Instant Pot and add water, black tea, cardamom pods, cloves and fennel seeds to the pot. Once the water begins to steam, pour the milk into the pot (make sure the water is steaming before adding the milk as this will prevent the milk from burning at the bottom of the pot).
- Secure the lid, close the pressure valve and cook for 2 minutes at high pressure.
- Naturally release pressure for 15 minutes. Open the valve to release any remaining pressure.
- Add sweetener to taste, then serve.