

Instant Pot®

PRESSURE COOKING TIME TABLE



MULTI-USE ELECTRIC PRESSURE COOKERS

INSTANT POT SIZE	MINIMUM LIQUID FOR PRESSURE COOKING*
3 Quarts / 2.8 Litres	1 cup (~8 oz / 250 mL)
6 Quarts / 5.7 Litres	1 ½ cups (~12 oz / 375 mL)
8 Quarts / 7.6 Litres	2 cups (~16 oz / 500 mL)
10 Quarts / 9.5 Litres	2 1/2 cups (~20 oz / 625 mL)

*Unless otherwise specified in recipe.

LOW PRESSURE*	HIGH PRESSURE
35-55 kPa / 5-8 psi	65-85 kPa / 9.4-12.3 psi

*LUX models only operate on High pressure.

VEGETABLES

FOOD	QUANTITY	PRESSURE LEVEL	COOKING TIME (FRESH)	VENTING METHOD
Asparagus, whole or cut	Any amount	High	1 min	Quick Release
Beans, green, yellow or wax	Any amount	High	1 min	Quick Release
Broccoli florets	Any amount	Low	1 min	Quick Release
Brussels sprouts, whole	Any amount	High	1 min	Quick Release
Cabbage, cut into wedges	Any amount	High	1 min	Quick Release
Cabbage, halved	Any amount	High	3 mins	Quick Release
Cabbage, whole	Any amount	High	4 to 5 mins	Quick Release
Carrots, chunked	Any amount	High	1 to 2 mins	Quick Release
Carrots, whole	Any amount	High	3 mins	Quick Release



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FOOD	QUANTITY	PRESSURE LEVEL	COOKING TIME (FRESH)	VENTING METHOD
Cauliflower florets	Any amount	High	1 min	Quick Release
Corn on the cob	Any amount	High	1 min	Quick Release
Mixed vegetables	Any amount	High	1 min	Quick Release
Potatoes, cubed	Any amount	High	1 min	Quick Release
Potatoes, small, whole	Any amount	High	3 to 5 mins	Quick Release
Potatoes, large, whole	Any amount	High	5 to 8 mins	Quick Release
Squash, butternut, cubed	Any amount	High	1 to 2 mins	Quick Release
Squash, butternut, halved	Any amount	High	4 to 6 mins	Quick Release
Sweet potato, cubed	Any amount	High	1 min	Quick Release
Sweet potato, large, whole	Any amount	High	5 to 8 mins	Quick Release

MEAT AND POULTRY

FOOD	QUANTITY	PRESSURE LEVEL	COOKING TIME (FRESH)	VENTING METHOD
Beef, stew	-	High	25 mins	Natural Release
Beef, large chunks	per 450 g / 1 lb	High	25 to 30 mins	Natural Release
Beef stock or bone broth	-	High	4 hours	Natural Release
Chicken stock or bone broth	-	High	2 hours	Natural Release
Fish stock or bone broth	-	High	30 - 45 mins	Natural Release
Chicken breast (boneless)	per 450 g / 1 lb	High	5 to 8 mins	Natural Release



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FOOD	QUANTITY	PRESSURE LEVEL	COOKING TIME (FRESH)	VENTING METHOD
Chicken, whole	per 450 g / 1 lb	High	8 mins	Natural Release
Eggs, large, hard boiled	8-12	High	3 to 5 mins	Natural Release
Lamb, leg	per 450 g / 1 lb	High	15 mins	Natural Release
Pork, butt roast	per 450 g / 1 lb	High	15 mins	Natural Release
Pork, back ribs	per 450 g / 1 lb	High	15 to 20 mins	Natural Release
Fish, whole	1 to 1.5 lbs	Low	4 to 5 mins	Quick Release
Fish, fillet	1 lb	Low	1 to 2 mins	Quick Release
Lobster	2 tails	Low	2 mins	Quick Release
Mussels	1 lb	Low	1 to 2 mins	Quick Release
Seafood soup or stock	2 lbs	Low	7 to 8 mins	Quick Release
Shrimp / prawn	1 lb	Low	1 to 2 mins	Quick Release

Cooking times are a recommendation only. Always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature. Refer to the USDA's [Safe Minimum Internal Temperature Chart](#) for more information.

For a complete list of pressure cooking time tables, visit [instantpot.com/instantpot-cooking-time](https://www.instantpot.com/instantpot-cooking-time)

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RICE AND GRAINS

FOOD	QUANTITY	RICE : WATER RATIO	PRESSURE LEVEL	COOKING TIME	VENTING METHOD
Barley, pearl	2 cups +	1 : 2.5	High	10 mins	Natural Release
Congee, thick	2 cups +	1.4 : 1.5	High	15 to 20 mins	Natural Release
Millet	2 cups +	1 : 1.75	High	1 to 3 mins	Natural Release
Oats, quick cooking	2 cups +	1 : 2	High	1 to 3 mins	Natural Release
Oats, steel-cut	2 cups +	2 : 3	High	2 to 3 mins	Natural Release
Porridge	2 cups +	1.6 : 1.7	High	5 to 7 mins	Natural Release
Quinoa	2 cups +	1 : 1.25	High	1 min	Natural Release
Rice, basmati	2 cups +	1 : 1	Low	4 mins	Natural Release
Rice, brown	2 cups +	1 : 1	Low	20 mins	Natural Release
Rice, jasmine	2 cups +	1 : 1	Low	4 mins	Natural Release
Rice, white	2 cups +	1 : 1	Low	4 mins	Natural Release
Rice, wild	2 cups +	1 : 1	Low	20 mins	Natural Release

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BEANS, LEGUMES AND LENTILS

FOOD	QUANTITY	PRESSURE LEVEL	COOKING TIME DRY*	COOKING TIME SOAKED	VENTING METHOD
Black beans	2 cups +	High	20 mins	3 mins	Quick Release
Black-eyed peas	2 cups +	High	16 mins	4 mins	Quick Release
Chickpeas, kabuli or garbanzo beans	2 cups +	High	35 mins	5 mins	Quick Release
Cannellini beans (white kidney beans)	2 cups +	High	25 mins	3 mins	Natural Release
Kidney beans, red	2 cups +	High	20 mins	3 mins	Natural Release
Lentils, green or brown	2 cups +	High	8 mins	NA	Quick Release
Lentils, yellow, split	2 cups +	High	2 mins	NA	Quick Release
Lima beans	2 cups +	High	3 mins	1 min	Natural Release
Navy beans or Great Northern beans	2 cups +	High	15 mins	3 mins	Natural Release
Pigeon peas	2 cups +	High	10 mins	2 to 3 mins	Natural Release
Pinto beans	2 cups +	High	10 mins	2 to 3 mins	Natural Release
Soybeans	2 cups +	High	35 mins	17 mins	Quick Release

*When cooking from dry, add enough water to the inner pot to cover the beans completely.