

Instant Pot Chicken Pot Pie Casserole

Author: Adventures of a Nurse

Prep time: 2 mins Cook time: 5 mins Total time: 7 mins

Ingredients

- 1 pound cubed chicken
- 16 oz bag frozen mixed veggies
- 16oz egg noodles
- 1 cup heavy cream
- 4 cups chicken broth
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Instructions

1. Place your pot on saute, Add chicken, spices, and olive oil.
2. Saute about 2-3 minutes until the outside of the chicken is white.
3. Add Egg noodles, broth, and veggies.
4. Cook on manual high pressure for 5 minutes.
5. Do a quick release. Stir in heavy cream.
6. Place pot back on saute.
7. Cook for another 2-3 minutes or until thickens. Serve.

Recipe by Adventures of a Nurse at <https://www.adventuresofanurse.com/2017/05/14/instant-pot-chicken-pot-pie-casserole/>

Broccoli Cheddar Soup - Instant Pot

4.89 from 17 votes

Prep Time 5 mins	Cook Time 25 mins	Total Time 30 mins
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A comforting Creamy Broccoli Cheddar soup loaded with veggies and cheddar cheese made in the instant pot.

Course: Soups
 Cuisine: American
 Servings: 6
 Calories: 317 kcal
 Author: Piping Pot Curry

Ingredients

- 2 cups Cheddar Cheese grated
- 3 cups Broccoli cut into small pieces
- 1 cup Carrots shredded
- 1/2 cup Onions diced
- 2 tbsp Butter
- 1 tbsp Garlic minced
- 2 cups Broth Veggie or Chicken

Seasoning (adjust to taste)

- Salt to taste
- 1/4 tsp Black Pepper
- 1/4 tsp Red Chili Flakes

For stovetop

- 2 tbsp Butter
- 2 tbsp All purpose flour
- 1 cup Cream heavy whipping or Milk

Instructions

1. Start the instant pot in SAUTE mode and melt butter in it. Add diced onions and minced garlic and saute for 2 minutes.
2. Add broccoli, carrots, seasoning and broth. Press Cancel and close the instant pot lid with vent in sealing position.
3. Set the instant pot on MANUAL or pressure cook mode at high pressure for 5 minutes.
4. When the instant pot beeps, let the pressure release naturally. Open the lid.

On Stovetop

1. When the pressure cooking is done, melt butter on a stovetop saucepan. Add the flour and saute for a minute until it is cooked. Whisk in the cream/milk, a little bit at a time, until you have a smooth thick consistency.

Mix it together

1. Change the instant pot to SAUTE mode. Stir in the sauce you prepared on stovetop. Add the cheddar cheese gradually, stirring continuously, until it melts. Press Cancel.
2. Soup is ready to be served.

Recipe Notes

- I have used Better Than Bullion base to make broth. It is just easier to keep at hand for all my cooking.
- I used only cheddar cheese in this recipe. If you like, you can add other cheeses you love.
- No Flour / Gluten-free variation: Skip the all-purpose flour to make this soup gluten-free. Add the extra butter in step 1 to the instant pot and cream/milk after pressure cooking is done.
- No cream variation: Some readers have tried this soup with milk, in place of cream and they loved it. It was a thinner consistency, but the same great taste.
- This recipe was created in a 6qt Instant Pot DUO60 Multi-use Pressure Cooker. This recipe has been updated to not cook flour under pressure.

Nutrition Facts	
Broccoli Cheddar Soup - Instant Pot	
Amount Per Serving (224 g)	
Calories 317	Calories from Fat 230
% Daily Value*	
Total Fat 25.57g	39%
Saturated Fat 15.145g	76%
Trans Fat 0.444g	
Cholesterol 76mg	25%
Sodium 505mg	21%
Potassium 280mg	8%
Total Carbohydrates 11.3g	4%
Dietary Fiber 2.1g	8%
Sugars 3.41g	
Protein 11.85g	24%
Vitamin A	188%
Vitamin C	57%
Calcium	31%
Iron	5%

Instant Pot Easy Lasagna Soup

Prep Time

15 mins

Cook Time

15 mins

Total Time

30 mins


[Print](#)

Instant Pot Easy Lasagna Soup

Course: Dinner, Main Course, pasta, Soup

Cuisine: American, Italian

Servings: 8 servings

Author: Sandy Clifton

Ingredients

- 1 1/2 lbs Lean Ground Beef or Sausage (or do 1/2 and 1/2)
- 1 Bay Leaf
- 1 sprig Fresh Rosemary
- 1 pinch Red Pepper Flakes
- 1 Onion, chopped
- 2 tsp Italian Seasoning
- 1 tsp Basil, dried
- 1 tsp Oregano, dried
- 1 tsp Salt
- 1/2 tsp Pepper
- 5 cloves Garlic, pressed or minced
- 4 oz Mushrooms, sliced
- 1 28 oz can Crushed Tomatoes, with juice
- 1 14 oz can Tomato Sauce
- 5 cups Chicken Broth (use 4 for a thicker soup)
- 9 Lasagna Noodles, broken in small pieces, about 1.5"

To Finish

- 1 cup Mozzarella Cheese, shredded
- 1 cup Parmesan Cheese, grated
- 1 box Frozen Chopped Spinach, thawed (optional ingredient)
- 1 cup Cottage Cheese* (or Ricotta)

Garnish

- Fresh Basil or Parsley Leaves
- Parmesan Cheese

Instructions

1. Turn pot on to Sauté function. When the display reads Hot, add the meat, bay leaf, rosemary, and red pepper flakes. Cook until you can't see any pink in the meat, stirring occasionally. You shouldn't have to drain any fat if you used lean meat, but if there is too much, spoon some out.
2. Add the onion, Italian seasoning, basil, oregano, salt, and pepper. Cook for a couple of minutes, until onion starts to turn translucent, stirring occasionally.
3. Add the garlic and mushrooms, and cook for 1 minute, stirring frequently.
4. Add the tomatoes, tomato sauce, and broth. Stir well and let contents come to a simmer.
5. Add the pasta and stir well.
6. Put the lid on and turn the steam release knob to the Sealing position.
7. Turn off/Cancel the Sauté function.
8. Press the Pressure Cook/Manual button (or dial) and then the + or - button (or dial) to choose 6 minutes.
9. When the cook time ends and the pot beeps, do a Quick Release of the pressure. Start slowly, to make sure no sauce comes out with the steam, then turn the steam release knob fully.
10. When the pin in the lid drops down, open the lid. Stir the soup and separate any noodles that stuck together (sometimes I get a few). Then add the Parmesan and the mozzarella cheeses. Stir well and let melt. Then add the spinach and cottage cheese.
11. Serve in bowls with fresh basil or parsley, and extra parmesan cheese.

Recipe Notes

Molten Brownie Pudding

VEGETARIAN *Totally decadent, this ultra-chocolaty dessert is not for the faint of heart. Once cooked, the pudding is creamy, buttery, and rich, with all of the flavors of a good brownie. Serve with a scoop of vanilla ice cream.*

PREP: 15 MINUTES • PRESSURE: 30 MINUTES • TOTAL: 1 HOUR
PRESSURE LEVEL: HIGH • RELEASE: QUICK

1. Prepare the Instant Pot by adding the water to the pot and placing the steam rack on top.
2. Butter a 6- to 7-inch soufflé or baking dish with 1 tablespoon of butter. (If your dish doesn't have handles, make a sling with a piece of foil, folded in half twice, that's long enough to go under the dish and stick up 6 inches on each side, creating "handles.")
3. In a large bowl, use an electric mixer to beat together the sugar and eggs until light yellow and fluffy, 3 to 5 minutes.
4. In a small bowl, combine the flour, cocoa powder, and salt and whisk until no lumps remain. Add to the sugar and egg mixture and mix just until combined. Add the vanilla and the remaining 6 tablespoons of melted butter and mix just until combined.
5. Pour the mixture into the prepared baking dish. Top with the chocolate chips and place on the steam rack. Secure the lid.
6. Select Manual and cook at high pressure for 30 minutes. Once cooking is complete, use a quick release. Carefully remove the top so that any condensation doesn't drip on the pudding, then carefully remove the pan using oven mitts or tongs.
7. Let it cool for at least 5 minutes before serving.

Per Serving Calories: 680; Total Carbohydrates: 92g; Saturated Fat: 20g; Trans Fat: 0g; Fiber: 4g; Protein: 8g; Sodium: 346mg

SERVES 3 TO 4

1½ cups water
7 tablespoons butter,
melted, divided
1 cup sugar
2 eggs
¼ cup all-purpose flour
¼ cup plus 2 tablespoons
unsweetened cocoa powder
Pinch table salt
½ teaspoon vanilla
¼ cup semisweet
chocolate chips

WORTH THE WAIT

From: Instant Pot

Electric Pressure Cooker Cookbook by Laurel Randolph



Chicken Taco Bowls

Instant Pot

Makes Servings: 6 -8 servings • **Source** Wondermomwannabe.com

INGREDIENTS

4-5 uncooked boneless, skinless breasts if large, cut in half

1-2 packets taco seasoning 1 for mild flavor, 2 for more flavor

1 15 oz can black beans, drained and rinsed

1 12 oz bag frozen corn

1 15.5 oz jar salsa

3 cups uncooked jasmine rice rinsed

3 cups water or chicken broth

cheddar cheese

cilantro optional

sour cream optional

DIRECTIONS

Add one cup of liquid (water or broth) to the bottom of the pot.

Place chicken breasts in bottom of pressure cooker on top of the liquid. Sprinkle with taco seasoning. Top with beans and corn. Then, pour salsa over everything.

Add rice, then remaining liquid (water or broth).

Cook on manual high pressure for 12 minutes, then use quick release to release the pressure.

Once the pressure has been fully released, remove lid carefully.

Shred chicken. Serve immediately. Top with cheddar cheese, cilantro, and sour cream as desired

NUTRITIONAL INFO

Calories: 590 kcal

Instant Pot Cream Cheese Chicken Pasta

Ingredients

4 to 6 boneless, skinless chicken breasts
1 can cream of chicken soup
8 oz package of Cream Cheese
1 package of Italian Dressing Dry Mix
2 cups of chicken broth (you could get away with one or 1 1/2 cups)

Instructions

Place chicken breasts, broth, soup, cream cheese and dressing mix into Instant Pot.
Lock cover into place and seal steam nozzle
Set on poultry or meat setting or manually set for 15 minutes.
Naturally release pressure for 5 minutes then quick release remaining pressure.
While your Instant Pot is cooking, boil water in a pot on your stove and cook your pasta according to the directions on the package.
Shred the chicken and serve over the pasta!
If your chicken is frozen, add 5 to 10 minutes until your chicken is cooked through.

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<https://www.sixsistersstuff.com/recipe/instant-pot-cream-cheese-chicken-pasta/>

Six Sisters Stuff

Instant Pot Hummus (NO Soak)

★★★★★
4.91 from 11 votes

Prep Time	Cook Time	Total Time
25 mins	35 mins	1 hr

Use your Instant Pot to make light and creamy hummus from dried beans in under an hour. Plus, this Instant Pot Hummus requires no soak time!

Course: Appetizer, party, Side Dish

Cuisine: Mediterranean, vegetarian

Servings: 12 servings

Calories: 106 kcal

Author: Alyssa Brantley | EverydayMaven

Ingredients

BEANS:

- 1 pound dried garbanzo beans rinsed
- 12 cups filtered water

HUMMUS:

- 3 cups cooked garbanzo beans, still warm
- 1/2 cup warm bean cooking liquid
- 1/4 cup tahini
- 2 medium cloves garlic
- 1 large lemon juiced
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon smoked paprika
- 1/4 cup extra virgin olive oil highest quality

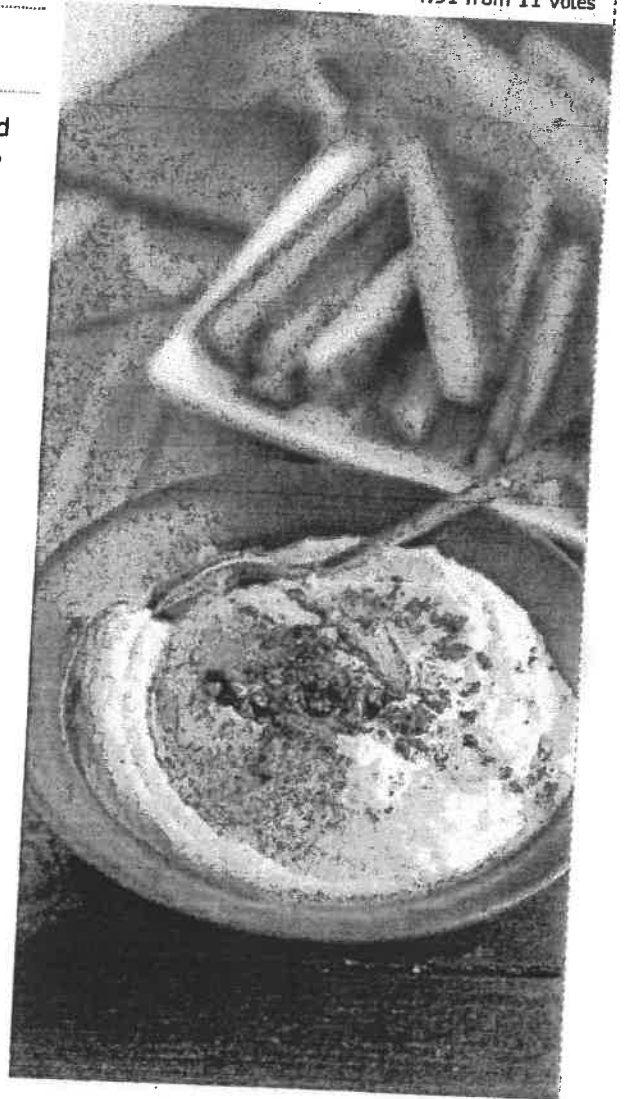
Instructions

!TO COOK THE BEANS:

1. Rinse garbanzo beans and discard any stones. Place in Instant Pot insert along with 12 cups of filtered water. Close lid, make sure vent is set to "sealed" and set Instant Pot to manual for 35 minutes.
2. Allow Instant Pot to naturally release pressure when done (this can take up to 1/2 hour). If you are pressed for time, allow IP to release pressure naturally for at least 15 minutes and then do a slow quick pressure release.
3. Carefully drain the beans, making sure to reserve the liquid!

!HUMMUS:

1. Transfer 3 cups of warm drained, cooked garbanzo beans to the bowl of food processor fitted with the chopping blade. Add all other ingredients EXCEPT olive oil.
2. Process until smooth and slowly add the olive in through the tube, 1 T at a time.
3. Hummus should be smooth, creamy and taste almost whipped.
4. Serve topped with Za'atar, smoked paprika and a splash of olive oil and Enjoy!



- If you want to **soak the garbanzo beans** before cooking, reduce the cook time to 25 minutes under high pressure.
- The **cook time** is intended to cook the beans until they are slightly mushy. If you want to prepare cooked beans to use for a recipe other than hummus, I suggest reducing the cook time by 5 or 10 minutes.
- **1 pound of dry garbanzo beans yields** about 9 cups of cooked garbanzo beans. This is intended to make extra beans. I like to portion off 3 cups plus 1/2 cup of bean liquid in glass containers and place in the freezer to make additional batches of hummus. Just make sure to slightly warm the beans and liquid before processing for hummus so it's nice and light!
- If you want to use **canned beans** for this hummus, you would use two cans of garbanzo beans, drained and substitute filtered water for the bean cooking liquid.