



**THE
HIGH-PROTEIN
Plant-Based
INSTANT POT COOKBOOK**

**Wholesome, Oil-Free One Pot Meals
with 8-Ingredients**

by 

HAPPYHEALTHYGREEN.LIFE

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Introduction

Congratulations!

The Instant Pot is an incredible device. It can replace multiple kitchen appliances and produce delicious and nutritious meals conveniently and dependably. An electric pressure cooker makes your daily food intake tremendously easy as it can prepare perfectly cooked beans in just a few minutes for you, plus every other meal during the day, from breakfast to dinner. With the Instant Pot in your kitchen and these nutritious and delicious high-protein recipes, you have done yourself a huge favor by making your cooking experience much more manageable. You might soon find yourself using the Instant Pot every day of the week!

These protein-rich meals provide the perfect balance between flavor and minimal input without unnecessary calories from oil. With plenty of whole foods as a basis, your health will thrive.

Many of these recipes allow you to walk away and watch your favorite show while the Instant Pot does all the work for you. With no more than eight ingredients and all the macronutrients mapped out, better health and an improved physique are now well within your reach. Working with a limited number of ingredients keeps these recipes straightforward and frees you from an overflowing pantry, and late-night supermarket runs. Most ingredients used in this book are easy to find in your local supermarket and easily fit within your budget.

Before we dive into the recipe section, make sure that you read the User Manual that comes with your Instant Pot to know how the device functions. This cookbook's information will help you become better at cooking under pressure and get the most out of your electric pressure cooker, most likely an Instant Pot. Make sure to read all the info as it prepares you for the recipes and their ingredients.

Since you have chosen a plant-based cookbook with high-protein recipes, you are probably interested in or already living an active lifestyle. If that is not the case, we can help you with that, and you will read more about that later. The

dishes in this cookbook will complement the hard work you put into your health, and as a bonus, will help you free up so a lot of time that you can now invest in training sessions, your family, career, or hobbies.

If you are serious about your performance and results and are ready to gain muscle or lose the extra weight, pay attention. We offer standard and custom high-protein meal plans that incorporate these and other easy-to-prepare meals and help you get the desired results. Our meal plans guarantee the calories and nutrients that your body needs to thrive. For more information and pricing, check out our free and paid plans on our website here:

■ <http://happyhealthygreen.life/meal-plans>

Our cookbooks are self-published, forcing us to utilize the space on every page of this book to the maximum. Recipes in this cookbook are developed by Stephan Vogel (@soyboystephan). Many of these recipes are soy-free, and most are free from nuts and gluten. For some recipes that do include any of these ingredients, allergen-friendly substitutes are included. There are no peanuts used in any of the recipes in this cookbook. Discovered a mistake? Please give us a chance to improve the book and email us at info@happyhealthygreen.life.

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Conclusion

Free 8-Ingredient Instant Pot Meal Plans

Disclaimer

The Dietary Basics

Plant-based? Whole foods?

All the ingredients in this cookbook are 100% plant-based, meaning zero products or derivatives from animals. The recipes incorporate mostly whole, and minimally processed ingredients, exclude oil and refined sugar and minimize salt use. You will find plenty of healthy staples such as beans, lentils, and protein-rich grains in these recipes. This fiber-rich high-protein approach is, without a doubt, the best investment you can make in your health and fitness, the well-being of animals, and the future of our planet.

A high-protein diet, what is that?

Consuming plenty of high-protein meals can help you build muscle and lose excess body fat. A diet rich in protein diet is one that is abundant in the macronutrient protein. Before we can label a meal **'high-protein,'** we need to consider the amount of protein relative to this meal's calories. As a rule of thumb, at least 20 to 25% of the calories in a dish should come from protein before considering it a **'high-protein'** dish.

One gram of protein is good for four calories. Considering these percentages, at least 5 to 6 grams of protein per 100 calories is needed for a meal to qualify as high in protein. The average adult interested in growing muscle and eats multiple times a day would have to consume roughly 30 grams of protein per meal (serving). Depending on the number of times you eat in a day, your size and goals, a single meal serving could pack as much as 60 grams of protein.

Our (*high-protein*) meal plan will take the calculations and planning out of your hands and map out all the necessary macro- and micro-nutrients for you. For more information and pricing, check out our free and paid plans on our website:

■ <http://happyhealthygreen.life/meal-plans>.

You will find that carb-rich ingredients are often limited in this cookbook. Carbs are a macronutrient that, just like protein, provide four calories per single gram. Meals in this book are also free from oil, an ingredient that is essentially pure fat. Fat is an essential macronutrient that is abundant in plenty of whole food ingredients. Since it provides a whopping nine calories per single gram, there is absolutely no need to add more of it to your diet in the form of processed vegetable oil.

Cooking without oil, how does that even work?

If you have never cooked without oil before, this might come as something of a surprise: cooking (and baking) without oil is perfectly possible and quite easy to do. Getting rid of oil does not force you to compromise on taste at all. Getting rid of the extra calories from oils will help you get in shape and stay lean, and improve the nutritional content of the food you eat.

One essential item will make your oil-free Instant Pot experience a lot easier: **the ceramic non-stick inner pot from Instant Pot**. This extra inner pot is Teflon, PTFE, and PFOA free and makes oil-free cooking convenient for you. An additional inner pot will also help you save leftovers and prepare more than one dish with your Instant Pot.

If you cannot afford the extra inner pot, you can also use water or vegetable stock to prevent ingredients from burning to the stainless-steel inner pot (included with the Instant Pot). Make sure to stir frequently during the sautéing process in the stainless-steel pot to prevent ingredients from sticking to the bottom.

The day you bring a little oil back into your life might arrive, and doing so is just fine. All recipes in this cookbook that require sautéing before cooking taste great without any oil but can, if desired, also be prepared with oil. If you choose to include oil, keep the amount of oil to an absolute minimum, or use a low-calorie cooking spray. Olive oil and coconut oil are your healthiest choices due to their high smoke points.

Will cooking with eight ingredients get you all the necessary nutrients?

Recipes in this cookbook are all about *great flavor & minimal effort*. Not a single dish requires more than eight ingredients, with optional toppings not taken into consideration. The combinations of ingredients provide all the macronutrients and the essential micronutrients your body needs. On a plant-based diet, *supplementing Vitamin B12 is necessary*. *Vegan-friendly Vitamin D and Omega-3 supplements are recommended*.

With this collection of recipes, you have access to a lifetime of tasty and nourishing meals. The optional toppings listed under recipes can boost your meals with some extra flavors. On creative days, you can even add some additional ingredients to your meals. There are plenty of options for you to enjoy inside this cookbook throughout the years!

Are the recipes in this book budget- and meal prep friendly?

Yes. Working with only eight ingredients helps you save on the grocery bill and, more importantly, prevents waste as you will have fewer unfinished items lying around. Depending on where you live, some ingredients might be slightly more exclusive and expensive. If necessary, keep an eye out for these ingredients and avoid recipes that rely on ingredients that do not fit your budget or are hard to get your hands on.

All of the recipes in this cookbook are meal prep friendly. You will find recommended storage times for the fridge and freezer listed with every recipe. If you have one or more extra inner pots, you can pop on a silicone lid and store the food inside the fridge, freeing yourself from having to wash extra dishes. More about this in the chapter [‘Accessories & Kitchenware’](#).

Using the Instant Pot

There are not many kitchen appliances that transform cooking the way an Instant Pot does. The device is safe to use, as it has a foolproof safety mechanism that locks the pot during the cooking process. It has a timer with a memory function and clearly labeled buttons. Electric pressure cooking is a fast, clean, healthy, and green solution that helps you automate your cooking and makes feeding yourself and your family with nutritious and tasty meals easy.

The Instant Pot is the perfect device to cook one-pot meals with and improves the flavor of various ingredients by literally presses the flavor of herbs, spices, and condiments into the 'main ingredients.' Here are some fantastic benefits of using your Instant Pot or any electric pressure cooker:

- *Cooks most foods 50-70% faster; beans that take one hour on the stove can now be cooked in just a few minutes. Faster cooking helps to saves time and energy. Preserves nutrients better compared to regular cooking and actively reduces the phytic acid content in beans and legumes.*
- *Reduces the mess, as only the inner pot, its silicone ring, and lid get dirty while cooking.*
- *A smart system with fuses and safety measures makes the IP safe to use.*
- *The timer allows you to automate your cooking. This function can help you free up time for your favorite activities and waking up to freshly cooked breakfast.*

The device might take some getting used to. Always make sure to read the User Manual that comes with your electric pressure cooker before you start using it to guarantee proper use and safety. If you have never used an Instant Pot before, it is a good idea to do an Initial Test Run, as explained in the User Manual.

Instant Pot models & sizes

There are a couple of Instant Pot models available. These include the LUX, DUO, DUO Plus, and ULTRA models in ascending order of fanciness. All

these models provide the functionality that you need to develop the recipes in this cookbook. To develop these dishes in this cookbook, I used a DUO 60EU (6-quart) model.

If you do not own an Instant Pot yet, pick a model that matches the number of people you will be cooking for.

- 3-quart model: Great for individuals or two people. This model also fits in smaller kitchens, can be traveled with, or can be used as a second instant pot to prepare side dishes.
- 6-quart model: The most popular model for 2-4 people or individuals who like to meal prep.
- 8-quart model: Best for larger families and serious meal preps.

An extra (non-stick) inner pot allows you to use the Instant Pot again as soon as the first meal's preparation cycle finishes. This pot is a great item to have when you need to prepare more than one dish with a single Instant Pot device. As previously mentioned, you cannot go wrong with a second **ceramic non-stick inner pot!**

Cooking under pressure

Pressure cooking allows for higher temperatures and faster cooking compared to traditional stovetop cooking. Cooking under pressure requires liquid to produce steam that builds the pressure inside the Instant Pot. A minimum amount of liquid is necessary to generate enough steam and pressure to cook ingredients properly and prevent burning.

Officially, Instant Pot recommends a minimum amount of about 2 cups or 500 ml liquid for 6-quart models to produce enough steam. In reality, the Instant Pot needs enough steam to raise the pressure valve and sufficient liquid to prevent the ingredients inside from burning. Therefore, you may find recipes in this cookbook that require less than 500 ml liquid. Liquids can include vegetable stock, wine, soy sauce, and natural juices from fruits and vegetables. Everything adds up, including the water content of broccoli and tofu.

Troubleshooting:

The size of your electric pressure cooker might make a difference due to the available space inside that needs to be filled up with steam before the Instant Pot can build up enough pressure.

For the 3-quart model, make sure not to exceed the inner pot's inner markings; for recipes that require a large total volume of ingredients, you might have to halve the total quantity of ingredients.

If you are using an 8-quart model, double the number of ingredients listed with each recipe or use the listed ingredient amounts and add (45-60 ml) 3-4 tablespoons of water or vegetable stock before starting the pressure-cooking program.

Notes:

- 1. Never exceed the half-full marking for (recipes rich in) beans, grains, or foods that expand in volume. For everything else, you can fill the inner pot up to the two-third marking.**
- 2. People living at higher altitudes know that it is harder to cook ingredients such as beans. The Instant Pot can make it easy to cook at altitudes, but cooking times might differ slightly.**

Function & Operation keys on the Instant Pot

To keep the cooking process painless and functional and make these recipes accessible for people with an electric pressure cooker from another manufacturer, recipes in this book do not use all the individual cooking programs available on the Instant Pot. Please refer to the User Manual that comes with the device for a full list of Control and Features. The most important functions that we will be using in this cookbook are explained below.

Pressure Cook: The essential button we will be using is the 'Pressure Cook' button. This is the most versatile setting that enables you to set the pressure

level and cook time manually. By default, the Instant Pot uses the ‘high pressure’ setting at temperatures around 115°C (240°F). With the Pressure Level button (Pressure button on older models), you can adjust to the ‘low pressure’ setting with temperatures around 110°C (230°F).

Sauté: With this function, you will bring out the aromatics of various ingredients such as onions and garlic. In most recipes, we will work with the ‘Normal’ temperature setting to get the instant pot to around 171°C (340°F). It is best to wait for this program to reach the temperature before adding the ingredients you want to sauté. Once the Instant Pot reaches the temperature, the display will read ‘HOT.’ Various recipes in this book begin with the Sauté setting before any cooking under pressure is done. Sautéing ingredients is worth it as it brings out the deep flavors and caramelization.

Steam: Cooking at full power with the Steam setting can be useful to steam delicate veggies. Use the steamer rack or a steamer basket for the Instant Pot to avoid the vegetables making direct contact with the pot’s bottom and always use at least (240 ml) 1 cup of water. Delicate ingredients can overcook or burn easily, so pay attention. Cooking times for high-protein veggies are listed in the bonus chapter [‘Cooking Grains, Rice, and Veggies with the Instant Pot.’](#) The Steam setting can also be useful to reheat food stored inside a heat-resistant container, and the Instant Pot can also be sterilized with this setting.

Soup: This setting will cook soups at high pressure while controlling the pressure and temperature so that the soup does not boil too vigorously. No recipe in this cookbook uses this setting for preparation, but the feature can be useful to reheat soups with the Instant Pot. Reheating food is explained in the subchapter [‘Instant Pot Cooking Q&A’](#).

*

Keep warm/Cancel: Just like the name suggests, the Keep Warm setting keeps the food inside the Instant Pot warm around 71°C (160°F). This setting is a useful function as it will keep your food warm after the cooking program finishes so that your food will be warm when it is time to serve. Using the setting will start a post-cooking timer after the pressure-cooking program finishes, starting with the letter ‘L’ on the display. Keep warm/Cancel enabled will also help you keep track of the time the Instant Pot has been releasing pressure naturally after cooking. In most models, the Cancel setting is

combined in the same button and cancels any active program on the Instant Pot.

Notes:

- 1. You can reheat food inside the Instant Pot without ever having to transfer it into storage containers. If you are following our meal plan or like to eat the same food more than once a day, you can keep the lid on the Instant Pot and reheat the food you already prepared later during the day. Serve leftovers servings from afternoon lunch in the evening without the need for additional dishes to wash!**
- 2. For some foods, you want to turn off the ‘Keep warm’ setting. Rice could dry out after cooking with this setting turned on.**

Pressure level: With these buttons, you can change the pressure setting for the cooking programs from high to low. Older models use the Adjust button.

+/- buttons: With these buttons, you can increase or decrease the (cooking) time for a program. Most cooking programs on the Instant Pot remember the last time setting after finishing.

Delay start: The button gives you access to the function that can help you wake up in the morning to freshly cooked oats and arrive home to a nourishing, delicious soup. To use the Delay start function, press this button, and use the +/- buttons to adjust the hours you want the cooking program to delay. Older models use the Timer button for this.

Note: Always deglaze (explained later) and make sure nothing is stuck to the bottom of the pot before starting a pressure-cooking program. Whenever a recipe requires sautéing ingredients, do so followed by a deglaze and make sure no ingredients are stuck to the bottom of the pot before adding the remaining ingredients and setting the delay for cooking under pressure.

Pressure and releasing pressure

The Instant Pot builds pressure by turning liquid into steam with temperatures higher than 100°C (212°F). Once the Instant Pot has built up the required

pressure, the pressure-cooking program will start. The lid has a built-in float valve that will rise once the Instant Pot is pressurized. After a pressure-cooking program finishes, the pressure inside the Instant Pot needs to be released.

Sealing and venting – Always keep the Pressure Release knob in the Sealing position while using the Instant Pot until you release its pressure. The Pressure Release knob should always be in Sealing position during a pressure-cooking program. Failing to put the Pressure Release knob in the Sealing position will not allow the Instant Pot to build up (enough) pressure.

Natural Pressure Release (NPR): After a cooking program has finished, the Instant Pot depressurizes naturally over time. The Keep Warm setting has little to no effect on the pressure inside the pot, but its timer that starts running after completing a pressuring cooking program can be extremely helpful. Allowing the Instant Pot to release pressure naturally may take ten up to forty minutes. The float valve is an indicator of the pressure level inside the pot and a safety mechanism that prevents you from opening the Instant Pot while it is under pressure. When all pressure is gone from the pot, the valve will drop, and you can safely open the pot. The NPR method works for almost every food unless it overcooks easily.

Note: On occasion, the float valve might not drop automatically after all the pressure has is released, and it will prevent you from opening the Instant Pot. When this happens, gently jiggle the lid clockwise and counterclockwise to help the pressure valve drop.

Quick Pressure Release (QPR): This method releases the pressure inside the Instant Pot quickly. Once a cooking program finishes, switch the Pressure Release knob from Sealing to Venting. Be careful when doing this, as the pot will start spewing hot steam until most of the pressure is released. Once the float valve drops, you will know that the pressure inside the pot is gone, and you can safely open the Instant Pot. The QPR method is helpful when cooking vegetables and other delicate ingredients that may overcook. Never use the QPR method when cooking high starch or liquid foods such as beans or soups. Hot food may spray out of the pot and scald you if you try, plus leave a mess on your kitchen counter.

Note: Always stay with the Instant Pot during a Quick Pressure Release to ensure that the process goes well. Whenever food starts spewing out, switch the Pressure Release Knob back to the Sealing

position and allow the pot to release pressure naturally for a couple of seconds before continuing the QPR. Doing so will save you from potential burns and an unnecessary mess.

NPR & QPR Combined: Most recipes in this book call for a combination of NPR and QPR. By allowing the pressure to release naturally for 5-15 minutes, we allow the dish to cook for a bit longer while the pressure level slowly comes down. Pressure cooking, combined with this combined pressure release method, will help you cook almost all your favorite dishes with the Instant Pot safely and fast.

Burst Pressure Release: An alternative method to release pressure naturally is the burst method. I do not recommend using this method, but if you are in a rush and need to, it can be useful to release pressure quickly for recipes that rely on the NPR method. Protect your hand with an oven mitt or wet towel and release most of the pressure in quick bursts: switching the Pressure Release knob from Sealing to Venting repeatedly. Once most of the pressure has left the Instant Pot, you can leave the Pressure Release knob in the Venting position.

Important reminders:

- Always make sure the silicone ring is inserted into the lid of the Instant Pot.
- Make sure to keep the anti-block shield clean and is applied before using the Instant Pot. This shield is located under the lid and prevents food from clogging the pressure release valve. Clean the anti-block shield occasionally.
- Secure the lid by turning it clockwise until the lid arrow lines up with the 'Close' position. The Instant Pot will make a sound when the lid is secured.
- Check if the Pressure Release knob is in the Sealing position when starting a pressure-cooking program. If you hear spitting or hissing while cooking, check it.

- Never pour liquid directly into the housing of the Instant Pot; always use the inner pot.
- Do not place the Instant Pot on the stovetop to avoid melting the plastic parts.

Instant Pot Guidelines:

- Read the User Manual that comes with the Instant Pot.
- Run an Initial Test Run, as explained in the User Manual.
- Never start a pressure-cooking program without liquid inside the pot.
- Always add the exact amount of liquid that the recipes specify and never less.
- Follow the instructions step-by-step for every recipe.
- Never overfill the pot: do not exceed the markings on the inner pot!
- Always keep a safe distance from the steam release valve.
- Use the flat-ended silicone scraper or a wooden spatula for the nonstick inner pot.
- Do not use the Instant Pot to (deep) fry.
- Always keep your Instant Pot clean and in good condition.

Preparing Recipes with the Instant Pot

The majority of recipes in this cookbook are prepared in one or two steps. Recipes that can be prepared in one step are labeled as ‘*Dump-and-Go*’ recipes, as they only require you to add ingredients into the Instant Pot, close the lid with the Pressure Release knob in Sealed position, and select a cooking program, followed by depressurizing the pot and serving the food.

Many recipes require sautéing ingredients like garlic and onions to bring out their flavors, followed by a deglaze before the pressure-cooking program starts. These recipes are labeled ‘*Single-step*.’

A handful of dishes require three or more steps because the cooking times for the ingredients vary or because the recipes require you to sauté more than once. These recipes are labeled as ‘*Multi-step*.’ These dishes allow you to layer with flavors from salt, spices, and herbs as you go.

For recipes that require multi-step cooking, ingredients with a long cooking time should always be allowed to cook for the full time they need before adding the remaining ingredients with a lesser cooking time. Recipes may require ingredients with a long cooking time, such as beans, to be cooked first before veggies are added into the pot. The method steps in the *Multi-step* recipes will explain everything but note that not allowing ingredients their full cooking time will result in an undercooked dish.

Deglazing

As already explained under [‘Function & Operation keys on the Instant Pot’](#). Recipes in this cookbook with onions, garlic, and ginger often require sautéing before anything else happens. Doing so is worth it, as it brings out deep flavors of ingredients that are otherwise lost. It is essential to always follow up sautéing ingredients with a deglaze, which is usually done with water, vegetable stock, or wine.

At all times, any brown, caramelized bits of sauteed veggies that are stuck to the bottom of the pot need to be removed before moving to the pressure-cooking phase. Hot liquids will make it easy to dissolve the flavors in it. With

the help of a wooden spatula or silicone scraper and a nonstick inner pot, deglazing is an effortless method step you need to follow when preparing a dish. Always deglaze after sautéing, as failing to do so may block the Instant Pot's heat sensor and result in a 'burn' notification during the pressure cooking.

Stirring in food

Thick ingredients can easily sink to the bottom and may result in a 'burn' notification while using the Instant Pot's pressure-cooking program. To prevent this from happening:

- 1. Add thicker ingredients such as tomato sauce on top of thinner liquids.**
- 2. Always divide thicker, heavier ingredients such as sauce, beans, lentils, and veggies evenly over the liquids' surface already in the pot from close proximity.**
- 3. Avoid stirring in foods unless method steps in recipes specifically call for it.**

Cooking undercooked foods

Undercooked ingredients are always better than overcooked food because the Instant Pot allows you to cook them again. Whenever ingredients turn out undercooked, you can cook them for an additional 1-2 minutes. Use the same pressure-cooking setting and release method as the last step in the recipe uses.

Instant Pot Cooking Q&A

Can recipes in this cookbook be halved or doubled?

The meal portions in this book are designed for 1-2 people that eat several meals per day. If you want to prepare more food or prep meals in advance, you

can double the ingredients listed for each recipe. This will result in double the amount of food and twice the number of servings listed in a recipe. Increasing the number of ingredients does not require a change in cook time, but the Instant Pot might take a little longer to pressurize.

What is the maximum amount of food that can be prepared inside the Instant Pot?

The amount of food the Instant Pot can prepare in one run depends on the model's size. Instant Pots are available in three sizes, and the answer to this question largely depends on the size of your model. Never overfill the inner pot by keeping the food under the inner markings on it.

As a rule of thumb: never exceed the half-full marking for beans, grains, or foods that expand in volume. For everything else, you can fill the inner pot up to the two-third marking.

Recipes in this cookbook result in 2-4 servings. The dishes can be prepared with every Instant Pot model. For the 3-quart model, some high-volume recipes might require you to halve the ingredients. Whenever you halve the number of ingredients for a recipe, the number of servings listed will also halve. Most recipes can easily be doubled for the 6-quart and 8-quart models. Doubling will result in 4-8 servings.

How can you reheat food with the Instant Pot?

As explained under [‘Function & Operation keys on the Instant Pot’](#), the Keep warm setting, Soup program, and Steam program are three settings you can use to reheat food with the Instant Pot. With the Keep warm setting, you will be able to reheat most foods directly inside the Instant Pot without a lid as this setting is not a pressure-cooking program.

The Soup program is ideal for liquid foods such as soups and stews that you are adding some new, uncooked veggies or other ingredients with a short cooking time. Cook these foods with a high liquid content for the total time that the newly added ingredients need to cook. The Soup program is a high-pressure cooking program, so always secure the lid and set the Pressure Release to Sealing before starting it.

The Steam setting is also a high-pressure cooking program, so the same applies here. Steaming food is an ideal alternative to reheat food stored in a container

without a microwave. Always use heat resistant (oven-safe) food containers with a lid—containers from glass are the best choice. When reheating food in the Instant Pot, put the stainless-steel steamer rack inside it and place the food container on top. Fill the pot with at least (240 ml) 1 cup water and set the cooking time to 1-5 minutes, followed by QPR.

Instant Pot Tips

For cooking:

- Cut bigger ingredients into similar shapes and sizes to ensure faster and more even cooking.
- The more food that is inside the Instant Pot, the longer it will take to pressurize. Use hot (boiled) water or vegetable stock to help speed up this process. An electric kettle will allow you to heat water while preparing other ingredients or sautéing.
- Always deglaze the pot before starting a pressure-cooking program. Make sure no natural sugars or brown bits from sautéed veggies are stuck to the bottom of the pot. Hot liquids will make deglazing easy and help to clear the bottom of the pot.
- In case it was not clear yet, the Instant Pot will start a cooking program automatically after you have selected it. For the pressure cooking-program, the lid needs to be secured.
- After cooking foods such as beans and rice, there may be a little liquid leftover.

For serving and storage:

- Food cooked with the Instant Pot will be hotter than regular cooked food. Allow foods such as oatmeals, soups, stews, and curries to cool down a bit before serving.
- Every recipe in this cookbook includes recommended storage times. Always allow foods to cool down completely before transferring them into a container that ends up in the fridge or freezer.
- When storing food, do not include the optional toppings. If you want to add optional toppings, add these when serving the food.

Bonus tips:

- The Instant Pot remembers its last time setting for each cooking program. This memory function allows you to use the normally ignored cooking programs such as 'Meat/Stew' and 'Bean/Chili' to cook ingredients with a long cooking time without having to set the timer manually every time you use the Instant Pot. These programs are high pressure-cooking programs.
- To avoid removing the silicone ring inside the lid every time you used the Instant Pot and possibly stretching or breaking the ring, as a result, keep it in place and hand-wash the inside of the lid with a stiff brush.
- Use a silicone lid to turn inner pot(s) into storage containers!

FAQ - Frequently Asked Questions

Most of this information below is already covered in the text. Here are some answers to the most frequently asked questions about using and operating the Instant Pot.

How much liquid needs to be added to the Instant Pot?

The amount of liquid needed for the Instant Pot to build up enough pressure varies based on the device's size and the ingredients used. Food volume and liquid density also make a difference. For the 6-quart model, a minimum of (480 ml) 2 cups is recommended, but often as little as 120 ml plus the juices from vegetables and fruits are enough for the Instant Pot to generate the pressure needed.

How long does it take for the Instant Pot to come to pressure?

The exact answer will depend on the amount of liquid, food volume, temperature, and the type of ingredients used in a recipe. Higher density foods and a higher volume of food inside the pot will require more energy to heat up, resulting in a longer time to get to pressure.

A large pot of bean stew will take a lot longer to heat up and build enough pressure for the pressure-cooking program to start compared to a small pot of vegetables. Whenever a recipe calls for water or vegetable broth, use pre-cooked water to help raise the temperature inside the Instant Pot. Thawing frozen ingredients to room temperature will also allow the Instant Pot to pressurize faster.

My Instant Pot pressurized; the display reads 'ON' but no timer. What is going on?

There is a little delay between the Instant Pot getting to pressure and the countdown timer. The Instant Pot is equipped with some smart sensors that control this, and depending on the dish, the device should start cooking after 30 seconds up to a few minutes after the pressure valve comes up.

The recipe says to pressure cook for 5 minutes; why did it take longer than 5 minutes to cook?

The Instant Pot will only start counting down once the device has pressurized. The selected pressure-cooking time for a recipe does not include the time it takes for the Instant Pot to heat up and build up pressure inside. As explained in the above question, using pre-cooked water and thawing frozen ingredients may help decrease the total cooking time.

How long does a NPR (Natural Pressure Release) take for the Instant Pot?

In most of the recipes in this cookbook, we will use the combined method to release pressure. Whenever you use the 'Delay Start' feature, or you prepare food in advance, you can allow the pressure inside the Instant Pot to come down naturally (NPR) all the way. Just like pressure needs time to come up, it needs time to come down. The time it will take for the pressure to release naturally will vary depending on the liquid and type of ingredients inside the pot.

What can you do if the Instant Pot will not open?

The Instant Pot is a safe device that prevents you from opening it as long as there is still pressure inside. Once all the pressure is released from the pot, it can be opened safely. The float valve is also the indicator of pressure, and once it drops down, the pressure inside the pot is gone. On occasion, the float valve might get stuck in the raised position while all the pressure is already released.

When this happens, you will not be able to open the Instant Pot. Gently jiggle the lid clockwise and counterclockwise until the pressure valve will drop, and you can open the pot.

The display of my Instant Pot reads 'burn.' What is happening?

A 'burn' notification means that the sensors inside the Instant Pot are blocked. This notification can either mean that the ingredients on the bottom of the pot are too dense, and, in the worst-case scenario, the ingredients on the bottom of the pot are literally burned. This burn is caused by either not using enough liquid, poor distribution of ingredients inside the pot, or the Instant Pot leaking liquid. The latter can be caused by a broken, dirty, or incorrectly placed sealing ring or the pressure release knob being in the venting position.

Solid ingredients and thick sauces should always be added on top of liquids inside the Instant Pot. Always pour thick sauces such as tomato sauce into the pot from close proximity and divide it proportionally to prevent the sauce from sinking to the bottom. Make sure that no ingredients are stuck to the bottom of the inner pot while deglazing as you go. Thick sauces or browned bits left on the bottom of the inner pot can result in a 'burn' notification.

How can I keep my Instant Pot clean?

Multiple parts of the Instant Pot need regular cleaning. First, the silicone ring should be cleaned after every use, unless you are preparing the same recipe again. The inner pot and lid can be rinsed after cooking but also need regular washing. The silicone ring, lid, and inner pot plus the included accessories such as the steamer rack and the flat-ended silicone scraper are all dishwasher safe. The Instant Pot can be sterilized by adding some water to it and selecting the steam setting for 1 minute. The outside of the Instant Pot can be wiped clean with a damp cloth.

If you burned food inside the Instant Pot, there are easy ways to clean it. Use equal parts of water and white vinegar or combine water with about three

tablespoons of baking soda into the scorched pot. Ensure at least (480 ml) 2 cups water inside the pot, secure the lid, and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure for about 5 minutes. QPR and drain the dirty water. Rinse the pot with fresh water and carefully scrub the pot with a sponge. Wash the pot before using it again for preparing food. Be extra careful when cleaning a nonstick inner pot!

Accessories & Kitchenware

Here are some recommended accessories to buy for the Instant Pot. On our website, you will find additional information and great deals for these products.

Extra (nonstick) inner pot

As already mentioned before, an extra (nonstick) inner pot provides you with the option to store food in one pot and continue to use the Instant Pot. A second inner pot allows you to cook something new as soon as you finish cooking the first meal. The nonstick pot is also incredibly helpful to cook oil-free in the Instant Pot. Sautéing and deglazing with this nonstick pot is just so much easier. Of all the Instant Pot accessories, I absolutely recommend getting this one!

Instant Pot silicone lid

This lid creates an airtight and watertight seal on the inner pot. With this lid, you will be able to store an inner pot full of food directly into the fridge. If you would like to save water, reduce food waste, and decrease the number of dishes that require washing, get this lid and turn your inner pot into a food container!

Extra sealing ring

The silicone sealing ring that goes into the lid of the Instant Pot tends to absorb the smell of every food that is prepared inside the pressure cooker. An extra ring can help avoid adding the unwanted smell of curry to other dishes such as oatmeal. I recommend using at least two rings, one for the savory and another for the sweet dishes you prepare inside the Instant Pot. You can wash the silicone rings in the dishwasher and store them in a Ziploc bag.

Color-coded rings are available and can be incredibly useful for different recipes. Read more about this on our website. Depending on how often you

use the Instant Pot, you might need to replace a sealing ring after 6-12 months.

Immersion (hand) blender

The immersion blender allows you to blend soups, stews, and sauces inside the inner pot without transferring the food to another bowl or container. This tool is a stick with blender blades that can do almost everything the regular blender can while also cutting down on the amount of washing-up you have to do.

Visit our website for a full list of Instant Pot accessories and kitchenware that will make your kitchen counter duties a lot easier. You will also find our reviewed must-have kitchen tools and appliances there.

■ <http://happyhealthygreen.life/product-reviews>

All the chapters included in this book contain essential information.

Read the non-essential chapters that compliment this cookbook on our website with this link:

■ <https://happyhealthygreen.life/cookbooks/high-protein-plant-based-instant-pot-cookbook/bonus-chapters/>

- *'The High-Protein Plant-Based Instant Pot Pantry List'*
- *'Ingredients Worth Mentioning for the IPHP Cookbook'*
- *'More (High-Protein) Ingredients Worth Mentioning'*
- *'Cooking Grains, Rice, and Veggies with the Instant Pot'*

Cooking Beans and Legumes with the Instant Pot

The Instant Pot is an absolute game-changer for a plant-based lifestyle. Add ‘high-protein’ to that lifestyle, and it will likely rely on plenty of beans, chickpeas, and lentils. These ingredients are versatile, rich in protein, and add variety, texture, and flavor to foods. Still, they take quite some time to prepare without an Instant Pot.

Compared to traditional cooking methods, an electric pressure cooker can drastically speed up the process of preparing beans and legumes and allows you to enjoy these fiber-rich staples within just a couple of minutes.

Soaking and rinsing beans and legumes before cooking is always recommended because doing so gets rid of the phytates or phytic acids – a substance that protects plant seeds from insects and prevents early sprouting - that is naturally inside beans and legumes. Consuming phytates will impair your absorption of essential micronutrients like calcium, magnesium, copper, zinc, and iron. Overconsumption can result in malnutrition and disrupted gut health, so it is crucial to flush out these acids.

The good news is that cooking beans and legumes under (high) pressure in the Instant Pot is an extremely effective method to reduce the so-called ‘anti-nutrients’ in these staple ingredients. Still, we recommend soaking and rinsing beans and legumes before cooking as this will reduce their cooking time and save energy and result in a better texture of the cooked ingredients. To be exact, more bite, and more uniformly cooked beans.

Soaking is easy. Recipes in this cookbook will always call to soak and rinse, but if you find yourself in a rush, we have you covered also.

Note: Other than beans and legumes, recipes in this cookbook also call for soaking amaranth and Kamut. Soaking these grains yields similar cooking and texture benefits.

Method 1: Regular or cold soak (overnight method)

Soaking beans and legumes can be done overnight for about 8 hours. Use the inner pot or a regular pot and add 1 part beans or legumes and at least three water parts. Leave the pot overnight and discard the water after about 8 hours. Rinse and set the beans or legumes aside for the cooking process. Recommended soaking and cooking times are displayed in the chart below.

Note: Hot and Instant soaks are not recommended for split ingredients, such as split peas and split red lentils, as they will fall apart in hot water.

Method 2: Hot soak (simmer method)

A faster method to soak incorporates hot water. Bring four parts water for 1 part beans or legumes to a simmer inside the Instant Pot or in a pot and leave the beans or legumes to sit in hot water for about an hour. The Keep warm setting on the Instant Pot will keep a simmer active. Select the Cancel setting or turn off the heat. Either leave the beans or legumes to sit in the warm water for about 3 hours more, covered with a lid, or drain the water right away and rinse the beans or legumes before using them in a recipe.

Note: Make it easy for yourself by always having soaked beans and legumes available. If you have a large freezer, freeze batches of soaked, drained, and rinsed beans to thaw and cook later.

Method 3: Instant soak (boiling method)

With the Instant Pot, you can soak beans in less than 30 minutes. Fill the inner pot with a number of beans that do not exceed the half-full marking by at least 1 inch of water. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure and set the cooking time to 5 minutes. Once the 5-minute timer has completed, allow a NPR (Natural Pressure Release) for at least ten up to 30 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Open the pot, discard the water, rinse the beans, and set them aside for the cooking process.

Note: We recommend you only use the Instant boil method when you are in a rush.

Method 4: Instant boil (cooking method)

All recipes in this book that incorporate beans or legumes require soaking and rinsing before cooking. The fastest method to prepare recipes with unsoaked or dry beans or legumes involves an instant boil: boiling the ingredients under high pressure for a short time, followed by draining the water and rinsing the beans and legumes to get them close to their soaked condition in the least amount of time possible.

The chart below lists the pressure cooking times per ingredient in both soaked and unsoaked conditions. For this method, cook the beans or legumes for the amount of time displayed in the ‘unsoaked/dry’ time column, minus the time from the ‘soaked time’ column, minus 1 extra minute.

For example, dry black beans require a cooking time of 18-25 minutes, whereas soaked black beans only need 4-6 minutes under high pressure. Assuming these black beans are small, the lower listed cooking times will be safe. Instant boil these small dry black beans for 18 minus four minus one additional minute, for a total of 13 minutes. The lowest ‘unsoaked/dry time’ minus the shortest ‘soaked’ time, minus 1 extra minute.

Allow ‘Instant boiled’ beans or legumes to NPR for 5-10 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Continue to drain the water and rinse the ingredients, and set them aside for cooking.

Using canned beans and legumes

Recipes in this cookbook are optimized for using dried beans and legumes for the right reasons. In case you want to use pre-cooked, canned ingredients, add them (drained and rinsed) after the pressure-cooking program of a recipe has been completed. Note that canned beans and legumes often include additives such as sodium.

Quality and consistency of beans and legumes

The beans and legume's quality and consistency may vary depending on brand, freshness, and cooking time. Buying organic, fresh ingredients from a quality brand or supplier is always recommended. Beans and legumes are perfectly cooked when they can be mashed without much effort. With the cooking times mentioned in the recipes' method steps in this cookbook, you will yield beans, chickpeas, and lentils with some bite. If you prefer more bite or a bit mushier

food, you can simply reduce or increase the total pressure-cooking time for a recipe by 1-2 minutes. It is essential to consider other ingredients in the recipes as some might turn mushy when cooked for too long!

Use the chart that follows as a reference for cooking beans and legumes. Start by cooking the beans and legumes for the minimum time indicated, release the pressure naturally, and test the beans by tasting and squishing one between your fingers. If necessary, cook the beans or legumes for an additional 1-2 minutes.

Beans & legumes

Ingredient	Soak time	Cooking time (soaked), high pressure with NPR	Liquid ratio for soaked beans & legumes	Cooking time (unsoaked/dry), high pressure with NPR	Yield
Adzuki/azuki	8 hours	5-9 minutes	1: 1 (1 cup soaked adzuki beans requires 1 cup of water)	10 minutes	~ 2 cups
26.2 grams of protein per 100 grams (dry)					
Black	8 hours	4-6 minutes	1: 1 ½	18-25 minutes	~ 2-2 ½ cups
22 grams of protein per 100 grams (dry)					
Borlotti (cranberry)	8 hours	7-10 minutes	1: 1 ½	25-35 minutes	~ 2 ½ cups

Ingredient	Soak time	Cooking time (soaked), high pressure with NPR	Liquid ratio for soaked beans & legumes	Cooking time (unsoaked/dry), high pressure with NPR	Yield
23.8 grams of protein per 100 grams (dry)					
Cannellini	8 hours	5-8 minutes	1: 1 ½	20-30 minutes	~ 2 ½ cups
25 grams of protein per 100 grams (dry)					
Chickpeas	8 hours	12-14 minutes	1: 1 ½	30-40 minutes	~ 2 ½ cups
20 grams of protein per 100 grams (dry)					
Flava	8 hours	12-14 minutes	1: 1 ½	30-40 minutes	~ 2 ½ cups
25.2 grams of protein per 100 grams (dry)					
Kidney, red	8 hours	5-8 minutes	1: 1	12-15 minutes	~ 2 cups
22.1 grams of protein per 100 grams (dry)					
Lentils, French or green or mountain	8 hours	1 minute	1: 1 ½	6 minutes	~ 2 ½ cups
22.7 grams of protein per 100 grams (dry)					
Lentils, red or yellow	8 hours	1 minute	1: 1 ½	6 minutes	~ 2 ½ cups
26.3 grams of protein per 100 grams (dry)					
Navy/white	8 hours	4-7 minutes	1: 1 ½	20-25 minutes	~ 2 ½ cups
25 grams of protein per 100 grams (dry)					
Peas, whole	8 hours	6-8 minutes	1: 1 ½	6-10 minutes	~ 2 ½ cups
22.7 grams of protein per 100 grams (dry)					

Ingredient	Soak time	Cooking time (soaked), high pressure with NPR	Liquid ratio for soaked beans & legumes	Cooking time (unsoaked/dry), high pressure with NPR	Yield
Peas, split, green or yellow	8 hours	1 minute	1: 1 ½	6-10 minutes	~ 2 ½ cups
24.4 grams of protein per 100 grams (dry)					
Pinto	8 hours	4-6 minutes	1: 1 ½	20-25 minutes	~ 2 ½ cups
22.8 grams of protein per 100 grams (dry)					
Large white, Greek giant	8 hours	8-10 minutes	1: 2	25-30 minutes	~ 2 ½-3 cups
20 grams of protein per 100 grams (dry)					

**displayed times and amounts may vary slightly*

Never fill up the inner pot beyond the half-full marking and always use NPR when cooking beans and legumes.

When cooking a batch of plain beans, add a strip of kombu seaweed, which aids cooking and digestibility. Flavors of plain beans can be boosted with onions, garlic, and herbs. It is best to add salt once the beans are done cooking. Cooked, drained beans can be stored in the fridge for 3-5 days and in the freezer for months. Put a label on the container.

Leftover liquids or 'pot liquor' are a great addition to plain cooked rice, veggies, soups, or as an ingredient for vegetable stock.

RECIPES



Dump-and-Go

01. INSTANT VEGETABLE STOCK

An easy, homemade veggie broth that will serve as a basis for many recipes in this cookbook!

Makes: 8 ½ cups 

🕒 **Prep:** ~15 min | 🏠 **Pressure Cook:** 12 min | 🕒 **Estimated Total:** 45 min

INGREDIENTS:

- **YELLOW ONIONS** 220 g. | 2 medium (diced)
- **GARLIC** 7 cloves (minced)
- **LARGE** 3 celery stalks (diced)
- **WATER** 1920 ml | 8 cups
- **KOSHER OR SEA SALT** 20 g. | 4 tsp.
- **WHITE OR BROWN BUTTON MUSHROOMS** 125 g. | 1 cup (sliced)
- **FRESHLY CRACKED BLACK PEPPER** 5 g. | 2 tsp.
- **BAY LEAVES** 2
- **VEGETABLE SCRAPS** 300 g. | 2 ½ cups
- *(stalks from broccoli, celery, carrot, cauliflower, and dark leafy greens, combined with fresh herbs and optionally, leftover liquids from beans)*

METHOD:

1. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 5 to 7 minutes before stirring in the minced garlic and diced celery. Select the Cancel setting.
2. Deglaze the pot with the water and stir to make sure nothing is stuck to the bottom of the pot.
3. Add the remaining ingredients into the IP. Secure the lid and set the Pressure Release to Sealing.
4. Select the Pressure Cook setting at high pressure and set the time to 12 minutes.
5. Once the 12-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot and allow the broth to cool down or use oven mitts to remove the inner pot.
7. Carefully strain the broth into a sieve sitting over a large bowl. Discard the solid parts.
8. Use the broth for another recipe or allow it to cool down completely for storage.

gluten-free 🌾, *soy-free* 🥛, *nut-free* 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 90 DAYS IN THE FREEZER



—BREAKFASTS—

Dump-and-Go

01. INSTANT TOFU SCRAMBLE

An 'instant' scramble that is a perfect protein boost to start your day with!

Serves: 1 bowls 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 3 min | 🕒 **Estimated Total:** 10 min

INGREDIENTS:

- **FIRM TOFU** 200 g. | 7-oz pack (drained, crumbled)
- **ONION** 110 g. | 1 medium (diced)
- **VEGETABLE STOCK** 60 ml | ¼ cup
- **UNSWEETENED SOY MILK** 120 ml | ½ cup (or any type of non-dairy milk)
- **NUTRITIONAL YEAST** 4 g. | 1 tbsp.
- **GARLIC POWDER** 5 g. | 1 tsp.
- **SMOKED PAPRIKA POWDER** 2.5 g. | 1 tsp.
- **GROUND TURMERIC** 3 g. | 1 tsp.

OPTIONAL GARNISHES:

- *Avocado slices*
- *Chopped cherry tomatoes*

METHOD:

1. In a bowl, mash the tofu with a fork in uneven chunks.
2. Add the liquids into the IP, followed by the mashed tofu and the remaining ingredients.
3. Stir until all ingredients are mixed together.
4. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 3 minutes.
5. Once the 3-minute timer has completed, QPR. Select the Cancel setting.
6. Transfer the instant tofu scramble into bowls, add the optional garnishes, and serve warm. Enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 2-3 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 322 | Carbs: 15.72 g. | Fat: 13.59 g. | Protein: 34.32 g. | Fiber: 11.2 g. | Sugar: 6.11 g. per serving

Tip:

Substitute the vegetable stock for (or add some) Kala Namak for a “real” egg taste!

Almond-Blueberry Breakfast

gluten-free, soy-free



Dump-and-Go

02. STEEL-CUT OATMEAL

Three flavor variations for a healthy oatmeal bowl, served almost instantly!

Serves: 4 bowls 

 **Prep:** ~5 min |  **Pressure Cook:** 4 min |  **Estimated Total:** 25 min



• **3 Variations** •

INGREDIENTS:

- **UNSWEETENED ALMOND MILK** 360 ml | 1 ½ cups (or any type of non-dairy milk)
- **WATER** 240 ml | 1 cup
- **STEEL-CUT OATS** 90 g. | 1 cup (certified gluten-free if needed)
- **PINCH OF KOSHER OR SEA SALT**

1. Almond-Blueberry Breakfast:

- **RICE PROTEIN POWDER** 60 g. | 2 scoops (or soy protein powder)
- **CUP ALMOND BUTTER** 45 g. | 3 tbsp.
- **FRESH BLUEBERRIES** 80 g. | ½ cup
- **GROUND CINNAMON** 3 g. | 1 tsp.



2. Orange Walnut Feast:

- **FRESH GINGER** 6 g. | 1 tbsp. (grated)
- **SOY PROTEIN POWDER** 60 g. | 2 scoops
- **WALNUTS** 25 g. | ¼ cup (crushed)
- **DRIED CRANBERRIES** 50 g. | ½ cup (chopped)
- **MANDARIN** 100 g. | 1 medium (peeled, skinned)



3. Apple Raisin Pie:

- **SOY PROTEIN POWDER** 60 g. | 2 scoops
- **PINK LADY APPLE** 70 g. | 1 small (cored, cubed)
- **RAISINS OR SULTANAS** 40 g. | ¼ cup
- **GROUND CINNAMON** 1.5 g. | ½ tsp.
- **FRESH LEMON JUICE** 15 ml | 1 tsp.

OPTIONAL GARNISHES (FOR FLAVOR 1):

- *Planed almonds*

METHOD:

1. Add the almond milk and water, followed by the oats and salt into the IP.
2. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure and set the time to 4 minutes.
3. Once the 4-minute timer has completed, allow a NPR for 10 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
4. Open the pot and for each of the three variations, stir in the protein powder followed by the remaining ingredients per flavor variation.
5. Transfer the oatmeal into bowls and serve warm. Enjoy!

PER SERVING

	Calories:	Carbs:	Fat:	Protein:	Fiber:	Sugar:
<i>Almond-Blueberry Breakfast</i>	317	23.6 g.	9.5 g.	16.4 g.	4.3 g.	3.03 g.
<i>Orange Walnut Feast</i>	321	30.5 g.	6.9 g.	16.1 g.	3.9 g.	11.5 g.
<i>Apple Raisin Pie</i>	268	27.2 g.	2.9 g.	15.3 g.	3.3 g.	9.9 g.

- STORAGE: 2-3 DAYS IN THE FRIDGE, FREEZER NOT RECOMMENDED

Tip:

The amount of liquid listed in this recipe will result in thicker oatmeal. If you prefer a thinner version, add $\frac{1}{4}$ to $\frac{1}{2}$ cup extra water or milk.

Mango 'Sticky Rice'

gluten-free, soy-free, nut-free option



Dump-and-Go

03. RICE N' PROTEIN

A protein-rich way to start your day with, as a snack, or dessert!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🍳 **Pressure Cook:** 3 min | 🕒 **Estimated Total:** 25 min



• **3 Variations** •

INGREDIENTS:

- **ROUND GRAIN WHITE RICE** 150 g. | ¾ cup
- **UNSWEETENED ALMOND MILK** 720 ml | 3 cups (or any type of non-dairy milk)
- **PINCH OF KOSHER OR SEA SALT**
- **RICE PROTEIN POWDER** 60 g. | 2 scoops (or soy protein powder)

1. *Mango 'Sticky Rice':*

- **GROUND ANISE** 1.5 g. | ½ tsp.
- **OVERRIPE BANANA** 100 g. | 1 small (mashed)
- **MANGO CUBES** 188 g. | 1 ½ cup
- **CHIA SEEDS** 3 g. | 1 tsp.



2. Orange Shave:

- **RAISINS OR SULTANAS** 60 g. | $\frac{1}{3}$ cup
- **WALNUTS** 25 g. | $\frac{1}{4}$ cup (crushed)
- **SHREDDED COCONUT FLAKES** 10 g. | 2 tbsp.
- **ORGANIC ORANGE ZEST** 15 g. | 2 $\frac{1}{2}$ tbsp. (and optionally, juice)



3. Almond Spread:

- **ALMOND BUTTER** 15 g. | 1 tbsp.
- **GROUND CINNAMON** 6 g. | 2 tsp.
- **RAISINS OR SULTANAS** 25 g. | $\frac{1}{3}$ cup
- **PINK LADY APPLE** 60 g. | $\frac{1}{2}$ medium (cored, cubed)

METHOD:

1. Add the almond milk, followed by the rice and salt into the IP. **For option 1**, add the ground anise.
2. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 3 minutes.
3. Once the 3-minute timer has completed, allow a NPR for 10 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
4. Open the pot and stir in the protein powder. **For option 1**, mix in the mashed banana. **For options 2 & 3**, stir in all the remaining ingredients.
5. Transfer the rice n' protein pudding to bowls. **For option 1**, add the mango cubes topped with chia seeds as a side or incorporate both in the rice. Serve warm or cold and enjoy!

PER SERVING

	Calories:	Carbs:	Fat:	Protein:	Fiber:	Sugar:
<i>Mango 'Sticky Rice'</i>	277	45.4 g.	3.6 g.	15.7 g.	3.4 g.	3.4 g.
<i>Orange Shave</i>	328	45.2 g.	8.9 g.	16.7 g.	3.2 g.	11.8 g.
<i>Almond Spread</i>	276	40.9 g.	5.4 g.	15.9 g.	6.8 g.	6.6 g.

- STORAGE: 2-3 DAYS IN THE FRIDGE, FREEZER NOT RECOMMENDED

Cashew Banana Date

gluten-free, soy-free



Dump-and-Go

04. BUCKWHEAT PORRIDGE

A fiber-rich porridge, perfect for waking up during the colder months!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 3 min | 🕒 **Estimated Total:** 25 min



• **2 Variations** •

INGREDIENTS:

- **DRY BUCKWHEAT** 180 g. | 1 cup
- **UNSWEETENED ALMOND MILK** 360 ml | 1 ½ cups (or any type of non-dairy milk)
- **WATER** 240 ml | 1 cup
- **PINCH OF KOSHER OR SEA SALT**

1. *Cashew Banana Date:*

- **RICE PROTEIN POWDER** 45 g. | 1 ½ scoop (or soy protein powder)
- **CASHEW BUTTER** 45 g. | 3 tbsp.
- **RIPE BANANA** 100 g. | 1 small
- **MEDJOO** 4 dates (pitted, minced)
- **GROUND CINNAMON** 3 g. | 1 tsp.



2. Apple Almond Butter Bowl:

- **SOY PROTEIN POWDER** 40 g. | 1 $\frac{1}{3}$ scoop
- **CUP ALMOND BUTTER** 45 g. | 3 tbsp.
- **PINK LADY APPLE** 60 g. | $\frac{1}{2}$ medium (cored, cubed)
- **FRESH GINGER** 6 g. | 1 tbsp. (grated)
- **WALNUTS** 20 g. | 2 $\frac{1}{2}$ tbsp. (crushed)

METHOD:

1. In a fine-mesh sieve, rinse the buckwheat under fresh water.
2. Add the almond milk and water, followed by the buckwheat grains and salt into the IP.
3. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 3 minutes.
4. Once the 3-minute timer has completed, allow a NPR for 10 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
5. Open the pot and for both variations, stir in the protein powder before adding the remaining ingredients per flavor variation.
6. Transfer the buckwheat porridge into bowls and serve warm. Enjoy!

PER SERVING

	<i>Calories:</i>	<i>Carbs:</i>	<i>Fat:</i>	<i>Protein:</i>	<i>Fiber:</i>	<i>Sugar:</i>
<i>Cashew Banana Date</i>	330	47.8 g.	7.97 g.	16.8 g.	7.6 g.	9.1 g.
<i>Almond Butter Bowl</i>	332	37.43 g.	13 g.	16.4 g.	6.5 g.	2.3 g.

- STORAGE: 2-3 DAYS IN THE FRIDGE, FREEZER NOT RECOMMENDED

Tip:

The amount of liquid listed in this recipe will result in a thicker porridge. If you prefer a thinner version, add ¼ cup extra almond milk or water. The almond milk can be substituted for any kind of non-dairy milk.



Single-Step

05. STEAMED BROCCOLI QUICHE

A nutritious egg-free quiche with great flavor and texture!

Serves: 1 quiche (2 servings) 🍽️ 🍽️

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 6 min | 🕒 **Estimated Total:** 25 min

INGREDIENTS:

- **VEGETABLE STOCK** 360 ml | 1 ½ cup
- **CHICKPEA FLOUR** 120 g. | 1 cup
- **NUTRITIONAL YEAST** 16 g. | ¼ cup
- **SMOKED KOSHER SALT OR KALA NAMAK** 5 g. | 1 tsp.
- **BROCCOLI FLORETS** 200 g. | 3 cups
- **FRESH BABY SPINACH** 45 g. | 1 ½ cup (chopped)
- **YELLOW ONION** 70 g. | 1 small (diced)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*

METHOD:

1. In a large bowl, mix all the ingredients together into a sticky dough. Use a handheld mixer if possible.
 - a. *Alternatively, use a food processor.*
2. Line a 6 by 6-inch (15 cm) ramekin or oven-safe container with parchment paper or aluminum foil. Make sure to use enough to wrap the entire quiche with.
3. Using a spoon, transfer the dough into the ramekin or container, flatten the mixture and fold the parchment paper or aluminum foil over the top to prevent steam from condensing on the quiche.
4. Pour 1 cup of water (not listed) into the IP and place the steamer rack that comes with the IP in the pot with the handles facing up. Place the ramekin or container on top of the rack.
5. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure. Set the cook time to 6 minutes.
6. Once the 6-minute timer has completed, allow a NPR for 10 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot. Use oven mitts to carefully lift out the rack with the ramekin or container.
8. Allow the quiche to cool down completely, then carefully lift the wrapped quiche out of the ramekin.
9. Unwrap and serve cold with the optional garnishes. Enjoy!

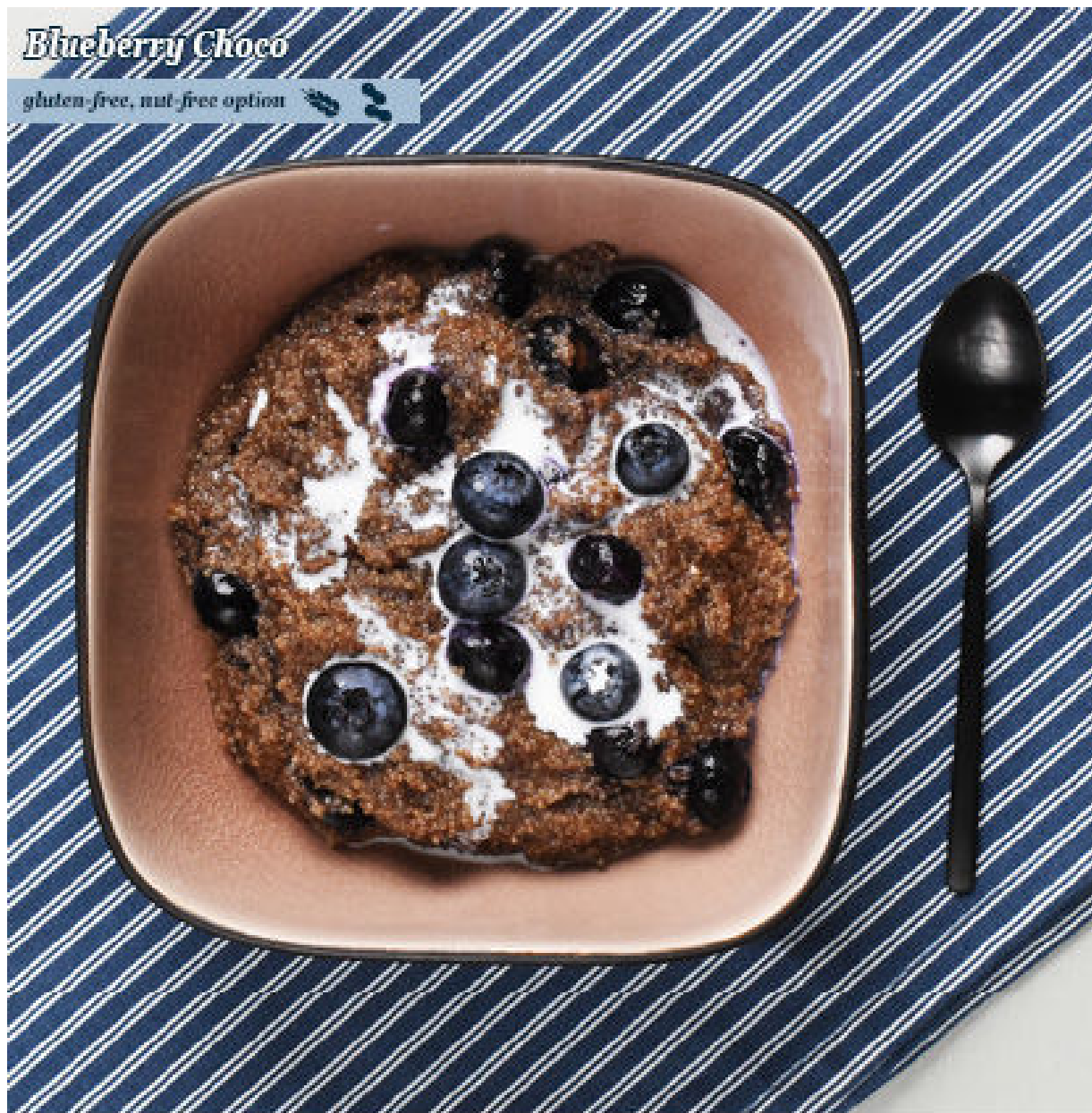
gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 348 | Carbs: 50.62 g. | Fat: 5.09 g. | Protein: 25.03 g. | Fiber: 14.16 g. | Sugar: 11.91 g.
per serving

Blueberry Choco

gluten-free, nut-free option



Dump-and-Go

06. AMARANTH PORRIDGE

Nutritious little grains that help to keep your breakfasts varied and interesting!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (6 hours) + ~5 min | 🏠 **Pressure Cook:** 3 min | 🕒
Estimated Total: 25 min



• **2 Variations** •

INGREDIENTS:

- **WATER** 120 ml | ½ cup
- **DRY AMARANTH** 95 g. | ½ cup
- **UNSWEETENED ALMOND MILK** 120 ml | ½ cup (or any type of non-dairy milk)
- **PINCH OF KOSHER OR SEA SALT**

1. *Blueberry Choco:*

- **CHIA SEEDS** 20 g. | 2 tbsp.
- **SOY PROTEIN POWDER** 20 g. | ⅔ scoop
- **CACAO POWDER** 10 g. | 1 ½ tbsp.
- **FRESH BLUEBERRIES** 100 g. | ⅔ cup
- **FULL-FAT COCONUT MILK** 15 ml | 1 tbsp.



2. Almond Spread:

- **RICE PROTEIN POWDER** 30 g. | 1 scoop (or soy protein powder)
- **ALMOND BUTTER** 30 g. | 2 tbsp.
- **RAISINS OR SULTANAS** 20 g. | 2 tbsp.
- **PINK LADY APPLE** 60 g. | ½ medium (cored, cubed)
- **GROUND CINNAMON** 3 g. | 1 tsp.

OPTIONAL GARNISHES (FOR BOTH VARIATIONS):

- *Dark chocolate (crumbled or crushed)*

METHOD:

1. Use the listed amount of water to soak the amaranth in an empty inner pot for about 6 hours or overnight.
2. Stir in the almond milk and salt. **For option 1**, include the chia seeds. Make sure nothing is stuck to the bottom of the pot.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 3 minutes.
4. Once the 3-minute timer has completed, allow a 10-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting and open the pot.
5. **For option 1**, stir in the soy protein powder with the cacao powder. Transfer the amaranth porridge into a bowl before adding the **fresh** blueberries, coconut milk, and optional dark chocolate.
6. **For option 2**, stir in the protein powder and almond butter, followed by the raisins and apple cubes. Garnish with the ground cinnamon and optional dark chocolate.
7. Serve warm and enjoy!

PER SERVING

	<i>Calories:</i>	<i>Carbs:</i>	<i>Fat:</i>	<i>Protein:</i>	<i>Fiber:</i>	<i>Sugar:</i>
<i>Blueberry Choco</i>	328	45.7 g.	7.7 g.	19.2 g.	12.3 g.	5.6 g.
<i>Almond Spread</i>	401	48.4 g.	13.2 g.	22.2 g.	9.4 g.	12.3 g.

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Tip:

Use fresh blueberries when serving this dish hot/warm. Frozen blueberries will break down in the heat and turn the dish watery.



Multi-Step

07. SWEET POTATO BEAN HASH

A delicious, naturally sweet way to start the day with healthy whole foods!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep: (8 hours) + ~5 min** | 🏠 **Pressure Cook: 12 min** | 🕒
Estimated Total: 40 min

INGREDIENTS:

- **DRY BLACK BEANS** 100 g. | ½ cup
- **DRY CHICKPEAS** 150 g. | ¾ cup
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **VEGETABLE STOCK** 240 ml | 1 cup
- **TACO SEASONING MIX** 3 g. | 1 tbsp.
- **SWEET POTATOES** 200 g. | 3 small (chopped)
- **FRESH OR FROZEN KALE** 100 g. | 1 cup (chopped)
- **RED BELL PEPPER** 1 medium (cored, cubed)

OPTIONAL GARNISHES:

- *Freshly chopped oregano leaves*
- *Freshly cracked black pepper*

METHOD:

1. Soak the black beans and chickpeas in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir in the taco seasoning, followed by the soaked black bean and chickpeas.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 10 minutes.
5. Once the 10-minute timer has completed, QPR. Select the Cancel setting.
6. Open the pot and stir in the sweet potato chunks and chopped kale.
7. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
8. Once the 2-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
9. Open the pot, stir in the bell pepper cubes and transfer the potato bean hash into a bowl topped with the optional garnishes. Serve warm and enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 257 | Carbs: 45.3 g. | Fat: 1.5 g. | Protein: 12.4 g. | Fiber: 12.4 g. | Sugar: 4.1 g. per serving



Multi-Step

08. CAJUN TOFU 'N BEANS

Cajun-style tofu and beans scramble, perfect for breakfast or any moment of the day!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 8 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY BLACK BEANS** 200 g. | 1 cup
- **FIRM TOFU** 200 g. | 7-oz pack (drained, scrambled)
- **VEGETABLE STOCK** 240 ml | 1 cup
- **RED ONION** 110 g. | 1 medium (diced)
- **RED BELL PEPPER** 1 medium (cored, diced)
- **CAJUN SEASONING** 10 g. | 1 tbsp.
- **KOSHER SMOKED OR SEA SALT** 5 g. | 1 tsp.
- **TURMERIC** 3 g. | 1 tsp.

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Chopped cherry tomatoes*
- *Sliced or cubed avocado*

METHOD:

1. Soak the black beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Add enough water (not listed) with the soaked black beans into the IP and secure the lid. Set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 5 minutes.
3. Once the 5-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
4. In a bowl, mash the tofu with a fork in uneven chunks.
5. Open the pot and drain the hot water. Add the vegetable stock, followed by the mashed tofu and the remaining ingredients, and stir.
6. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 3 minutes.
7. Once the 3-minute timer has completed, QPR. Select the Cancel setting.
8. Open the pot and transfer the tofu scramble to plates or bowls, add the optional garnishes. Serve warm and if desired, with some white rice. Enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 392 | Carbs: 49.8 g. | Fat: 5.4 g. | Protein: 36.1 g. | Fiber: 29.3 g. | Sugar: 4.6 g. per serving



Dump-and-Go

09. INSTANT APPLE 'CRISP'

Try this naturally sweet and nutrient-rich breakfast!

Serves: 2 bowls 🍽️ 🍽️

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 1 min | 🕒 **Estimated Total:** 15 min

INGREDIENTS:

- **UNSWEETENED ALMOND MILK** 180 ml | $\frac{3}{4}$ cup (or any type of non-dairy milk)
- **STEEL CUT OATS** 80 g. | $\frac{1}{2}$ cup (certified gluten-free if needed)
- **PINK LADY APPLES** 180 g. | 1 $\frac{1}{2}$ (cored, chopped)
- **MEDJOOOL DATES** 4 (pitted, minced)
- **GROUND CINNAMON** 8 g. | 1 tbsp.
- **PINCH OF KOSHER OR SEA SALT**
- **SOY PROTEIN POWDER** 30 g. | 1 scoop (or pea protein powder)

OPTIONAL GARNISHES:

- *Full-fat coconut milk*
- *Planed almonds*

METHOD:

1. Starting with the almond milk, add all the ingredients except for the protein powder into the IP.
2. Secure the lid and set the steam release handle to Sealing. Select the Pressure Cook setting at high pressure. Set the cook time to 1 minute.
3. Once the 1-minute timer has completed, allow a NPR for 5 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
4. Open the pot and stir in the protein powder.
5. Transfer the oatmeal porridge into a bowl topped with the optional garnishes. Serve warm and enjoy!

gluten-free 🌾, soy-free option 🥛, nut-free option 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, FREEZER NOT RECOMMENDED

Calories: 361 | Carbs: 61.1 g. | Fat: 5.1 g. | Protein: 17.6 g. | Fiber: 9.6 g. | Sugar: 22.6 g. per serving

Tip:

For a real crisp finish, transfer the inner pot into a hot oven for a few minutes after stirring in the protein powder. Use oven mitts!



— MAINS —

Single-Step

01. INSTANT BURRITO BOWL

This Mexican-inspired lunch bowl is full of flavors!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~10 min | 🏠 **Pressure Cook:** 5 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY BLACK BEANS** 200 g. | 1 cup
- **MEXICAN SPICE MIX** 25 g. | 3 tbsp.
- **WATER** 600 ml | 2 ½ cup
- **TEMPEH** 200 g. | 7-oz pack (cubed)
- **DRY QUINOA** 180 g. | 1 cup
- **RED ONION** 110 g. | 1 medium (minced)
- **GARLIC** 2 cloves (minced)
- **RED BELL PEPPER** 1 medium (cored, diced)
- **TOMATO SAUCE** 110 g. | ½ cup

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Fresh lime juice*
- *Avocado slices*

METHOD:

1. Soak the black beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. In a small bowl, whisk the Mexican spice mix with (60 ml) 4 tablespoons of water into a smooth mixture. Add the tempeh cubes and stir to make sure all the cubes are coated evenly with the marinade. Transfer the tempeh cubes into the fridge to marinate for at least 30 minutes up to 24 hours.
3. In a fine-mesh sieve, rinse the quinoa under fresh water.
4. Starting with the water, add all the ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 5 minutes.
6. Once the 5-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the mixture into a bowl and garnish it with the optional garnishes. Serve warm or cold and enjoy!

gluten-free 🌿, ***nut-free*** 🌰

- STORAGE: 2-3 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 420 | Carbs: 63.9 g. | Fat: 5.3 g. | Protein: 29 g. | Fiber: 19.9 g. | Sugar: 3.4 g. per serving



Single-Step

02. INSTANT GIGANDES PLAKI

A creamy, delicious, and nutritious Greek-inspired bean dish!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (12 hours) + ~10 min | 🏠 **Pressure Cook:** 14 min |
🕒 **Estimated Total:** 40 min

INGREDIENTS:

- **DRY GREEK GIANT (OR LARGE WHITE) BEANS** 200 g. | 1 cup
- **GARLIC** 3 cloves (minced)
- **CRUSHED RED PEPPER FLAKES** 2 g. | 1 tsp.
- **DRY WHITE WINE** 45 ml | 3 tbsp.
- **WATER** 300 ml | 1 ¼ cups
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **DRIED OREGANO** 2 g. | 2 tsp.
- **TOMATO SAUCE** 225 g. | 1 cup
- **7-OZ PACK FIRM TOFU** 100 g. | ½ x (cubed)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Full-fat coconut milk*
- *Fresh lemon juice*

METHOD:

1. Soak the Greek giant beans in plenty of water for 12 hours, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute before stirring in the minced garlic and crushed red pepper flakes. Cook while stirring constantly until softened, for about 3 to 5 minutes.
3. Pour in the white wine and cook until most of the wine has evaporated, for about 3 minutes before stirring in the soaked beans. Coat the beans in the mixture before selecting the Cancel setting.
4. Deglaze the pot with the water and stir to make sure nothing is stuck to the bottom of the pot.
5. Add the remaining ingredients into the IP.
6. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 14 minutes.
7. Once the 14-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
8. Using a fork, check the beans for tenderness. If they are too hard, cook them for 1-2 more minutes at high pressure combined with a 5-minute NPR.
9. Open the pot and transfer the instant gigandes plaki into a bowl. Top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌿, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 340 | Carbs: 46.1 g. | Fat: 4.7 g. | Protein: 28.3 g. | Fiber: 24.9 g. | Sugar: 7.4 g. per serving



Single-Step

03. TOFU TAMARIND CURRY

Inspired by the Indian kitchen, savory and perfect for curry nights!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** ~10 min | 🏠 **Pressure Cook:** 4 min | 🕒 **Estimated Total:** 30 min

INGREDIENTS:

- **YELLOW ONION** 110 g. | 1 medium (diced)
- **EGGPLANT/AUBERGINE** 600 g. | 1 large (cubed)
- **TAMARIND PASTE** 30 g. | 2 tbsp.
- **GARAM MASALA POWDER** 4 g. | 2 ½ tsp.
- **KOSHER OR SEA SALT** 7.5 g. | 1 ½ tsp.
- **WATER** 240 ml | 1 cup
- **TOMATO SAUCE** 400 g. | 1 ¾ cups
- **FIRM TOFU** 200 g. | 7-oz pack (cubed)

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Shredded coconut flakes*

METHOD:

1. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
2. Stir in the eggplant cubes followed by the tamarind paste. Make sure to stir well to allow the onion and eggplant cubes to absorb the tamarind paste. Add the garam masala powder and salt and stir again.
3. Deglaze the pot with the water and add the tomato sauce, followed by the smoked tofu cubes. Stir again to make sure that all ingredients are mixed, and nothing is stuck to the bottom of the pot.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 4 minutes.
5. Once the 4-minute timer has completed, allow a 5-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot and transfer the tofu tamarind curry to a bowl and serve it warm topped with the optional garnishes and if desired, some Jasmin rice or naan bread. Enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 2-3 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 255 | Carbs: 32.8 g. | Fat: 5.7 g. | Protein: 18.2 g. | Fiber: 13.6 g. | Sugar: 18.6 g. per serving



Dump-and-Go

04. MARINATED ALMOND TEMPEH

Buttery, protein-rich, and insanely delicious tempeh!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (>30 min) + ~5 min | 🏠 **Pressure Cook:** 5 min | 🕒
Estimated Total: 15 min

INGREDIENTS:

- **ALMOND BUTTER** 15 g. | 1 tbsp.
- **SOY SAUCE OR TAMARI** 15 ml | 1 tbsp. (certified gluten-free if needed)
- **APPLE CIDER VINEGAR** 8 ml | ½ tbsp.
- **TEMPEH** 200 g. | 7-oz pack (cubed)
- **WHITE OR BROWN BUTTON MUSHROOMS** 100 g. | ⅔ cup (sliced)
- **GREEN PEAS** 80 g. | ½ cup (frozen, thawed)
- **VEGETABLE STOCK** 240 ml. | 1 cup
- **ROASTED SESAME SEEDS** 30 g. | 2 tbsp.

METHOD:

1. In a small bowl, whisk the almond butter, soy sauce, and apple cider vinegar into a smooth mixture. Add the tempeh cubes and stir to make sure all the cubes are coated evenly with the marinade. Transfer the tempeh cubes into the fridge for at least 30 minutes, up to 24 hours.
2. Add all the ingredients except for the roasted sesame seeds into the IP.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 5 minutes.
4. Once the 5-minute timer has completed, QPR. Select the Cancel setting.
5. Open the pot and transfer the Marinated Almond Tempeh into a bowl and cover it with the roasted sesame seeds. Serve warm with, if desired, some white rice. Enjoy!

gluten-free option 🌿

- STORAGE: 2-3 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 399 | Carbs: 26.5 g. | Fat: 19.3 g. | Protein: 29.9 g. | Fiber: 9.8 g. | Sugar: 4.2 g. per serving

Tip:

This recipe can also be made as a soup! Simply triple the almond butter, soy sauce, apple cider vinegar and add more vegetable stock and/or water; use smaller tempeh cubes and dice the mushrooms.



Single-Step

05. MISO MUSTARD RISOTTO

Get ready for a unique, savory risotto that is loaded with flavor!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep: 10 min + ~10 min** | 🏠 **Pressure Cook: 12 min** | 🕒
Estimated Total: 45 min

INGREDIENTS:

- **DRY BROWN RICE** 200 g. | 1 cup
- **GARLIC** 4 cloves (minced)
- **SOY SAUCE OR TAMARI** 15 ml | 1 tbsp. (certified gluten-free if needed)
- **WHITE OR BROWN BUTTON MUSHROOMS** 400 g. | 3 1/5 cups (sliced)
- **VEGETABLE STOCK** 720 ml | 3 cups (sliced)
- **FIRM TOFU** 200 g. | 7-oz pack (drained, cubed)
- **WHOLE GRAIN MUSTARD** 25 g. | 1 1/2 tbsp.
- **WHITE MISO PASTE** 60 g. | 1/4 cup (certified gluten-free if needed)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Dijon or whole grain mustard*
- *Freshly chopped parsley*

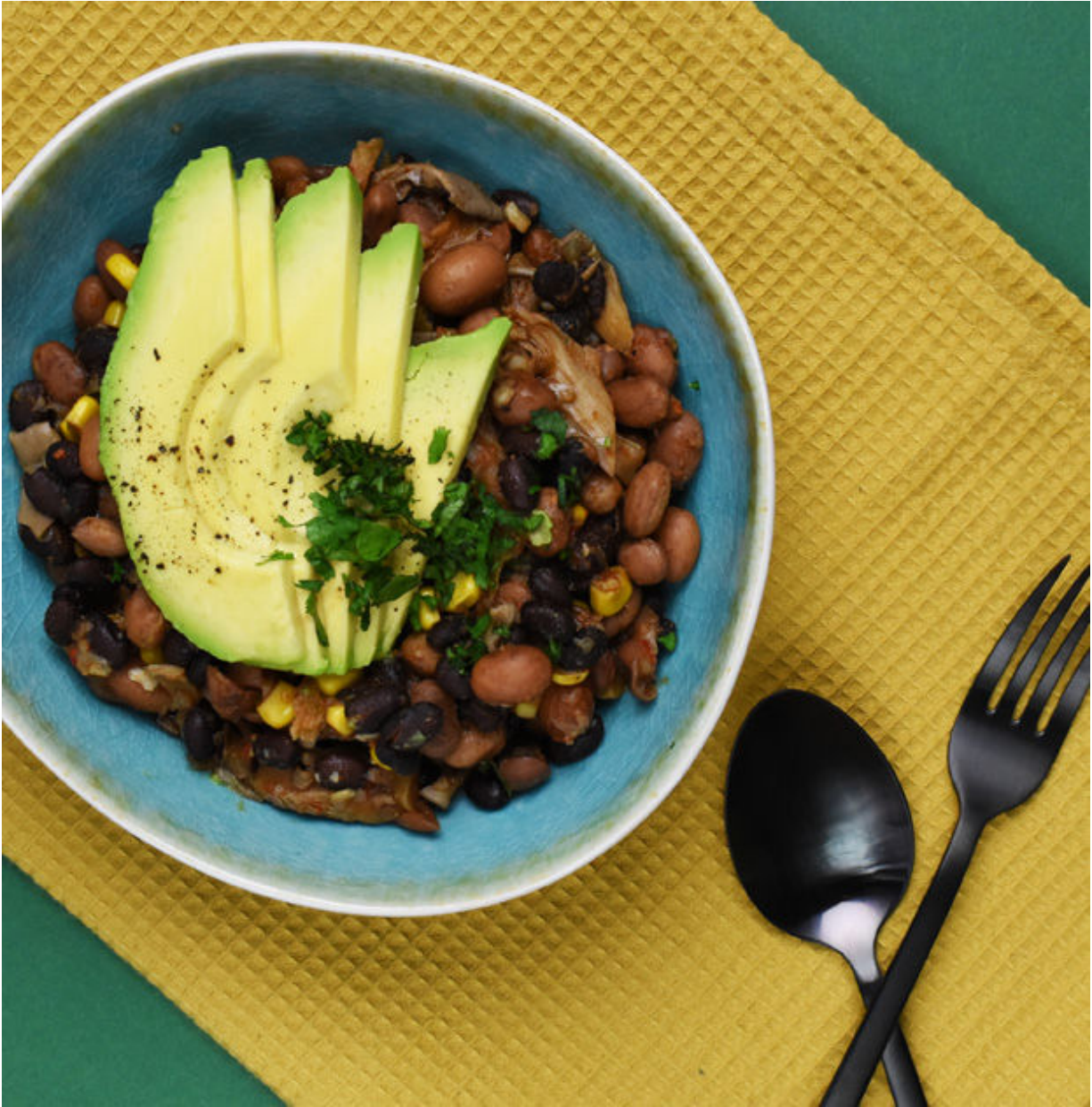
METHOD:

1. Soak the rice in water for 10 minutes, then drain and rinse under fresh water in a fine-mesh sieve.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the minced garlic and cook while stirring constantly for about a minute.
3. Deglaze the pot with the soy sauce and stir in the sliced mushrooms. Cook the sliced mushrooms for about 8 minutes to allow them to release most of their liquid while stirring often. If necessary, use (15-30 ml) 1 or 2 tablespoons of vegetable stock to prevent the mushrooms from sticking to the bottom of the pot.
4. Select the Cancel setting and add the vegetable stock and stir in the brown rice followed by the remaining ingredients. Stir to make sure nothing is stuck to the bottom of the pot.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 12 minutes.
6. Once the 12-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the miso mustard risotto into a bowl. Serve warm topped with the optional garnishes. Enjoy!

gluten-free option 🌿, *nut-free* 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 297 | Carbs: 45.4 g. | Fat: 5.6 g. | Protein: 16.3 g. | Fiber: 6.5 g. | Sugar: 5.1 g. per serving



Single-Step

06. TACO BEAN BOWL

Try this soy-free, Mexican-inspired bowl packed with nutrients!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~10 min | 🏠 **Pressure Cook:** 6 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **CRANBERRY BEANS** 100 g. | ½ cup (or dry pinto beans)
- **DRY BLACK BEANS** 100 g. | ½ cup
- **RED ONION** 70 g. | 1 small (diced)
- **GARLIC** 3 cloves (minced)
- **OYSTER MUSHROOMS** 170 g. | 2 cups (diced)
- **TOMATO SAUCE** 110 g. | ½ cup
- **CORN KERNELS** 50 g. | ⅓ cup (canned, drained)
- **TACO SEASONING MIX** 9 g. | 3 tbsp.
- **WATER** 240 ml | 1 cup

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Avocado slices*

METHOD:

1. Soak the pinto beans and black beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced red onion and minced garlic and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked beans, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 6 minutes.
6. Once the 6-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the dish into a bowl, top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 245 | Carbs: 43.9 g. | Fat: 1 g. | Protein: 15 g. | Fiber: 15.4 g. | Sugar: 4.1 g. per serving



Single-Step

07. LENTIL SPINACH ALMOND CURRY

A saucy, hearty curry that is rich in soy-free proteins!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 3 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY RED LENTILS** 400 g. | 2 cups
- **GARLIC** 3 cloves (minced)
- **WATER** 600 ml | 2 ½ cups
- **CUP ALMOND BUTTER** 45 g. | 3 tbsp.
- **GARAM MASALA POWDER** 6 g. | 4 tsp.
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **DICED TOMATOES** 200 g. | 1 cup
- **ROSEMARY** 1 sprig or dried 0.5 g. | ½ tsp.
- **FRESH BABY SPINACH** 60 g. | 2 cups (chopped)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Fresh lemon juice*
- *Planed almonds*

METHOD:

1. Soak the red lentils in plenty of water for at least 30 minutes, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the minced garlic and cook while stirring constantly for about 2 minutes. Select the Cancel setting.
3. Deglaze the pot with the water and stir in the remaining ingredients except for the spinach.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 3 minutes.
5. Once the 3-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
6. Open the pot and stir in the chopped spinach. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
7. Open the pot and transfer the lentil spinach almond curry into a bowl and serve it topped with the optional garnishes and if desired, some cooked rice of choice.

gluten-free 🌾, ***soy-free*** 🍲

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 472 | Carbs: 66.1 g. | Fat: 10.5 g. | Protein: 28.2 g. | Fiber: 12.7 g. | Sugar: 4.8 g. per serving



Single-Step

08. TOFU ALFREDO LINGUINI

Creamy pasta-lovers pay attention to this dish!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 2 min | 🕒 **Estimated Total:** 30 min

INGREDIENTS:

- **WHOLE WHEAT LINGUINI PASTA** 300 g. | 10.5 oz
- **FIRM TOFU** 200 g. | 7-oz pack (drained, cubed)
- **VEGETABLE STOCK** 960 ml | 4 cups
- **ITALIAN SEASONING** 2.5 g. | 2 tsp.
- **NUTRITIONAL YEAST** 12 g. | 3 tbsp.
- **GREEN PEAS** 85 g. | ½ cup (frozen, thawed)
- **CASHEW BUTTER** 45 g. | 3 tbsp.
- **FRESH FRESH LEMON JUICE** 38 ml | 2 ½ tbsp.

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Fresh basil leaves*
- *Red pepper flakes*

METHOD:

1. Add all the ingredients except for the green peas, cashew butter, and lemon juice into the IP. Make sure the pasta is submerged in water for even cooking, break it in half if necessary.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
3. Once the 2-minute timer has completed, allow a 10-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
4. Open the pot and stir in the green peas and cashew butter. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
5. Open the pot and stir in the lemon juice. Transfer the tofu alfredo linguini into a bowl topped with the optional garnishes and serve warm. Enjoy!

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 435 | Carbs: 63.4 g. | Fat: 10.4 g. | Protein: 21.8 g. | Fiber: 6.7 g. | Sugar: 5.6 g. per serving



Single-Step

09. CREAMY BEANS

Beans made perfectly creamy with the magical attributes of kombu!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 7 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY KIDNEY BEANS** 300 g. | 1 ½ cups
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 3 cloves (minced)
- **WATER** 480 ml | 2 cups
- **DRIED KOMBU** 1 strip (2 by 6-inch/5 by 15 cm)
- **BAY LEAVES** 3
- **CUMIN** 1 g. | ½ tsp.
- **RED PEPPER FLAKES** 1 g. | ½ tsp.
- **SOY SAUCE OR TAMARI** 30 ml | 2 tbsp. (certified gluten-free if needed)

OPTIONAL GARNISHES:

- *Freshly chopped parsley*

METHOD:


1. Soak the kidney beans in plenty of water for at least 8 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and select the Cancel setting.
3. Deglaze the pot with the water and stir in the soaked kidney beans followed by the remaining ingredients. Make sure nothing is stuck to the bottom of the pot. Secure the lid and set the Pressure Release to Sealing.
4. Select the Pressure Cook setting at high pressure and set the time to 7 minutes.
5. Once the 7-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot and transfer the creamy beans into a bowl, top with the optional parsley and serve warm with, if desired, some brown rice. Enjoy!

gluten-free option 🌾, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 401 | Carbs: 64.8 g. | Fat: 0.1 g. | Protein: 35.5 g. | Fiber: 37.6 g. | Sugar: 6.3 g. per serving

Red Curry

gluten-free option 



Single-Step

10. INSTANT THAI TOFU CURRY

Three delicious Thai curries, that can be prepared in an instant!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~10 min | 🏠 **Pressure Cook:** 1 min | 🕒 **Estimated Total:** 35 min



• **3 Variations** •

INGREDIENTS:

- **FIRM TOFU** 200 g. | 7-oz pack (drained, cubed)
- **WATER (FOR 1)** 180 ml | ¾ cup
- **VEGETABLE STOCK (FOR 2,3)** 180 ml | ¾ cup;
- **FULL-FAT COCONUT MILK** 120 ml | ½ cup

1. Red Curry:

- **YELLOW ONION** 110 g. | 1 medium (diced)
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **RED BELL PEPPERS** 2 medium (cored, cubed)
- **THAI RED CURRY PASTE** 30 ml | 2 tbsp.
- **SOY SAUCE OR TAMARI** 23 ml | 1 ½ tbsp. (certified gluten-free if needed)
- **ALMOND BUTTER** 30 g. | 2 tbsp.



2. Yellow Curry:

- **THAI YELLOW CURRY PASTE** 30 ml | 2 tbsp.
- **FRESH OR FROZEN GREEN BEANS** 100 g. | $\frac{2}{3}$ cup (thawed)
- **YELLOW BELL PEPPER** 1 medium (cored, cubed)
- **ROASTED UNSALTED CASHEWS** 20 g. | 2 tbsp. (crushed)



3. Green Curry:

- **YELLOW ONION** 110 g. | 1 medium (diced)
- **KING OYSTER MUSHROOMS** 170 g. | 2 cups (quartered)
- **FRESH GINGER** 6 g. | 1 tbsp. (minced)
- **THAI GREEN CURRY PASTE** 30 ml | 2 tbsp.
- **GREEN PEAS** 100 g. | $\frac{2}{3}$ cup (frozen, thawed)

OPTIONAL GARNISHES (FOR ALL 3 VARIATIONS):

- *Freshly chopped Thai basil*
- *Fresh lime juice*

METHOD:

1. **For options 1 & 3**, select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
 2. **For option 1**, stir in the salt, and add the red bell pepper cubes, red curry paste, and water. Mix the curry paste and water together until no lumps remain before stirring in the tofu cubes.
 3. **For option 3**, add the king oyster mushroom chunks and with the remaining heat of the Sauté setting, allow these to cook for a minute before adding the ginger, green curry paste, and vegetable stock. Mix the curry paste with the vegetable stock until no lumps remain before stirring in the tofu cubes.
 4. **For option 2 (starting here)**, add the yellow curry paste into the IP and mix it with the vegetable stock before stirring in the green beans, bell pepper cubes, and tofu cubes.
 5. Stir to make sure nothing is stuck to the bottom of the pot and secure the lid. Set the Pressure Release to Sealing and select the Pressure Cook setting at high pressure and set the time to 1 minute.
 6. Once the 1-minute timer has completed, allow a 10-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
 7. For all options, open the pot and stir in the coconut milk.
 8. **For option 1**, stir in the soy sauce and almond butter. Carefully stir until no lumps remain.
 9. **For option 3**, add the green peas.
 10. **For options 1 & 3**, put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes.
 11. Open the pot and transfer the instant Thai tofu curry into a bowl and topped with the optional garnishes and if desired, some jasmine or (long-grain) white rice on the side. **For option 2**, garnish with the crushed cashews. Serve warm and enjoy!
-

PER SERVING

	Calories:	Carbs:	Fat:	Protein:	Fiber:	Sugar:
<i>Red Curry</i>	197	10.3 g.	13 g.	9.7 g.	3.8 g.	1.8 g.
<i>Yellow Curry</i>	165	8.7 g.	10.8 g.	8.2 g.	3.5 g.	0.8 g.
<i>Green Curry</i>	164	11.5 g.	8.6 g.	10.3 g.	4.8 g.	4.5 g.

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Tip:

For best flavor results, use curry pastes from quality brands like “Thai Cock” and “Thai Kitchen”, which are gluten-free.



Single-Step

11. TOMATO-SPICED LENTILS

Tender, versatile lentils with plenty of flavors!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 6 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **GREEN DRY LENTILS** 400 g. | 2 cups
- **YELLOW ONION** 150 g. | 1 large (diced)
- **VEGETABLE STOCK** 720 ml | 3 cups
- **TOMATO SAUCE** 225 g. | 1 cup
- **SOY SAUCE OR TAMARI** 30 ml | 2 tbsp. (certified gluten-free if needed)
- **FRESH GINGER** 6 g. | 1 tbsp. (minced)
- **SMOKED PAPRIKA POWDER** 5 g. | 2 tsp.
- **TURMERIC POWDER** 1.5 g. | ½ tsp.

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Red bell pepper*

METHOD:

1. Soak the dry lentils in plenty of water for at least 30 minutes, then drain and rinse under fresh water.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked lentils, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing and select the Pressure Cook setting at high pressure and set the time to 6 minutes.
6. Once the 6-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the tomato-spiced lentils into a bowl, top with the optional garnishes, and serve it warm with, if desired, some rice or bread. Enjoy!

gluten-free option 🌾, *nut-free* 🥜

- STORAGE: 4-5 DAYS IN THE FRIDGE, 60 DAYS IN THE FRIDGE

Calories: 349 | Carbs: 59.1 g. | Fat: 0 g. | Protein: 28.1 g. | Fiber: 30.2 g. | Sugar: 9.8 g. per serving



Multi-Step

12. INSTANT UDON BOWL

Japanese udon, simple but nutritious and delicious!

Serves: 4 bowls 🍜 🍜 🍜 🍜

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 2 min | 🕒 **Estimated Total:** 25 min

INGREDIENTS:

- **WATER** 720 ml | 3 cups
- **DRIED KOMBU** 1 sheet (4 by 4-inch/10 by 10 cm)
- **RED MISO PASTE** 60 g. | ¼ cup (certified gluten-free if needed)
- **MIRIN** 60 ml | ¼ cup
- **OYSTER MUSHROOMS** 100 g. | 1 cup
- **KING OYSTER MUSHROOMS** 100 g. | 1 cup
- **UDON NOODLES** 400 g. | 14-oz pack (precooked)
- **FIRM TOFU** 400 g. | 2 x 7-oz packs (drained, cubed)

OPTIONAL GARNISHES:

- *Chopped green onions*
- *Toasted sesame seeds*

METHOD:

1. Add the water and dried kombu into the IP and secure the lid. Set the Pressure Release to Sealing and select the Pressure Cook setting at low pressure and set the time to 1 minute.
2. Once the 1-minute timer has completed, allow a 5-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Open the pot and take out the kombu leaves. Select the Cancel setting.
3. Add the remaining ingredients into the IP and secure the lid. Set the Pressure Release to Sealing and select the Pressure Cook setting at high pressure and set the time to 1 minute.
4. Once the 1-minute timer has completed, allow a 5-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting and open the pot.
5. Transfer the food into a bowl topped with the optional garnishes and serve warm. Enjoy!

nut-free 🌱

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 327 | Carbs: 44.8 g. | Fat: 6.6 g. | Protein: 22.2 g. | Fiber: 9.5 g. | Sugar: 8.2 g. per serving

Tip:

For an easier recipe, use the total amount of both, or one type of the oyster and king oyster mushrooms.



Single-Step

13. WILD RICE 'N GREENS BOWL

Try this nutty, toasty wild rice combined with some Japanese-inspired ingredients!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** ~5 min | 🍲 **Pressure Cook:** 18 min | 🕒 **Estimated Total:** 45 min

INGREDIENTS:

- **DRY WILD RICE** 200 g. | 1 cup
- **VEGETABLE STOCK** 600 ml | 2 ½ cups
- **DRIED WAKAME** 15 g. | ¼ cup
- **EDAMAME** 200 g. | 1 ⅕ cups (frozen, thawed)
- **SOY SAUCE OR TAMARI** 30 ml | 2 tbsp. (certified gluten-free if needed)
- **MIRIN** 15 ml | 1 tbsp.
- **CUCUMBER** 1 small (diced)

OPTIONAL GARNISHES:

- *Chopped nori (or nori flakes)*
- *Toasted sesame seeds*
- *Red pepper flakes*

METHOD:

1. In a fine-mesh sieve, rinse the wild rice with fresh water.
2. Add the vegetable stock followed by the wild rice into the IP.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 18 minutes.
4. Once the 18-minute timer has completed, allow a 10-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
5. Open the pot and stir in the remaining ingredients except for the cucumber. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
6. Open the pot and stir in the diced cucumber before transferring the dish into a bowl. Top with the optional garnishes and serve warm or cold. Enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 539 | Carbs: 93.1 g. | Fat: 6.4 g. | Protein: 27.3 g. | Fiber: 12.1 g. | Sugar: 8.6 g. per serving



Single-Step

14. RED MISO STROZZAPRETI

A delightful oil-free red lentil pasta that you will make again and again!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 2 min | 🕒 **Estimated Total:** 25 min

INGREDIENTS:

- **VEGETABLE STOCK** 660 ml | 2 ¾ cups
- **RED LENTIL PASTA** 250 g. | 1 ¼ cups (strozzapreti)
- **TOMATO SAUCE** 110 g. | ½ cup
- **RED MISO PASTE** 30 g. | 2 tbsp. (certified gluten-free if needed)
- **DIJON MUSTARD** 15 g. | 1 tbsp.
- **BROCCOLI FLORETS** 200 g. | 3 cups (chopped)
- **NUTRITIONAL YEAST** 16 g. | ¼ cup

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Chopped cherry tomatoes*

METHOD:

1. Starting with the vegetable stock, add all ingredients except for the broccoli florets and the nutritional yeast into the IP.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
3. Once the 2-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
4. Open the pot and stir in the broccoli florets and half of the nutritional yeast. Put the lid back on and allow the broccoli florets to cook on the residual heat for about 5 minutes. Select the Cancel setting.
5. Open the pot again and transfer the red miso strouzapreti into bowls and top with the remaining nutritional yeast and optional garnishes. Serve warm and enjoy!

gluten-free 🌿, *nut-free* 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 302 | Carbs: 47.4 g. | Fat: 2.1 g. | Protein: 23.3 g. | Fiber: 7.3 g. | Sugar: 4.7 g. per serving



Single-Step

15. TAHINI PENNE

Creamy, smooth penne with an explosive cheesy flavor!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 3 min | 🕒 **Estimated Total:** 35 min

INGREDIENTS:

- **YELLOW ONION** 70 g. | 1 small (diced)
- **GARLIC** 8 cloves (minced)
- **WATER** 480 ml | 2 cups
- **WHOLE-GRAIN PENNE** 200 g. | 7 oz
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **BROCCOLI FLORETS** 400 g. | 6 cups (chopped)
- **UNSWEETENED ALMOND MILK** 360 ml | 1 ½ cup (or any type of non-dairy milk)
- **NUTRITIONAL YEAST** 30 g. | ½ cup
- **TAHINI** 30 g. | 2 tbsp.

OPTIONAL GARNISHES:

- *Toasted sesame seeds*
- *Fresh lemon juice*
- *Ground black pepper*

METHOD:

1. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and select the Cancel setting.
2. Deglaze the pot with the water and add the penne and salt.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 3 minutes.
4. Once the 3-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
5. Open the pot and stir in the remaining ingredients. Mix everything together until no lumps remain. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
6. Open the pot. **If desired**, thicken the sauce by simmering for 2-5 minutes. Select the Sauté setting and stir until the sauce reaches the desired consistency. Select the Cancel setting.
7. Transfer the tahini penne into a bowl and top with the optional garnishes. Serve warm and enjoy!

soy-free 🌱, *nut-free option* 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 359 | Carbs: 52.9 g. | Fat: 7.7 g. | Protein: 19.2 g. | Fiber: 12.9 g. | Sugar: 6.1 g. per serving



Single-Step

16. YELLOW LENTIL CURRY

Enjoy this soft, easy, Indian-inspired curry soup that is allergen-free!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~10 min | 🏠 **Pressure Cook:** 4 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY YELLOW LENTILS** 200 g. | 1 cup
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 3 cloves (minced)
- **VEGETABLE STOCK** 480 ml | 2 cups
- **FRESH GINGER** 6 g. | 1 tbsp. (minced)
- **THAI YELLOW CURRY PASTE** 30 g. | 2 tbsp.
- **GREEN PEAS** 100 g. | ½ cup (frozen, thawed)
- **FULL-FAT COCONUT MILK** 60 ml | ¼ cup

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Red pepper flakes*

METHOD:

1. Soak the yellow lentils in plenty of water for 30 minutes or longer, then drain and rinse under fresh water.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes before stirring in the minced garlic. Select the Cancel setting.
3. Deglaze the pot with the vegetable stock and add the soaked lentils, followed by the remaining ingredients except for the coconut milk. Secure the lid and set the Pressure Release to Sealing.
4. Select the Pressure Cook setting at high pressure and set the time to 4 minutes.
5. Once the 4-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot, stir in the coconut milk and transfer the yellow lentil curry into a bowl. Top with the optional garnishes, serve warm and enjoy!

gluten-free 🌾, *soy-free* 🥛, *nut-free* 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 254 | Carbs: 39.5 g. | Fat: 4.7 g. | Protein: 13.5 g. | Fiber: 8.3 g. | Sugar: 2.9 g. per serving

Tip:

For best flavor results, use curry pastes from quality brands like “Thai Cock” and “Thai Kitchen”, which are gluten-free.



Single-Step

17. TOFU JAMBALAYA

Hearty and full of fresh produce, this dish will not disappoint!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 3 min | 🕒 **Estimated Total:** 30 min

INGREDIENTS:

- **RED ONION** 110 g. | 1 medium (diced)
- **GARLIC** 4 cloves (minced)
- **WATER** 540 ml | 2 ¼ cups
- **DRY LONG GRAIN WHITE RICE** 185 g. | 1 cup
- **TOMATO SAUCE** 225 g. | 1 cup
- **CAJUN SEASONING** 20 g. | 2 tbsp.
- **SMOKED PAPRIKA POWDER** 2.5 g. | 1 tbsp.
- **SMOKED TOFU** 250 g. | 9-oz pack (drained, cubed)
- **GREEN BELL PEPPER** 1 medium (cored, diced)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Red pepper flakes*

METHOD:

1. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes before stirring in the minced garlic. Select the Cancel setting.
2. Deglaze the pot with the water and add all the remaining ingredients.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 3 minutes.
4. Once the 3-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
5. Open the pot and transfer the tofu jambalaya into a bowl and top with the optional garnishes. Serve warm and enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 276 | Carbs: 46.4 g. | Fat: 3.2 g. | Protein: 15.3 g. | Fiber: 2.1 g. | Sugar: 4.1 g. per serving



Multi-Step

18. SOY CURL TIKKA MASALA

Creamy and spicy Indian-inspired curry with marinated soy curls!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 14 min | 🕒
Estimated Total: 45 min

INGREDIENTS:

- **DRY CHICKPEAS** 66 g. | 1/3 cup
- **SOY CURLS** 120 g. | 3 cups
- **TIKKA MASALA SPICE PASTE** 30 g. | 2 tbsp.
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 3 cloves (minced)
- **WATER** 180 ml | 3/4 cup
- **FRESH GINGER** 6 g. | 1 tbsp. (minced)
- **TOMATO SAUCE** 110 g. | 1/2 cup
- **FULL-FAT COCONUT MILK** 60 ml | 1/4 cup

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*

METHOD:

1. Soak the chickpeas in plenty of water for at least 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Soak the soy curls in some hot water for 15 minutes, then drain and rinse under fresh water.
3. In a medium bowl, mix the soaked soy curls with the Tikka masala spice paste. Stir occasionally to make sure all soy curls are evenly coated. Leave the soy curls to marinate for at least 30 minutes up to 24 hours.
4. Add enough water (not listed) with the soaked chickpeas into the IP and secure the lid. Set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 12 minutes.
5. Once the 12-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot and drain the hot water. Transfer the cooked chickpeas into a bowl and set aside.
7. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the yellow onion and cook while stirring constantly until softened, for about 4 to 5 minutes before stirring in the minced garlic and ginger. Select the Cancel setting.
8. Deglaze the pot with the water and stir in the marinated soy curls, cooked chickpeas, and tomato sauce.
9. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
10. Once the 2-minute timer has completed, allow a 5-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
11. Open the pot and stir in the coconut milk. Transfer the soy curl tikka masala into a bowl topped with the optional chopped cilantro. Serve warm with, if desired, some jasmine rice. Enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 402 | Carbs: 36.2 g. | Fat: 15.9 g. | Protein: 28.5 g. | Fiber: 10.5 g. | Sugar: 6.5 g. per serving

Tip:

For best flavor results, use Tikka masala spice paste from a quality brand like “Asian Home Gourmet”, which is gluten-free.



Dump-and-Go

19. 'ROASTED' MUSHROOM POT

Looking for an entrée with texture? This rich, meaty dish will not disappoint you!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 6 min | 🕒 **Estimated Total:** 15 min

INGREDIENTS:

- **RED WINE VINEGAR** 30 ml | 2 tbsp.
- **VEGETABLE STOCK** 360 ml | 1 ½ cups
- **SOY SAUCE OR TAMARI** 60 ml | ¼ cup (certified gluten-free if needed)
- **GARLIC** 3 cloves (minced)
- **DRIED OREGANO** 2 g. | 2 tsp.
- **ROSEMARY** 1 sprig fresh, or dried 0.5 g. | ½ tsp.
- **LARGE WHITE OR BROWN BUTTON MUSHROOMS** 300 g. | 2 ⅔ cup (coarsely chopped)
- **FIRM TOFU** 200 g. | 7-oz pack (drained, cubed)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*

METHOD:

1. Add the liquids into the IP followed by the remaining ingredients.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 6 minutes.
3. Once the 6-minute timer has completed, QPR. Select the Cancel setting.
4. Open the pot and transfer the roasted mushroom pot into a bowl, top with the optional black pepper and serve warm. Enjoy!

gluten-free option 🌿, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 167 | Carbs: 8.8 g. | Fat: 5.8 g. | Protein: 19.9 g. | Fiber: 5.5 g. | Sugar: 3.8 g. per serving



Single-Step

20. MARINATED TEMPEH 'N BEANS

A special bowl with the best of soy!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 2 min | 🕒 **Estimated Total:** 30 min

INGREDIENTS:

- **SOY SAUCE OR TAMARI** 60 ml | ¼ cup (certified gluten-free if needed)
- **MIRIN** 30 ml | 2 tbsp.
- **WHITE MISO PASTE** 15 g. | 1 tbsp. (certified gluten-free if needed)
- **TEMPEH** 200 g. | 7-oz pack (sliced)
- **WHITE OR BROWN BUTTON MUSHROOMS** 200 g. | 3 ½ cups (sliced)
- **WATER** 120 ml | ½ cup
- **FRESH GINGER** 12 g. | 2 tbsp. (minced)
- **GARLIC** 5 cloves (minced)
- **GREEN BEANS** 400 g. | 2 ½ cups

OPTIONAL GARNISHES:

- *Toasted sesame seeds*
- *Chili garlic paste*

METHOD:

1. In a small bowl, whisk the soy sauce, mirin, and white miso paste into a smooth mixture. Stir in the tempeh slices and make sure all the cubes are coated evenly with the marinade. Transfer the marinated tempeh slices into the fridge for at least 30 minutes up to 24 hours.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Cook the mushrooms for about 6 minutes to allow them to release most of their liquid while stirring often. If necessary, use (15-30 ml) 1 or 2 tablespoons of water to prevent the mushrooms from sticking to the bottom of the pot.
3. Deglaze the pot with the water and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the marinated tempeh, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
6. Once the 2-minute timer has completed, allow a NPR for 10 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the marinated tempeh 'n beans into a bowl, top with the optional garnishes and serve warm. Enjoy!

gluten-free option 🌾, *nut-free* 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 370 | Carbs: 48.8 g. | Fat: 5.9 g. | Protein: 30.2 g. | Fiber: 13.5 g. | Sugar: 13.4 g. per serving



SOUPS

Single-Step

01. INSTANT MUSHROOM SOUP

Try this melt-in-your-mouth mushroom soup with a smoky touch!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~10 min | 🏠 **Pressure Cook:** 6 min | 🕒 **Estimated Total:** 45 min

INGREDIENTS:

- **SWEET OR YELLOW ONION** 150 g. | 1 large (diced)
- **GARLIC** 6 cloves (minced)
- **WHITE OR BROWN BUTTON MUSHROOMS** 400 g. | 3 1/5 cups
- **VEGETABLE STOCK** 840 ml | 3 1/2 cups (sliced)
- **BAY LEAVES** 2
- **DRIED OREGANO** 2 g. | 2 tsp.
- **DRIED ROSEMARY** 1 g. | 1 tsp.
- **SMOKED TOFU** 200 g. | 7-oz pack (drained, cubed)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Freshly chopped cilantro leaves*

METHOD:

1. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and deglaze the pot with (30 ml) 2 tablespoons of vegetable stock.
2. Add the sliced mushrooms and cook for about 10 minutes to allow them to release most of their liquid while stirring often. If necessary, add (15-30 ml) 1 or 2 additional tablespoons of vegetable stock to prevent the mushrooms from sticking to the bottom of the pot. Select the Cancel setting.
3. Deglaze the pot with the vegetable stock. Stir to make sure nothing is stuck to the bottom of the pot before adding the bay leaves, dried oregano, and rosemary, followed by the smoked tofu cubes.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 6 minutes.
5. Once the 6-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot, take out the bay leaves and transfer the instant mushroom soup into a bowl. Top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 2-3 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 112 | Carbs: 8.44 g. | Fat: 3 g. | Protein: 12.9 g. | Fiber: 1.5 g. | Sugar: 3.3 g. per serving

Tip:

Do you like a thicker or thinner soup? Simply add or reduce the amount of water in the soup recipes by ½ to 1 cup (120 to 240 ml)!



Multi-Step

02. MISO TOFU SOUP

A Japanese-inspired soup with a delicious salty-savory flavor profile!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep: 10 min + ~5 min** | 🏠 **Pressure Cook: 5 min** | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **WATER** 1440 ml | 6 cups
- **DRIED KOMBU** 1 sheet (4 by 4 inch/10 by 10 cm)
- **FRESH SHIITAKE MUSHROOMS** 200 g. | 2 cups (sliced)
- **DRIED WAKAME SEAWEED** 10 g. | 2 tbsp.
- **FRESH GINGER** 12 g. | 2 tbsp. (grated)
- **FIRM TOFU** 400 g. | 2 x 7-oz packs (drained, cubed)
- **SOY SAUCE OR TAMARI** 30 ml | 2 tsp. (certified gluten-free if needed)
- **WHITE MISO PASTE** 90 g. | 6 tbsp. (certified gluten-free if needed)
- **SOYBEAN SPROUTS** 100 g. | 1 cup

OPTIONAL GARNISHES:

- *Diced green onions*
- *Crushed red pepper flakes*

METHOD:

1. Add the water and dried kombu into the IP and secure the lid. Set the Pressure Release to Sealing and select the Pressure Cook setting at low pressure and set the time to 1 minute.
2. Once the 1-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
3. Open the pot and add the remaining ingredients except for the miso paste and soybean sprouts and secure the lid. Set the Pressure Release to Sealing and select the Pressure Cook setting at low pressure and set the time to 5 minutes.
4. Once the 5-minute timer has completed, QPR. Select the Cancel setting.
5. Open the pot and stir in the white miso paste and soy sprouts. Put the lid back on and allow the ingredients to cook on the residual heat for about 2 minutes.
6. Open the pot and transfer the miso tofu soup into a bowl. Top with the optional garnishes and serve warm. Enjoy!

gluten-free option 🌿, ***nut-free*** 🌰

- STORAGE: 2-3 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 213 | Carbs: 18.62 g. | Fat: 7.2 g. | Protein: 18.5 g. | Fiber: 7.2 g. | Sugar: 5.2 g. per serving



Single-Step

03. RED LENTIL SPINACH SOUP

A tasty healthy staple that can be made with common ingredients!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 13 min | 🕒
Estimated Total: 40 min

INGREDIENTS:

- **DRY RED LENTILS** 400 g. | 2 cups
- **RED ONIONS** 220 g. | 2 medium (diced)
- **VEGETABLE STOCK** 1560 ml | 6 ½ cups
- **FRESH BABY SPINACH** 100 g. | 3 ⅓ cups (chopped)
- **RED BELL PEPPER** 1 medium (cored, diced)
- **GARLIC** 4 cloves (minced)
- **CUMIN** 4 g. | 2 tsp.
- **FRESH LEMON JUICE** 60 ml | ¼ cup

OPTIONAL GARNISHES:

- *Full-fat coconut milk or coconut cream*

METHOD:

1. Soak the red lentils in plenty of water for 30 minutes, then drain and rinse under fresh water.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced red onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the vegetable stock and add the soaked lentils followed by the remaining ingredients except for the lemon juice.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 13 minutes.
5. Once the 13-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot and transfer the red lentil spinach soup into bowls. Top with the lemon juice and optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 2-3 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 415 | Carbs: 69.5 g. | Fat: 3 g. | Protein: 27.3 g. | Fiber: 12.9 g. | Sugar: 5.4 g. per serving



Single-Step

04. CURRIED SPLIT PEA SOUP

Try this split pea soup with a curried, smoky twist!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 10 min | 🕒
Estimated Total: 40 min

INGREDIENTS:

- **DRY GREEN SPLIT PEAS** 400 g. | 2 cups
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 2 cloves (minced)
- **VEGETABLE STOCK** 1320 ml | 5 ½ cups
- **SMOKED TOFU** 200 g. | 7-oz pack (cubed)
- **TOMATO PASTE** 60 ml | ¼ cup
- **CUMIN** 4 g. | 2 tsp.
- **CURRY POWDER** 6 g. | 1 tbsp.

OPTIONAL GARNISHES:

- *Full-fat coconut milk*
- *Red pepper flakes*

METHOD:

1. Soak the split peas in plenty of water for 30 minutes, then drain and rinse under fresh water.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic before selecting the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir to make sure nothing is stuck to the bottom of the pot.
4. Stir in the soaked split peas, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 10 minutes.
6. Once the 10-minute timer has completed, allow a 10-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the curried split pea soup into a bowl. Top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌿, *nut-free* 🌰

- STORAGE: 2-3 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 442 | Carbs: 68 g. | Fat: 2.9 g. | Protein: 35.9 g. | Fiber: 25.4 g. | Sugar: 3.9 g. per serving



Multi-Step

05. SOBA NOODLE SOUP

A delicious Japanese-inspired soup with nutritious buckwheat noodles!

Serves: 4 bowls 🍜 🍜 🍜 🍜

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 2 min | 🕒 **Estimated Total:** 25 min

INGREDIENTS:

- **WATER** 1440 ml | 6 cups
- **DRIED KOMBU** 1 strip (4 by 4 inch/10 by 10 cm) (chopped)
- **SMOKED TOFU** 200 g. | 7-oz pack (drained, cubed)
- **SOY SAUCE OR TAMARI** 30 ml | 2 tbsp. (certified gluten-free if needed)
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **FRESH GINGER** 6 g. | 1 tbsp. (minced)
- **DRY SOBA NOODLES** 200 g. | 7-oz pack
- **ONIONS** 20 g. | 2 green (diced)

OPTIONAL GARNISHES:

- *Red pepper flakes*

METHOD:

1. Add the water and chopped kombu into the IP. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 1 minutes.
2. Once the 1-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
3. Open the pot and take out the kombu. Add the tofu cubes, soy sauce, sea salt, and minced ginger.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 1 minute.
5. Once the 1-minute timer has completed, QPR.
6. Open the pot and add the soba noodles. Put the lid back on and allow the ingredients to cook on the residual heat for about 3 minutes. Select the Cancel setting.
7. Open the pot and transfer the soup into a bowl. Top with the diced green onion and optional red pepper flakes and serve warm. Enjoy!

gluten-free option 🌿, ***nut-free*** 🥜

- STORAGE: 2-3 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 274 | Carbs: 41.6 g. | Fat: 3.4 g. | Protein: 18.9 g. | Fiber: 1.9 g. | Sugar: 0.3 g. per serving



Single-Step

06. GOLDEN CHANA DAL WITH SPINACH

A soft and nutritious Indian-inspired soup that is packed with proteins!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 4 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY YELLOW LENTILS** 400 g. | 2 cups
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **WATER** 840 ml | 3 ½ cups
- **GARAM MASALA POWDER** 2.5 g. | 1 ½ tsp.
- **CUMIN** 2 g. | 1 tsp.
- **RED PEPPER FLAKES** 2 g. | 1 tsp.
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **TOMATO SAUCE** 150 g. | ⅔ cup
- **FRESH BABY SPINACH** 100 g. | 3 ⅓ cup (chopped)

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Fresh lemon juice*

METHOD:

1. Soak the yellow lentils in plenty of water for 30 minutes or longer, then drain and rinse under fresh water.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the water and stir in the soaked yellow lentils, followed by the remaining ingredients except for the spinach. Make sure nothing is stuck to the bottom of the pot.
4. Set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 4 minutes.
5. Once the 4-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
6. Open the pot and stir in the chopped spinach. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
7. Open the pot and transfer the soup into a bowl. Top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 2-3 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 369 | Carbs: 63 g. | Fat: 2.1 g. | Protein: 24.4 g. | Fiber: 12.7 g. | Sugar: 2.6 g. per serving



Single-Step

07. LENTIL MUSTARD SOUP

This healthy lentil soup highlights the smooth, mild, creamy elements of Dijon mustard!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 8 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY GREEN LENTILS** 400 g. | 2 cups
- **RED ONIONS** 140 g. | 2 small (diced)
- **GARLIC** 4 cloves (minced)
- **BAY LEAVES** 3
- **FIRE-ROASTED BELL PEPPER** 100 g. | 1/3 cup (drained, diced)
- **DRIED CORIANDER** 2 g. | 1 tbsp.
- **VEGETABLE STOCK** 1440 ml | 6 cups
- **MUSTARD SEEDS** 6 g. | 2 tsp.

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Dijon mustard*

METHOD:

1. Soak the green lentils in plenty of water for 30 minutes or longer, then drain and rinse under fresh water.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced red onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the garlic and select the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir in the soaked green lentils, followed by the remaining ingredients. Make sure nothing is stuck to the bottom of the pot.
4. Set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 8 minutes.
5. Once the 8-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot and take out the bay leaves. Transfer the soup into a bowl, top it with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 340 | Carbs: 58.7 g. | Fat: 0.5 g. | Protein: 27.3 g. | Fiber: 29.8 g. | Sugar: 7.8 g. per serving



Multi-Step

08. BEAN 'N BROCCOLI SOUP

This combination of whole food ingredients will result in a luscious, healthy weeknight dinner!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (12 hours) + ~10 min | 🏠 **Pressure Cook:** 14 min |
🕒 **Estimated Total:** 40 min

INGREDIENTS:

- **DRY GREEK GIANT BEANS OR LARGE WHITE BEANS** 200 g. | 1 cup
- **GARLIC** 4 cloves (minced)
- **RED PEPPER FLAKES, OR TO TASTE** 2 g. | 1 tsp.
- **VEGETABLE STOCK** 720 ml | 3 cups
- **DRIED OREGANO** 3 g. | 1 tbsp.
- **ROSEMARY** 2 sprigs or dried 1 g. | 1 tsp.
- **BROCCOLI FLORETS** 480 g. | 2 ³/₄ cups (chopped)
- **FRESH LEMON JUICE** 30 ml | 2 tbsp.

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Full-fat coconut milk*

METHOD:

1. Soak the Greek giant beans in plenty of water for 12 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Select the Sauté setting on the IP and add the minced garlic and crushed red pepper flakes. Cook while stirring constantly for about 1 minute.
3. Deglaze the pot with (60 ml) 4 tablespoons of vegetable stock. Make sure nothing is stuck to the bottom of the pot and stir in the soaked beans. Coat the beans evenly and select the Cancel setting.
4. Stir in the remaining vegetable stock, oregano, and rosemary sprigs.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 12 minutes.
6. Once the 12-minute timer has completed, allow a 5-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot, take out the rosemary sprigs and add the chopped broccoli florets. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 2 minutes.
8. Once the 2-minute timer has completed, allow a 5-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
9. Open the pot and **if desired**, blend most of the soup with an immersion blender. Leave some beans whole.
10. Stir in the lemon juice. Transfer the beans 'n broccoli soup into a bowl and top with the optional garnishes. Serve warm and enjoy!

gluten-free 🌾, soy-free 🥛, nut-free 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 177 | Carbs: 27.4 g. | Fat: 1.1 g. | Protein: 14.5 g. | Fiber: 15.7 g. | Sugar: 2.9 g. per

*servi*ng



Single-Step

09. ITALIAN BEAN SOUP

An easy, nutritious Italian-inspired soup packed with texture and flavor!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 7 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY CANNELLINI OR NAVY BEANS** 300 g. | 1 ½ cups
- **RED ONION** 110 g. | 1 medium (diced)
- **GARLIC** 4 cloves (minced)
- **VEGETABLE STOCK** 840 ml | 3 ½ cups
- **TOMATO SAUCE** 225 g. | 1 cup
- **ITALIAN SEASONING** 5 g. | 1 ½ tbsp.
- **FRESH BABY SPINACH** 90 g. | 3 cups (chopped)
- **NUTRITIONAL YEAST** 16 g. | ¼ cup

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Arugula*

METHOD:

1. Soak the cannellini beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and add the red onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and select the Cancel setting.
3. Deglaze the pot with the vegetable stock and make sure nothing is stuck to the bottom of the pot.
4. Add the soaked beans, tomato sauce, and Italian seasoning.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 7 minutes.
6. Once the 7-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
7. Open the pot and stir in the chopped spinach. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
8. Open the pot again, stir in the nutritional yeast and transfer the Italian bean soup into a bowl. Top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 237 | Carbs: 38.9 g. | Fat: 1.2 g. | Protein: 17.5 g. | Fiber: 13.9 g. | Sugar: 8.8 g. per serving



Multi-Step

10. LASAGNA BEAN SOUP

This exciting twist on lasagna features two delicious beans!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 8 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY CRANBERRY BEANS** 200 g. | 1 ½ cup
- **DRY WHITE BEANS** 200 g. | 1 cup
- **GARLIC** 6 cloves (minced)
- **VEGETABLE STOCK** 1320 ml | 5 ½ cups
- **TOMATO SAUCE** 225 g. | 1 cup
- **ITALIAN SEASONING** 7 g. | 2 tbsp.
- **NUTRITIONAL YEAST** 16 g. | ¼ cup
- **PASTA SHEETS** 100 g. | 6 lasagna (broken into strips)

OPTIONAL GARNISHES:

- *Freshly chopped oregano*
- *Crushed cashews*
- *Fresh lemon juice*

METHOD:

1. Soak the cranberry beans and white beans in plenty of water for 8 hours or overnight, drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Stir in the minced garlic before selecting the Cancel setting.
3. Deglaze the pot with the vegetable stock and add the soaked beans, followed by the remaining ingredients except for the lasagna sheets. Secure the lid and set the Pressure Release to Sealing.
4. Select the Pressure Cook setting at high pressure and set the time to 6 minutes.
5. Once the 6-minute timer has completed, QPR and add the lasagna pasta sheet strips.
6. Select the Cancel setting, secure the lid, and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
7. Once the 2-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
8. Open the pot and transfer the bean lasagna soup into a bowl. Top with the optional garnishes and serve warm. Enjoy!

soy-free 🌱, **nut-free** 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 559 | Carbs: 98.2 g. | Fat: 2.9 g. | Protein: 34.9 g. | Fiber: 28 g. | Sugar: 3.6 g. per serving

Tip:

For an easier recipe, use only one of the beans listed and double the amount.



Single-Step

11. CREAMY QUINOA SOUP

An easy, thick, and hearty soup loaded with plant proteins!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 8 min | 🕒
Estimated Total: 40 min

INGREDIENTS:

- **DRY WHITE BEANS** 300 g. | 1 ½ cups
- **SWEET ONION** 200 g. | 1 large (diced)
- **DRY WHITE WINE** 60 ml | ¼ cup
- **ITALIAN SEASONING** 10.5 g. | 3 tbsp.
- **WHITE OR BROWN BUTTON MUSHROOMS** 340 g. | 2 ¾ cup (sliced)
- **VEGETABLE STOCK** 1080 ml | 4 ½ cups
- **UNSWEETENED ALMOND MILK** 360 ml | 1 ½ cups (or any type of non-dairy milk)
- **DRY QUINOA** 200 g. | 1 cup

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*

METHOD:

9. Soak the white beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
10. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 4 to 5 minutes.
11. Deglaze the pot with the white wine and stir in the Italian seasoning and sliced mushrooms.
12. Cook the mushrooms for about 8 minutes to allow them to release most of their liquid while stirring often. If necessary, use (15-30 ml) 1 or 2 tablespoons of vegetable stock to prevent the mushrooms from sticking to the bottom of the pot. Select the Cancel setting.
13. Deglaze the pot with the vegetable stock. Stir to make sure nothing is stuck to the bottom of the pot before adding the almond milk, followed by the soaked white beans and quinoa.
14. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 8 minutes.
15. Once the 8-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
16. Open the pot and transfer the creamy quinoa soup into a bowl, top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free option*** 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 512 | Carbs: 88.8 g. | Fat: 4.5 g. | Protein: 29 g. | Fiber: 24.5 g. | Sugar: 6 g.



Single-Step

12. RED LENTIL SWEET POTATO SOUP

A simple yet satisfying soup that makes a great supper!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~10 min | 🏠 **Pressure Cook:** 5 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY RED LENTILS** 200 g. | 1 cup
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 3 cloves (minced)
- **VEGETABLE STOCK** 720 ml | 3 cups
- **TOMATO SAUCE** 110 g. | ½ cup
- **SWEET POTATO** 100 g. | 1 medium (peeled, cubed)
- **GROUND CORIANDER** 4 g. | 2 tsp.
- **GROUND CUMIN** 4 g. | 2 tsp.

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Crushed cashews*

METHOD:

1. Soak the red lentils in plenty of water for about 30 minutes, then drain and rinse under fresh water.
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic before selecting the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked lentils, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 5 minutes.
6. Once the 5-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and **if desired**, blend the ingredients into a smooth pureed soup with an immersion blender.
8. Transfer the red lentil sweet potato soup into a bowl and top with the optional garnishes. Serve warm and enjoy!

gluten-free 🌾, *soy-free* 🥛, *nut-free* 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 227 | Carbs: 39.6 g. | Fat: 1.5 g. | Protein: 14 g. | Fiber: 7.2 g. | Sugar: 4.7 g. per serving



— STEWS —



Multi-Step

01. POTATO STEW WITH TOFU

A hearty stew, perfect for autumn nights!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~10 min | 🏠 **Pressure Cook:** 12 min | 🕒 **Estimated Total:** 45 min

INGREDIENTS:

- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 3 cloves (minced)
- **VEGETABLE STOCK** 1200 ml | 5 cups
- **7-OZ PACKS FIRM TOFU** 400 g. | 2 x (cubed)
- **WHEAT FLOUR** 30 g. | 5 tbsp.
- **POTATO** 400 g. | 1 large (cubed)
- **THYME** 2 sprigs or dried 5 g. | 2 ½ tsp. or
- **GREEN PEAS** 100 g. | ½ cup (frozen, thawed)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Kosher or sea salt*

METHOD:

1. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and select the Cancel setting.
2. Deglaze the pot with (30 ml) 2 tablespoons of vegetable stock and stir in the tofu cubes. Cook the tofu cubes for about 10 minutes while stirring often. If necessary, add additional tablespoons of vegetable stock to prevent the tofu cubes from sticking to the bottom of the pot. Select the Cancel setting.
3. Add the remaining ingredients except for the peas and stir until the flour has mixed with the broth. Make sure nothing is stuck to the bottom of the pot.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 12 minutes.
5. Once the 12-minute timer has completed, QPR. Open the pot and take out the thyme sprigs. Add the frozen peas, select the Cancel setting.
6. Select the Sauté setting with the Less temperature setting. Cook the stew while stirring occasionally until it reaches the desired consistency, for about 5 minutes. Select the Cancel setting.
7. Transfer the potato stew with tofu into a bowl topped with the optional garnishes. Serve warm and enjoy!

nut-free 🌱

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 273 | Carbs: 32.5 g. | Fat: 8.1 g. | Protein: 17.7 g. | Fiber: 7.9 g. | Sugar: 3.9 g. per serving



Multi-Step

02. SPICY KIDNEY BEAN STEW

Affordable, nutritious beans with a spicy kick!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 8 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY KIDNEY BEANS** 400 g. | 2 cups
- **GARLIC** 6 cloves (minced)
- **DRY WHITE WINE** 60 ml | ¼ cup
- **DRIED THYME** 0.5 g. | ½ tsp.
- **DRIED ROSEMARY** 0.5 g. | ½ tsp.
- **DRIED OREGANO** 1 g. | 1 tsp.
- **RED PEPPER FLAKES** 4 g. | 2 tsp.
- **WATER** 600 ml | 2 ½ cups
- **TOMATO SAUCE** 225 g. | 1 cup

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Chopped cherry tomatoes*

METHOD:

1. Soak the kidney beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the minced garlic and cook while stirring constantly until softened, for about 2 minutes while stirring. Select the Cancel setting.
3. Deglaze the pot with the white wine and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked kidney beans, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 8 minutes.
6. Once the 8-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and stir. Select the Sauté setting with the Less temperature setting. Cook the stew while stirring occasionally until it reaches the desired consistency, for 2-5 minutes. Select the Cancel setting.
8. Transfer the spicy kidney bean stew into a bowl, top with the optional garnishes, and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 526 | Carbs: 83.9 g. | Fat: 0.5 g. | Protein: 46.3 g. | Fiber: 48.3 g. | Sugar: 9.2 g. per serving



Multi-Step

03. TEX-MEX LEGUME STEW

A nourishing bowl with a smoky touch that makes a perfect go-to meal!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 6 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY BLACK BEANS** 200 g. | 1 cup
- **DRY GREEN LENTILS** 200 g. | 1 cup
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 5 cloves (minced)
- **VEGETABLE STOCK** 600 ml | 2 ½ cups
- **TEX-MEX SPICE MIX** 10 g. | 3 tbsp.
- **TOMATO SAUCE** 225 g. | 1 cup
- **FIRE-ROASTED BELL PEPPER** 60 g. | ¼ cup (drained, cubed)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Chopped cilantro leaves*
- *Fresh lime juice*

METHOD:

1. Soak the black beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Soak the green lentils in plenty of water for 30 minutes, then drain and rinse under fresh water.
3. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced yellow onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and select the Cancel setting.
4. Deglaze the pot with the vegetable stock and stir in the spice mix, followed by the tomato sauce, red bell pepper cubes, soaked beans, and lentils.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 6 minutes.
6. Once the 6-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and stir. Select the Sauté setting with the Less temperature setting. Cook the stew while stirring occasionally until it reaches the desired consistency, for 2-5 minutes. Select the Cancel setting.
8. Transfer the Tex-Mex legume stew into a bowl, top with the optional garnishes, and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 313 | Carbs: 52.9 g. | Fat: 0 g. | Protein: 25.4 g. | Fiber: 27.5 g. | Sugar: 7.5 g. per serving



Multi-Step

04. KAMUT 'N BEANS STEW

An aromatic, nutritious stew with savory grains, beans, and mushrooms!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 12 min | 🕒
Estimated Total: 45 min

INGREDIENTS:

- **DRY KIDNEY BEANS** 200 g. | 1 cup
- **DRY WHOLE GRAIN KAMUT** 120 g. | 1 cup
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 4 cloves (minced)
- **VEGETABLE STOCK** 720 ml | 3 cups
- **WHITE OR BROWN BUTTON MUSHROOMS** 200 g. | 1 ³/₅ cup (sliced)
- **ITALIAN SEASONING** 9 g. | 2 ¹/₂ tbsp.
- **TOMATO SAUCE** 150 g. | ²/₃ cup

OPTIONAL GARNISHES:

- *Freshly chopped parsley*
- *Chopped cherry tomatoes*

METHOD:

1. Soak the kidney beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Soak the Kamut in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak method as explained [here](#).
3. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced yellow onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic.
4. Deglaze the pot with (60 ml) 4 tablespoons of vegetable stock and stir in the sliced mushrooms. Cook for about 8 minutes to allow them to release most of their liquid while stirring often. If necessary, add an additional (15-30 ml) 1 or 2 tablespoons of vegetable stock to prevent the mushrooms from sticking to the bottom of the pot.
5. Select the Cancel setting and stir to make sure nothing is stuck to the bottom of the pot.
6. Add the remaining ingredients into the IP.
7. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 12 minutes.
8. Once the 12-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
9. Open the pot and transfer the Kamut 'n beans stew into a bowl topped with the optional garnishes and serve warm. Enjoy!

soy-free 🌱, nut-free 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 524 | Carbs: 91.7 g. | Fat: 1.3 g. | Protein: 36.1 g. | Fiber: 31.2 g. | Sugar: 14.8 g. per serving



Single-Step

05. INSTANT MISIR WAT

Find a few minutes for this protein-packed, Ethiopian-inspired red lentil puree!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 3 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY RED LENTILS** 200 g. | 1 cup
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 4 cloves (minced)
- **VEGETABLE STOCK** 420 ml | 1 ³/₄ cups
- **FRESH GINGER** 6 g. | 1 tbsp. (minced)
- **TOMATO PASTE** 40 g. | 3 tbsp.
- **BERBERE SEASONING** 9 g. | 1 tbsp.
- **FRESH CILANTRO** 10 g. | 2 tbsp. (chopped)

OPTIONAL GARNISHES:

- *Crushed cashews*

METHOD:

1. Soak the red lentils in plenty of water for 30 minutes, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced yellow onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and ginger and select the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked lentils, followed by the remaining ingredients except for the cilantro into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 3 minutes.
6. Once the 3-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the instant Misir Wat into a bowl topped with the chopped cilantro and the optional garnishes. Serve warm and enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 426 | Carbs: 72.5 g. | Fat: 2.9 g. | Protein: 27.4 g. | Fiber: 13.1 g. | Sugar: 6.0 g. per serving



Single-Step

06. ITALIAN 'MEATBALL' STEW

Enjoy this soy-free 'meatball' recipe with Italian roots!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 15 min | 🕒 **Estimated Total:** 45 min

INGREDIENTS:

- **YELLOW ONION** 110 g. | 1 medium (minced)
- **GARLIC** 4 cloves (minced)
- **VITAL WHEAT GLUTEN** 100 g. | $\frac{2}{3}$ cup
- **NUTRITIONAL YEAST** 16 g. | $\frac{1}{4}$ cup
- **ITALIAN SEASONING** 30 g. | 3 tbsp.
- **WATER** 420 ml | 1 $\frac{3}{4}$ cups
- **KOSHER OR SEA SALT** 10 g. | 2 tsp.
- **TOMATO PASTE** 40 g. | 3 tbsp.
- **TOMATO SAUCE** 150 g. | $\frac{2}{3}$ cup

OPTIONAL GARNISHES:

- *Nutritional yeast*
- *Freshly cracked black pepper*
- *Fresh basil leaves*

METHOD:

1. Divide the minced onion and garlic in half. In a bowl, mix half of these ingredients with the vital wheat gluten, nutritional yeast, Italian herbs, water, salt, and tomato paste. Knead the mixture for 10 minutes into a thick dough, then allow the dough to sit for 10 minutes.
 - a. *Alternatively, use a food processor or bowl and handheld mixer to prepare the seitan dough.*
2. Divide the dough into equal-sized balls. Aim for 8-10 meatballs and knead each meatball. Set aside.
3. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the remaining minced onion and garlic and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
4. Add the tomato sauce into the IP and stir to make sure nothing is stuck to the bottom of the pot. Gently add the seitan meatballs on top of the sauce with some space between each meatball.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 15 minutes.
6. Once the 15-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the Italian 'meatball' stew into a bowl, top with the optional garnishes. Serve warm with, if desired, pasta of choice. Enjoy!

soy-free 🌱, nut-free 🥜

- STORAGE: 4-5 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 159 | Carbs: 14 g. | Fat: 1.01 g. | Protein: 23.6 g. | Fiber: 2.9 g. | Sugar: 5.2 g. per serving

Tip:

Not (actively) avoiding soy? Add soy sauce instead of salt for extra flavor!



Single-Step

07. HUNGARIAN BEAN STEW

A Hungarian-inspired bean stew with a rich, sweet red pepper flavor!

Serves: 2 bowls 🍲 🍲

🕒 **Prep: (8 hours) + ~5 min** | 🏠 **Pressure Cook: 7 min** | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY KIDNEY BEANS** 400 g. | 2 cups
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 5 cloves (minced)
- **WATER** 600 ml | 2 ½ cups
- **CARROTS** 2 medium (chopped)
- **TOMATO SAUCE** 150 g. | ⅔ cup
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **(HUNGARIAN) SWEET PAPRIKA POWDER** 21 g. | 3 tbsp.
- **FRESH ITALIAN PARSLEY** 30 g. | ½ cup (chopped)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Diced red bell pepper*
- *Red pepper flakes*

METHOD:

1. Soak the kidney beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced yellow onion and minced garlic and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the water and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked kidney beans, followed by the remaining ingredients except for the parsley into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 7 minutes.
6. Once the 7-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the dish into a bowl, top with the chopped parsley and optional garnishes. Serve warm and enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 297 | Carbs: 48.2 g. | Fat: 0.8 g. | Protein: 24.2 g. | Fiber: 27.1 g. | Sugar: 6.9 g. per serving



Single-Step

08. RANCHERO STEW

A Mexican-inspired stew with sharp flavors that are definitely not boring!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep: (8 hours) + ~5 min** | 🏠 **Pressure Cook: 5 min** | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY BLACK BEANS** 400 g. | 2 cups
- **YELLOW ONION** 70 g. | 1 small (diced)
- **GARLIC** 2 cloves (minced)
- **VEGETABLE STOCK** 1080 ml | 4 cups
- **DRY AMARANTH** 95 g. | 1 cup
- **SWEET POTATO** 100 g. | 1 medium (cubed)
- **TOMATO SAUCE** 110 g. | ½ cup
- **TACO SEASONING MIX** 9 g. | 3 tbsp.

OPTIONAL GARNISHES:

- *Freshly chopped cilantro leaves*
- *Avocado slices*
- *Fresh lime juice*

METHOD:

1. Soak the black beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced yellow onion and minced garlic and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked black beans, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 5 minutes.
6. Once the 5-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the dish into a bowl, top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 389 | Carbs: 67 g. | Fat: 1.6 g. | Protein: 26.7 g. | Fiber: 28.6 g. | Sugar: 6.7 g. per serving



Single-Step

09. INSTANT BEAN DUO CHILI

A thick, hearty chili with a welcome spicy punch!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 7 min | 🕒
Estimated Total: 35 min

INGREDIENTS:

- **DRY BLACK BEANS** 200 g. | 1 cup
- **DRY KIDNEY BEANS** 200 g. | 1 cup
- **RED ONION** 70 g. | 1 small (diced)
- **WATER** 720 ml | 3 cups
- **TOMATO SAUCE** 300 g. | 1 ⅓ cup
- **RED BELL PEPPER** | ½ MEDIUM (CORED, DICED)
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **CHILI SEASONING** 16 g. | 2 tbsp.

OPTIONAL GARNISHES:

- *Red pepper flakes*

METHOD:

1. Soak the black beans and kidney beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the red onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Select the Cancel setting.
3. Deglaze the pot with the water stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked beans, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 7 minutes.
6. Once the 7-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the dish into a bowl, top with the optional dried red pepper flakes, and serve warm with, if desired, a tortilla and some fresh guacamole. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 274 | Carbs: 45.3 g. | Fat: 0 g. | Protein: 23.4 g. | Fiber: 25.7 g. | Sugar: 6.9 g. per serving



Multi-Step

10. FAVA BEAN BAKLA

A Turkish-inspired creamy puree as an appetizer or main meal!

Serves: 2 bowls 🍲 🍲

🕒 **Prep:** ~30 min | 🏠 **Pressure Cook:** 6 min | 🕒 **Estimated Total:** 60 min

INGREDIENTS:

- **DRY WHOLE FAVA (BROAD) BEANS** 200 g. | 1 cup
- **KOSHER OR SEA SALT** 7.5 g. | 1 ½ tsp.
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 2 cloves (minced)
- **WATER** 300 ml | 1 ¼ cups
- **SWEET POTATO** 100 g. | 1 small (peeled, diced)
- **FIRE-ROASTED BELL PEPPER** 60 g. | ¼ cup (drained, cubed)
- **FRESH CHIVES** 15 g. | 5 tbsp. (chopped)
- **RED PEPPER FLAKES** 2 g. | 1 tsp.

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Freshly chopped parsley*

METHOD:

1. Add enough water (not listed), the fava beans, and 2.5 gram (½ teaspoon) of the salt into the IP.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 4 minutes.
3. Once the 4-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
4. Open the pot and drain the hot water. Transfer the fava beans into a bath with cold water.
5. Once the fava beans have cooled, drain, and peel them. The peels should come off easily, but this process will take some time. Set the peeled beans aside.
6. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the yellow onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the garlic and select the Cancel setting.
7. Deglaze the pot with the water and stir to make sure nothing is stuck to the bottom of the pot.
8. Add the peeled beans, followed by the remaining ingredients into the IP.
9. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
10. Once the 2-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
11. Open the pot and stir the ingredients into a puree with a silicone scraper or wooden spatula. The ingredients should mix easily.
12. Transfer the fava bean bakla into a bowl, top with the optional garnishes, and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 188 | Carbs: 35.5 g. | Fat: 0.8 g. | Protein: 9.6 g. | Fiber: 2.6 g. | Sugar: 5.6 g. per serving



Single-Step

11. QUINOA BEAN TOMATO STEW

An easy whole food stew with a fire-roasted finish!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 5 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY BLACK BEANS** 200 g. | 1 cup
- **YELLOW ONION** 110 g. | 1 medium (diced)
- **GARLIC** 3 cloves (minced)
- **VEGETABLE STOCK** 600 ml | 2 ½ cups
- **DRY QUINOA** 100 g. | ½ cup
- **TOMATO SAUCE** 150 g. | ⅔ cup
- **DRIED MARJORAM** 10 g. | 2 tsp.
- **FIRE-ROASTED BELL PEPPER** 60 g. | ¼ cup (drained, cubed)

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Freshly chopped cilantro leaves*
- *Red pepper flakes*

METHOD:

1. Soak the black beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced yellow onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and select the Cancel setting.
3. Deglaze the pot with the vegetable stock and stir to make sure nothing is stuck to the bottom of the pot.
4. Add the soaked black beans, followed by the remaining ingredients into the IP.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 5 minutes.
6. Once the 5-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
7. Open the pot and transfer the quinoa bean tomato stew into a bowl, top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 232 | Carbs: 40.1 g. | Fat: 1.3 g. | Protein: 14.9 g. | Fiber: 14.4 g. | Sugar: 4.1 g. per serving



Multi-Step

12. SWEET POTATO CHICKPEA MASH

Combine these ingredients into a sweet, hearty, and nutritious mash!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 14 min | 🕒
Estimated Total: 50 min

INGREDIENTS:

- **DRY CHICKPEAS** 300 g. | 1 ½ cups
- **YELLOW ONION** 150 g. | 1 large (diced)
- **GARLIC** 4 cloves (minced)
- **WATER** 360 ml | 1 ½ cups
- **KOSHER OR SEA SALT** 7.5 g. | 1 ½ tsp.
- **SWEET POTATOES** 150 g. | 2 small (peeled, cubed)
- **TOMATO SAUCE** 110 g. | ½ cup
- **FRESH OR FROZEN KALE** 150 g. | 1 ¼ cup (chopped)
- **GROUND CORIANDER** 6 g. | 1 tbsp.

OPTIONAL GARNISHES:

- *Chopped cayenne pepper or red pepper flakes*
- *Diced red bell pepper*

METHOD:

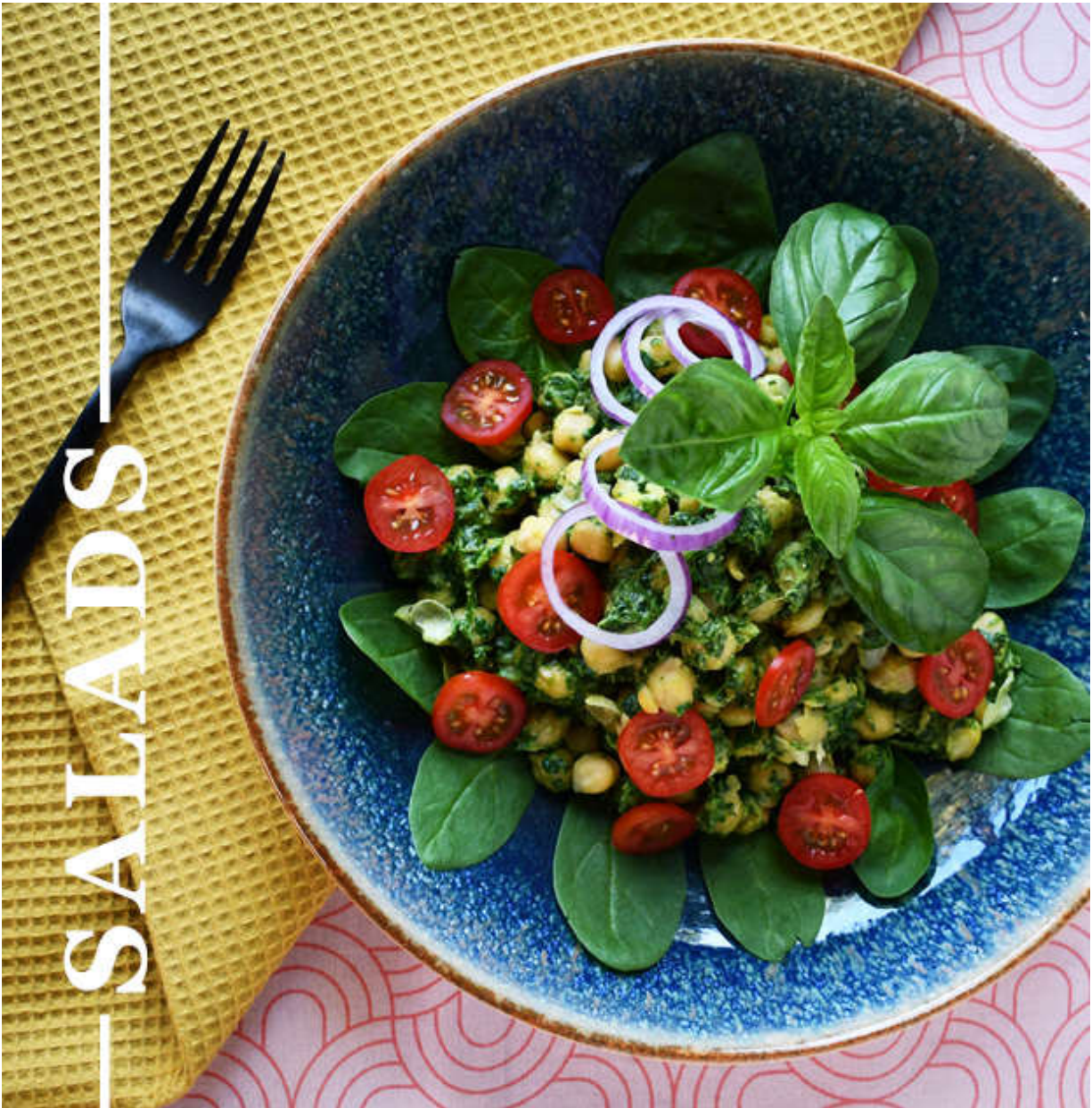
1. Soak the chickpeas in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Add enough water (not listed) with the soaked chickpeas into the IP and secure the lid. Set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 12 minutes.
3. Once the 12-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
4. Open the pot and drain the hot water. Transfer the cooked chickpeas into a bowl and set aside.
5. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the yellow onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the garlic and select the Cancel setting.
6. Deglaze the pot with the water and stir to make sure nothing is stuck to the bottom of the pot.
7. Stir in the cooked chickpeas, followed by the remaining ingredients into the IP.
8. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 2 minutes.
9. Once the 2-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
10. Open the pot and mash the ingredients using a masher. The ingredients should mix easily.
 - a. *If you're using a non-stick inner pot, transfer the ingredients into a bowl first.*
11. Transfer the sweet potato chickpea mash into a bowl. Top with the optional garnishes and serve warm. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 305 | Carbs: 51.1 g. | Fat: 3 g. | Protein: 18.2 g. | Fiber: 10 g. | Sugar: 4.9 g. per serving

SALADS



Single-Step

01. CASHEW CHICKPEA BOWL

This flavorful salad coated with creamy cashew butter is packed with nutrients!

Serves: 2 bowls 🍽️ 🍽️

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 12 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY CHICKPEAS** 200 g. | 1 cup
- **WATER** 240 ml | 1 cup
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **GARLIC** 2 cloves (minced)
- **CASHEW BUTTER** 45 g. | 3 tbsp.
- **FRESH BASIL** 5 g. | ¼ cup (chopped)
- **FRESH PARSLEY** 2 g. | 2 tsp. (chopped)
- **FRESH LEMON JUICE** 30 ml | 2 tbsp.
- **FRESH BABY SPINACH** 90 g. | 3 cups (chopped)

OPTIONAL GARNISHES:

- *Cherry tomatoes (quartered)*

METHOD:

1. Soak the chickpeas in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Add the water, soaked chickpeas, salt, and minced garlic into the IP. Secure the lid and set the Pressure Release to Sealing.
3. Select the Pressure Cook setting at high pressure and set the time to 12 minutes.
4. Once the 12-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
5. Open the pot and stir in the remaining ingredients starting with the cashew butter.
 - a. *Alternatively, mix the remaining ingredients in a food processor or bowl with a handheld mixer before adding.*
6. Make sure the chickpeas are coated evenly with the other ingredients. Transfer the inner pot into a bath with cold water using oven mitts and then into the fridge. Leave it for about 30 minutes.
7. Transfer the dish into a bowl topped with the optional garnishes and serve cold. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 471 | Carbs: 57.2 g. | Fat: 15.5 g. | Protein: 25.6 g. | Fiber: 10.9 g. | Sugar: 1.4 g. per serving



Single-Step

02. RED LENTIL PASTA SALAD

A delicious pasta salad made with healthy ingredients full of flavor!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 4 min | 🕒 **Estimated Total:** 25 min

INGREDIENTS:

- **WATER** 600 ml | 2 ½ cups
- **GARLIC** 2 cloves (minced)
- **RED PEPPER FLAKES** 3 g. | ½ tbsp.
- **PINCH OF KOSHER OR SEA SALT**
- **RED LENTIL PASTA** 250 g. | 3 cups (strozzapreti)
- **SUNDRIED TOMATOES** 50 g. | 1 cup (chopped)
- **RED ONION** 110 g. | 1 medium (diced)
- **FRESH FRESH LEMON JUICE** 60 ml | ¼ cup
- **ROASTED PUMPKIN SEEDS** 50 g. | 6 tbsp.

METHOD:

1. Starting with the water, add the minced garlic, red pepper flakes, salt, and red lentil pasta into the IP.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 4 minutes.
3. Once the 4-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
4. Transfer the inner pot into a bath with cold water using oven mitts and then into the fridge. Leave it for about 30 minutes. Stir in the sundried tomato chunks and diced red onion.
5. Transfer the red lentil pasta salad into a bowl and top it with the lemon juice and pumpkin seeds. Serve cold and enjoy!

gluten-free 🌾, *soy-free* 🥛, *nut-free* 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 60 DAYS IN THE FREEZER

Calories: 328 | Carbs: 54.2 g. | Fat: 3.4 g. | Protein: 20.2 g. | Fiber: 9.1 g. | Sugar: 6.3 g. per serving



Dump-and-Go

03. SOBA TAHINI SALAD

Try this delicious, cold salad with a delicious earthy, nutty tahini dressing!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 1 min | 🕒 **Estimated Total:** 10 min

INGREDIENTS:

- **WATER** 720 ml | 3 cups
- **SOBA NOODLES** 200 g. | 7-oz pack (certified gluten-free if needed)
- **EDAMAME** 270 g. | 1 ½ cup (shelled)
- **SMALL** 1 carrot (grated)
- **WHITE CABBAGE** 260 g. | 1 cup (chopped)
- **TAHINI** 45 g. | 3 tbsp.
- **SOY SAUCE OR TAMARI** 30 ml | 2 tbsp. (certified gluten-free if needed)
- **FRESH CILANTRO** 5 g. | 5 tbsp. (chopped)
- **TOASTED SESAME SEEDS** 30 g. | 2 tbsp.

OPTIONAL GARNISHES:

- *Fresh lemon juice*

METHOD:

1. Add the water into the IP, secure the lid, and set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 1 minute.
2. Once the 1-minute timer has completed, QPR.
3. Open the pot and add the soba noodles and edamame beans. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
4. Using oven mitts, lift out the inner pot, drain the hot water, and rinse the soba noodles and edamame beans with fresh, cold water.
5. Drain all the water from the inner pot and stir in all the remaining ingredients except for the sesame seeds.
6. Transfer the soba tahini salad into bowls and serve it topped with the sesame seeds and the optional lemon juice. Serve cold and enjoy!

gluten-free option 🌾, nut-free 🥜

- STORAGE: 4-5 DAYS IN THE FRIDGE, FREEZER NOT RECOMMENDED

Calories: 386 | Carbs: 51 g. | Fat: 11.9 g. | Protein: 18.5 g. | Fiber: 7.6 g. | Sugar: 5.6 g. per serving



Single-Step

04. POTATO MUNG BEAN SALAD

Potato lovers, pay attention to this hearty and wholesome salad!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 8 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY MUNG BEANS** 200 g. | 1 cup
- **UNSWEETENED ALMOND MILK** 480 ml | 2 cups (or any type of non-dairy milk)
- **POTATOES** 400 g. | 3 medium (cubed)
- **SMOKED TOFU** 200 g. | 7-oz pack (cubed)
- **ROSEMARY** 3 sprigs or dried 3 g. | 1 tbsp.
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **FRESH FRESH LEMON JUICE** 15 ml | 1 tbsp.

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*

METHOD:

1. Soak the mung beans in plenty of water for 30 minutes, then drain and rinse under fresh water.
2. Add the almond milk, followed by the soaked mung beans and the remaining ingredients except for the lemon juice into the IP.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 8 minutes.
4. Once the 8-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
5. Open the pot.
 - a. **For a warm salad**, transfer the potato mung bean salad into a bowl and serve it topped with the lemon juice and optional black pepper. Serve and enjoy!
 - b. **For a cold salad**, transfer the inner pot into a bath with cold water using oven mitts followed by the fridge for about 30 minutes. Take it out and transfer the potato mung bean salad into a bowl, topped with the lemon juice and optional black pepper. Serve and enjoy!

gluten-free 🌿, **nut-free option** 🍌

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 382 | Carbs: 54.1 g. | Fat: 7.5 g. | Protein: 24.6 g. | Fiber: 10.4 g. | Sugar: 3.8 g. per serving



Multi-Step

05. BROCCOLI SALAD

Get the most out of the grassy, earthy flavors of broccoli with this garlic-tahini dressing!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~5 min | 🏠 **Pressure Cook:** 2 min | 🕒 **Estimated Total:** 25 min

INGREDIENTS:

- **BROCCOLI FLORETS** 800 g. | 11 ½ cups (chopped)
- **YELLOW ONION** 70 g. | 1 small (diced)
- **GARLIC** 6 cloves (minced)
- **WATER** 30 ml | 2 tbsp.
- **TAHINI** 60 g. | ¼ cup
- **KOSHER OR SEA SALT** 2.5 g. | ½ tsp.
- **EDAMAME** 180 g. | 1 cup (thawed)
- **ORGANIC LEMON** 1 small | 2 tbsp. juice and 1 tbsp. zest

OPTIONAL GARNISHES:

- *Toasted sesame seeds*

METHOD:

1. Add 1 cup of water (not listed) into the IP. If available, fill the IP steamer basket with the broccoli florets and place it on top of the steamer rack that comes with the IP into the pot.
 - a. Alternatively, add the broccoli florets directly into the pot.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at low pressure and set the time to 2 minutes.
3. Once the 2-minute timer has completed, QPR. Select the Cancel setting.
4. Open the pot and lift out the inner pot using oven mitts, drain the hot water, and transfer the cooked broccoli florets into a bath with cold water.
5. Dry the inner pot, put it back in the IP, and select the Sauté setting on the IP.
6. Let the pot heat up for a minute. Add the diced onions and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic.
7. Deglaze the pot with the water and add all the ingredients except for the cooked broccoli florets and lemon. Continue cooking the ingredients for about 1 minute before selecting the Cancel setting.
8. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes.
9. Open the pot and add the broccoli back in. Transfer the inner pot into a bath with cold water using oven mitts and if desired, into the fridge for a few minutes.
10. Transfer the broccoli salad into a bowl and top with the juice and zest of the lemon and optional sesame seeds. Serve cold and enjoy!

gluten-free 🌿, *nut-free* 🥜

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 246 | Carbs: 21.5 g. | Fat: 10.9 g. | Protein: 15.5 g. | Fiber: 11.9 g. | Sugar: 4.5 g. per serving



Single-Step

06. QUINOA PINTO BEAN SALAD

A flavorful combination of ingredients that will not disappoint!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~10 min | 🏠 **Pressure Cook:** 5 min | 🕒
Estimated Total: 30 min

INGREDIENTS:

- **DRY PINTO BEANS** 200 g. | 1 cup
- **DRY QUINOA** 180 g. | 1 cup
- **VEGETABLE STOCK** 600 ml | 2 ½ cup
- **TOMATO SAUCE** 110 g. | ½ cup
- **GARLIC** 5 cloves (minced)
- **GROUND CUMIN** 4 g. | 2 tsp.
- **FRESHLY CRACKED BLACK PEPPER** 7 g. | 1 tbsp.
- **FRESH CILANTRO LEAVES** 8 g. | ½ cup (chopped)

OPTIONAL GARNISHES:

- *Juice and zest of one organic lime*
- *Red onion rings*
- *Avocado slices*

METHOD:

1. Soak the pinto beans in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Soak the quinoa in plenty of water for 30 minutes, then drain and rinse under fresh water.
3. Add all the ingredients except for the cilantro into the IP.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 5 minutes.
5. Once the 5-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
6. Open the pot and transfer the inner pot into a bath with cold water using oven mitts and then into the fridge. Leave it for about 30 minutes.
7. Take it out and stir in the chopped cilantro leaves and transfer the quinoa pinto bean salad into a bowl. Top with the optional garnishes and serve cold. Enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 353 | Carbs: 64.2 g. | Fat: 2.5 g. | Protein: 18.2 g. | Fiber: 11 g. | Sugar: 2.5 g. per serving



Single-Step

07. MOUNTAIN LENTIL SALAD

A delicious salad with some of the tastiest, meatiest lentils available!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 4 min | 🕒
Estimated Total: 20 min

INGREDIENTS:

- **DRY MOUNTAIN LENTILS** 200 g. | 1 cup
- **WATER** 240 ml | 1 cup
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **RED ONION** 70 g. | 1 small
- **RAISINS** 25 g. | ¼ cup
- **GREEN OLIVES** 25 g. | 2 tbsp. (pitted)
- **APPLE CIDER VINEGAR** 30 ml | 2 tbsp.
- **DIJON MUSTARD** 15 g. | 1 tbsp.
- **RAS EL HANOUT SPICE MIX** 9 g. | 1 ½ tbsp.

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*
- *Crushed walnuts*
- *Arugula*

METHOD:

1. Soak the mountain lentils in plenty of water for 30 minutes, then drain and rinse under fresh water.
2. Add the water, soaked lentils, and salt into the IP. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 4 minutes.
3. Once the 4-minute timer has completed, allow a 10-minute NPR, and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
4. Open the pot and transfer the inner pot into a bath with cold water using oven mitts.
5. Chop the red onion, raisins, and olives in roughly the same size as the cooked lentils. Stir the remaining ingredients into the pot with the lentils.
6. Transfer the inner pot into the fridge and leave it for about 30 minutes. Take it out and transfer the mountain lentil salad into a bowl topped with the optional garnishes. Serve cold and enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 187 | Carbs: 32.1 g. | Fat: 1.2 g. | Protein: 11.8 g. | Fiber: 7.6 g. | Sugar: 6.7 g. per serving



Single-Step

08. QUINOA CHICKPEA LEMON SALAD

A quick, tasty combination of whole, nutritious staple ingredients!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (8 hours) + ~5 min | 🏠 **Pressure Cook:** 15 min | 🕒
Estimated Total: 40 min

INGREDIENTS:

- **DRY CHICKPEAS** 200 g. | 1 cup
- **RED ONION** 70 g. | 1 small (diced)
- **GARLIC** 4 cloves (minced)
- **VEGETABLE STOCK** 300 ml | 1 ¼ cups
- **DRY QUINOA** 100 g. | ½ cup
- **DRIED MARJORAM** 2.5 g. | ½ tsp.
- **FRESH BABY SPINACH** 210 g. | 7 cups (chopped)
- **FRESH LEMON JUICE** 45 ml | 3 tbsp.

OPTIONAL GARNISHES:

- *Freshly cracked black pepper*

METHOD:

1. Soak the chickpeas in plenty of water for 8 hours or overnight, then drain and rinse under fresh water.
 - a. *Alternatively, use the hot soak, Instant soak, or Instant boil method as explained [here](#).*
2. Select the Sauté setting on the IP and let the pot heat up for a minute. Add the diced red onion and cook while stirring constantly until softened, for about 4 to 5 minutes. Stir in the minced garlic and select the Cancel setting.
3. Deglaze the pot with the vegetable stock and add the chickpeas.
4. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 10 minutes.
5. Once the 10-minute timer has completed, QPR. Open the pot and add the quinoa and dried marjoram.
6. Select the Cancel setting, secure the lid, and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 5 minutes.
7. Once the 5-minute timer has completed, allow a NPR for 10 minutes and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam.
8. Open the pot, stir in the chopped baby spinach. Put the lid back on and allow the ingredients to cook on the residual heat for about 5 minutes. Select the Cancel setting.
9. Open the pot and transfer the inner pot into a bath with cold water using oven mitts.
10. Stir in the lemon juice and transfer the inner pot into the fridge. Leave it for about 30 minutes.
11. Transfer the quinoa chickpea lemon salad into a bowl topped with the optional black pepper. Serve cold and enjoy!

gluten-free 🌾, ***soy-free*** 🥛, ***nut-free*** 🌰

- STORAGE: 4-5 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 260 | Carbs: 42.9 g. | Fat: 3.2 g. | Protein: 14.8 g. | Fiber: 7.8 g. | Sugar: 1.3 g. per serving



Single-Step

09. LENTIL N' QUINOA SALAD

A hearty salad that you will appreciate!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** ~10 min | 🏠 **Pressure Cook:** 6 min | 🕒 **Estimated Total:** 30 min

INGREDIENTS:

- **DRY GREEN LENTILS** 200 g. | 1 cup
- **DRY QUINOA** 140 g. | $\frac{3}{4}$ cup
- **VEGETABLE STOCK** 720 ml | 3 cups
- **YELLOW ONION** 150 g. | 1 large (diced)
- **GARLIC** 4 cloves (minced)
- **YELLOW BELL PEPPER** 1 medium (cored, diced)
- **CHERRY TOMATOES** 5 (quartered)
- **BALSAMIC VINEGAR** 23 ml | 1 $\frac{1}{2}$ tbsp.

GARNISHES:

- *Freshly cracked black pepper*
- *Dijon mustard*
- *Cucumber*

METHOD:

1. Soak the green lentils in plenty of water for 30 minutes, then drain and rinse under fresh water.
2. Rinse the quinoa under fresh water. Add the vegetable stock, quinoa, soaked lentils, diced onion, and minced garlic into the IP.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 6 minutes.
4. Once the 6-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
5. Open the pot and transfer the inner pot into a bath with cold water using oven mitts.
6. Transfer the inner pot into the fridge. Leave it for about 30 minutes and then stir in the diced bell pepper and quartered cherry tomatoes.
7. Transfer the lentil quinoa salad into bowls, stir in the balsamic vinegar, and the optional garnishes. Serve cold and enjoy!

gluten-free 🌾, *soy-free* 🥛, *nut-free* 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 325 | Carbs: 57.5 g. | Fat: 2.2 g. | Protein: 18.9 g. | Fiber: 17.9 g. | Sugar: 5.2 g. per serving



Single-Step

10. COUSCOUS SALAD

A Moroccan-inspired couscous side with pistachios and dried apricots!

Serves: 4 bowls 🍲 🍲 🍲 🍲

🕒 **Prep:** (30 min) + ~5 min | 🏠 **Pressure Cook:** 4 min | 🕒
Estimated Total: 20 min

INGREDIENTS:

- **DRY RED LENTILS** 200 g. | 1 cup
- **VEGETABLE STOCK** 780 ml | 3 ¼ cups
- **DRY ISRAELI COUSCOUS** 200 g. | 1 cup
- **KOSHER OR SEA SALT** 5 g. | 1 tsp.
- **FRESHLY CRACKED BLACK PEPPER** 7.5 g. | 1 ½ tsp.
- **RED WINE VINEGAR** 15 ml | 1 tbsp.
- **CHERRY TOMATOES** 15 (quartered)

GARNISHES:

- *Chopped dried apricots*
- *Crushed pistachios*

METHOD:

1. Soak the red lentils in plenty of water for 30 minutes, then drain and rinse under fresh water.
2. Starting with the vegetable stock, add all the ingredients except for the vinegar and cherry tomatoes into the IP.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the time to 4 minutes.
4. Once the 4-minute timer has completed, allow a 10-minute NPR and then switch the steam release handle from Sealing to Venting to release any remaining pressure and steam. Select the Cancel setting.
5. Open the pot and transfer the inner pot into a bath with cold water using oven mitts.
6. Transfer the inner pot into the fridge. Leave it for about 30 minutes and then stir in the red wine vinegar and chopped cherry tomatoes.
7. Transfer the couscous salad into a bowl, top with the garnishes, and serve cold. Enjoy!

soy-free 🌱, ***nut-free*** 🌰

- STORAGE: 3-4 DAYS IN THE FRIDGE, 30 DAYS IN THE FREEZER

Calories: 389 | Carbs: 73.20 g. | Fat: 2.05 g. | Protein: 19.4 g. | Fiber: 8.8 g. | Sugar: 4.1 g. per serving

Conclusion

Now that you are equipped with a collection of high-protein recipes for the Instant Pot, getting enough proteins from easy, delicious plant-based foods is easy. These meal prep-friendly recipes help you automate your cooking, and with no more than eight ingredients per meal, cooking becomes simple while shopping becomes effortless.

You now have more free time available that you would otherwise spend cooking, shopping for ingredients, or worrying about your protein intake.

If you are ready for the next step on your journey and want to start building (more) muscle or losing weight, check in with us for a free consultation!

■ <http://happyhealthygreen.life/free-consultation>

We will help you calculate your dietary needs, and if you are interested, we can help you with a personalized nutrition and fitness strategy as well.

We offer excellent, time-saving meal plans at competitive pricing that incorporate limited-ingredient recipes from our cookbook(s) alongside other easy-to-prepare dishes. For more information and pricing, check out our free and paid meal plans on our website:

■ <http://happyhealthygreen.life/meal-plans>.

You can also find and follow us on social media.

■ **Facebook:** <https://www.facebook.com/happyhealthygreen.life>

■ **Instagram:** <https://www.instagram.com/happyhealthygreen.life>

■ **Reddit:** <https://www.reddit.com/r/HappyHealthyGreen>

Before you go, please consider **writing a review for this cookbook on Amazon**. We read every single review and take everything to heart, so we really appreciate you taking the time to help others make a well-informed decision!

The HappyHealthyGreen team.

Free 8-Ingredient Instant Pot Meal Plans

Have you ever considered a meal plan that plans out *all your daily meals* for you?

Good news!

We have four **FREE** meal plans available. These meal plans include a grocery list & vegan-friendly supplement recommendations!

These high-protein meal plans help you reach your goals with ease and complement the recipes in this cookbook. With the shopping lists, an easy shopping experience is guaranteed, and with no more than 8 ingredients per delicious meal, you will save plenty of money by preventing waste!

You can find our free and paid high-protein meal plans for the Instant Pot here:



<http://happyhealthygreen.life/meal-plans>

We will deliver the FREE meal plan right into your inbox. Claim your printable meal plan with a premium design that takes all the planning and calculating out of your hands!

Looking to share your results, or do you have questions? The '*Plant-Based Fitness & Vegan Athletes*' Facebook group is where you connect with other athletes and us. Get inspired and join our growing fit and healthy plant-based family here:

<https://tinyurl.com/PBathletes>

See you there!

The HappyHealthyGreen team.

Disclaimer

The recipes provided in this book are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustment depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author. The author and publisher do not take any responsibility for any consequences that may result due to following the instructions provided in this book.

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