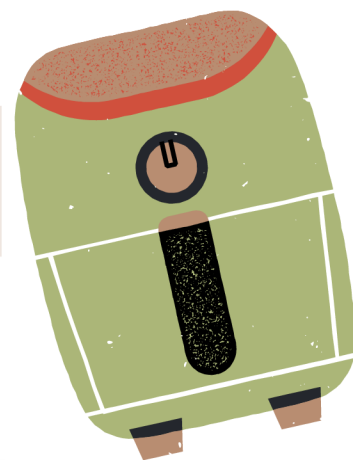



# SLOW COOKER TO INSTANT POT conversion



**!** All Instant Pot cooking times are based on High Pressure. Be sure to add 1-2 cups of liquid (stock or water) for the Instant Pot to come to pressure



## BEEF

-  Ground Meatballs
- Roast
- Stew




### SLOW COOKER

4-6 hours (low)  
4-6 hours (low)  
8-10 hours (low)  
8-10 hours (low)

### INSTANT POT

5 minutes  
10-15 minutes  
15 minutes/lb  
15-20 minutes

## POULTRY

- Whole
-  Breasts
-  Thighs (bone-in)
-  Thighs (boneless)



### SLOW COOKER

6-8 hours (low)  
4-6 hours (low)  
4-6 hours (low)  
4-6 hours (low)

### INSTANT POT

6 minutes/lb  
6 minutes  
10 minutes  
10 minutes

## PORK

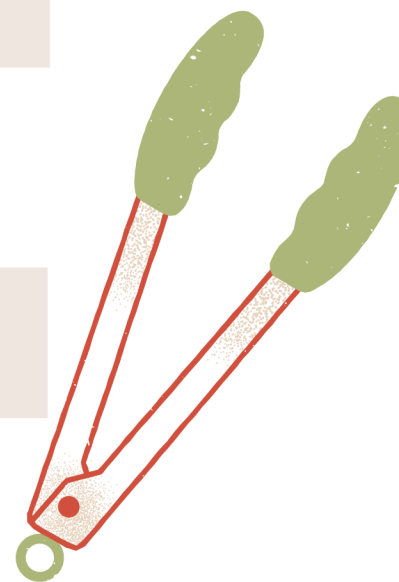
-  Chops (bone-in)
-  Chops (boneless)
- Shoulder (3lbs)
- Loin (2-3 lbs)

### SLOW COOKER




8 hours (low)  
8 hours (low)  
8 hours (low)  
8 hours (low)

### INSTANT POT

8 minutes  
5 minutes  
55 minutes  
25-30 minutes



## OTHERS

- Soup/stew
- Vegetarian dish
-  Fish fillet
- Meatloaf
-  Rice
-  Whole potatoes
- Beans

### SLOW COOKER

6-8 hours (low)  
4 (low)  
1-2 hours (low)  
7-8 hours (low)  
2-3 hours (low)  
8 hours (low)  
5-6 hours (low)

### INSTANT POT

30 minutes  
5-7 minutes  
5 minutes  
25-30 minutes  
8-15 minutes  
14 minutes  
35-45 minutes

 Natural release for 10 minutes and then quick release

 Quick release

