



**I Don't Have
Time For That**
EASY RECIPES TO SAVE YOU TIME

QUICK & EASY INSTANT POT DINNERS

Serve your family delicious dinners they'll love.
Let the Instant Pot do the work!

Instant Pot Goulash

Instant Pot Goulash is classic comfort food!

This recipe is made with ground beef simmered with tender elbow noodles in a richly seasoned tomato sauce. It's filling and flavorful and everyone loves it! And the best part is that it's so easy to cook, making it perfect for a weeknight or a last-minute gathering. Why not try it for dinner tonight?



Instant Pot Goulash


 38 MINUTES  8 SERVINGS

Ingredients

- 1 pound ground beef
- 1 large onion
- 3 cloves garlic
- 30 ounce (2 cans) tomato sauce
- 30 ounce (2 cans) diced tomatoes
- 2 tablespoons Italian seasoning
- 2 tablespoons Worcestershire sauce or 3 tablespoons soy sauce
- 2 cups elbow noodles **see notes**
- 2 cups beef broth or water
- 3 bay leaves
- 2 teaspoons sugar
- salt and pepper to taste

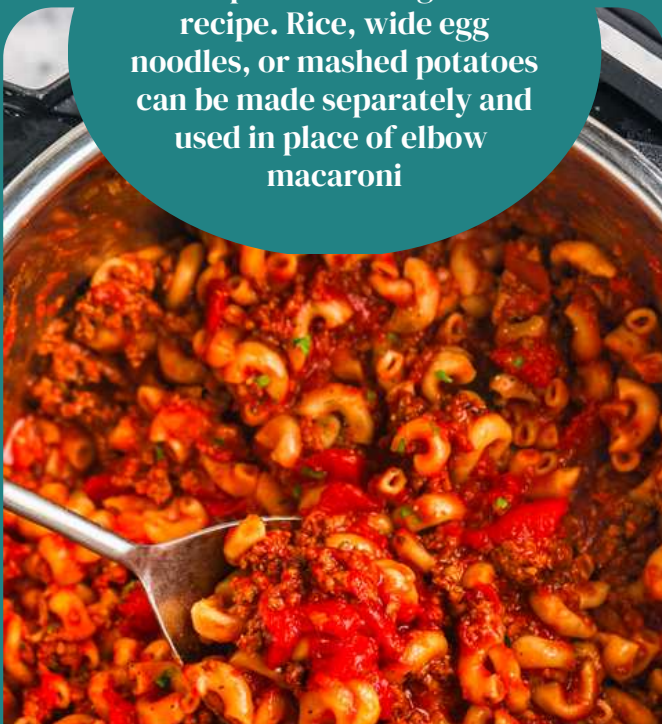


NUTRITION INFORMATION
Serving: 1cup | Calories: 320kcal | Carbohydrates: 36g | Protein: 17g | Fat: 12g | Saturated Fat: 5g | Trans Fat: 1g | Cholesterol: 40mg | Sodium: 691mg | Potassium: 630mg | Fiber: 3g | Sugar: 7g | Vitamin A: 359IU | Vitamin C: 12mg | Calcium: 78mg | Iron: 4mg
Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.


Large elbow macaroni hold up best in this goulash recipe. Rice, wide egg noodles, or mashed potatoes can be made separately and used in place of elbow macaroni

Directions

1. Turn the Instant Pot onto saute. When hot, add ground beef, garlic, salt, pepper, and onion. Cook until meat is browned.
2. When meat is browned drain fat then add tomato sauce, diced tomatoes, Italian seasoning, soy sauce, water, noodles, and bay leaves. Do not stir.
3. Set your Instant Pot to manual high pressure for 3 minutes.
4. Once the timer has finished, quick release the pressure.
5. Take out bay leaves and stir.
6. Top with parmesan cheese and enjoy!



Instant Pot Beef Stroganoff

The ultimate comfort food that's made and served in minutes!

This dish is a rich and creamy combination of seasoned chunks of stew meat and earthy mushrooms simmered in a savory broth and served over egg noodles.



Instant Pot Beef Stroganoff

 50 MINUTES  5 SERVINGS

Ingredients

- 2 tablespoons butter
- 2 pounds beef stew meat sliced into bite sized pieces
- ¼ cup flour
- 1 small onion chopped
- 3 cloves garlic minced
- 1 ½ cups beef broth
- 3 cups fresh mushrooms sliced
- 8 ounces sour cream
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- salt and pepper to taste
- 16 ounces package of egg noodles cooked
- 1 tablespoon cornstarch optional



NUTRITION INFORMATION

Calories: 787kcal | Carbohydrates: 77g | Protein: 58g | Fat: 27g | Saturated Fat: 12g | Trans Fat: 1g | Cholesterol: 227mg | Sodium: 431mg | Potassium: 1185mg | Fiber: 4g | Sugar: 6g | Vitamin A: 484IU | Vitamin C: 4mg | Calcium: 133mg | Iron: 6mg

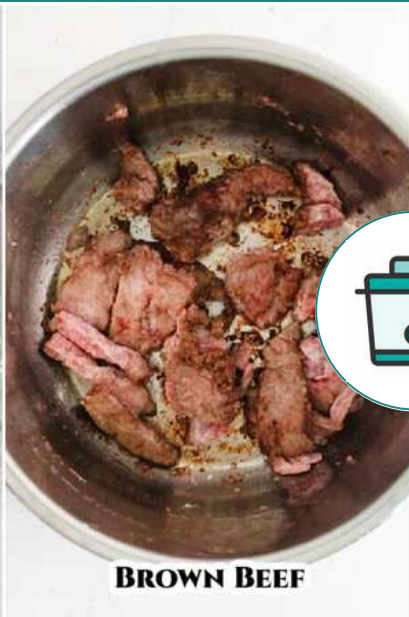
Directions

1. In a large freezer bag or bowl, toss together flour, salt & pepper, and stew meat until evenly coated. Remove the beef, shaking off any excess flour.
2. Set the Instant Pot to Sauté setting and add butter. Add beef in batches and cook for 3–5 minutes or until beef is browned on each side.
3. Add onion and garlic and cook for 2 minutes or until slightly softened. Add the beef broth and use a spatula to scrape any brown bits off of the bottom of the pan.
4. Stir in the Worcestershire sauce, and Dijon. Layer mushrooms on top.
5. Place the lid on the Instant Pot. Select the "Meat/Stew" setting on the Instant Pot and set the timer for 35 minutes. Make sure the pressure release valve is in the sealing position.
6. When done, quick release the pressure valve, and open up the lid carefully.
7. To thicken the sauce further, combine 1 tablespoon of cornstarch with 1 tablespoon of water. Turn the Instant Pot onto saute. Once simmering, drizzle the cornstarch mixture a bit at a time to reach desired consistency. You may not need all of it.
8. When the sauce is the desired thickness, turn off heat and stir in sour cream. Add salt & pepper to taste
9. Serve over prepared noodles or potatoes.

Instant Pot Mongolian Beef

Satisfy any takeout craving without having to wait for delivery!

In this recipe, tender strips of beef are cooked with fresh broccoli in a flavorful soy ginger garlic sauce. With just a little effort, the result has lots of flavor! Serve this favorite over rice or noodles for an easy family dinner.



Instant Pot Mongolian Beef

 48 MINUTES  4 SERVINGS

Ingredients

- 1 pound flank steak sliced very thin ($\frac{1}{4}$ ")
- 3 tablespoons cornstarch
- 2 tablespoons vegetable oil
- $\frac{1}{2}$ cup water
- 2 cups small broccoli florets
- green onion and sesame seeds for garnish

Sauce

- $\frac{1}{2}$ cup soy sauce
- $\frac{1}{4}$ cup light brown sugar
- 2 cloves garlic minced
- 1 teaspoon grated ginger
- $\frac{1}{2}$ teaspoon red pepper flakes



NUTRITION INFORMATION

Calories: 330kcal | Carbohydrates: 25g | Protein: 29g | Fat: 13g |
Saturated Fat: 3g | Cholesterol: 68mg | Sodium: 1706mg |
Potassium: 628mg | Fiber: 2g | Sugar: 15g | Vitamin A: 358IU |
Vitamin C: 41mg | Calcium: 68mg | Iron: 3mg

Directions

1. Toss beef and cornstarch in a bowl and let rest for at least 15 minutes.
2. In a small bowl, whisk together the soy sauce, brown sugar, garlic, ginger, and red pepper flakes.
3. Heat the Instant Pot using the saute function and add the olive oil. When the oil is hot, add the beef in batches and cook just until browned, about 2 minutes per side.
4. Add the water to the pan and use a spatula to scrape up any brown bits in the bottom of the pan. Add the beef and sauce and stir to combine.
5. Place the broccoli on top of the beef but do not mix.
6. Attach the lid and ensure the valve is in the sealing position. Set the Instant Pot to pressure cook manual, high pressure for 1 minute.
7. Quick release the pressure once the cooking time is up.
8. Garnish with green onion and sesame seeds.



Instant Pot Chicken Broccoli & Rice

Chicken broccoli and rice is a complete meal that comes together in minutes in the Instant Pot!

Chicken and broccoli are cooked to juicy perfection along with a creamy and cheesy sauce made from broth, cheese, and milk. Add some white rice and this meal is turned into a comforting, filling, and hearty dish that the whole family will enjoy.



Instant Pot Chicken Broccoli & Rice

 45 MINUTES  8 CUPS

Ingredients

- 1 ½ pounds boneless skinless chicken breasts cut into cubes
- 1 small onion
- 1 cup long grain white rice
- 2 ½ cups chicken broth
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ¾ teaspoon pepper
- ½ cup milk warmed, more if needed
- 2 cups fresh broccoli cut into small pieces
- 2 cups shredded cheddar cheese



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NUTRITION INFORMATION

Serving: 1cup | Calories: 459kcal | Carbohydrates: 61g | Protein: 14g
| Fat: 17g | Saturated Fat: 10g | Cholesterol: 48mg | Sodium: 1121mg
| Potassium: 322mg | Fiber: 2g | Sugar: 3g | Vitamin A: 660IU |
Vitamin C: 28.3mg | Calcium: 280mg | Iron: 1.3mg

Directions

1. Turn Instant Pot onto saute. Add oil and heat until hot. Add the chicken and onion. Cook until the onion begins to soften, about 3–4 minutes.
2. Add ½ cup of the broth and use a spatula to scrape up all of the brown bits in the bottom of the pan. Spread the chicken across the bottom of the instant pot. Add rice, broth, and seasonings, and do not stir.
3. Cook on manual high pressure for 5 minutes. When the timer is up let the mixture naturally release for 5 minutes.
4. Release any remaining pressure, open the lid and quickly stir in the broccoli and warmed milk. Close the lid and let rest an additional 5–10 minutes.
5. Stir in the cheese until well combined, adding more warmed milk if needed. Serve immediately.





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Instant Pot Chicken Alfredo

When it comes to a delicious and hearty meal, I always think of this recipe. It reminds me of eating out at one of my favorite restaurants as a kid. In fact, it is even better than that. This Instant Pot Chicken Alfredo is one of my family's new favorite recipes. It is perfect for any night of the week, get togethers and even just when we want something a little different and filling on the table.

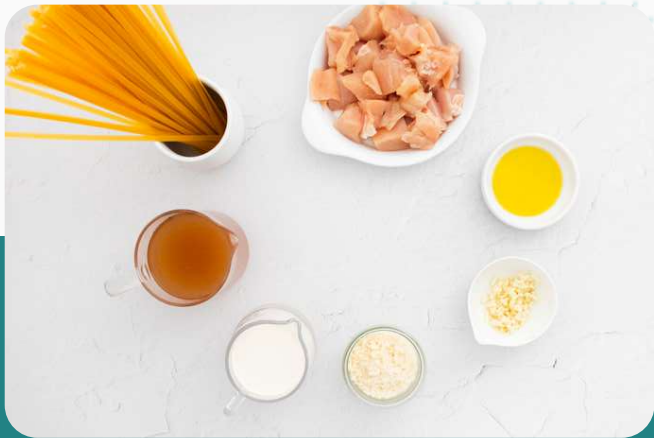


Instant Pot Chicken Alfredo

 45 MINUTES  8 CUPS

Ingredients

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts, cut into 1" cubes
- 1 tablespoon garlic minced (about 3 cloves)
- 2 ½ cups chicken stock
- 1 cup heavy cream
- 8 ounces dried fettuccine pasta
- 1 teaspoon salt or to taste
- 1 cup freshly grated parmesan cheese
- fresh parsley to garnish
- red pepper flakes if desired



NUTRITION INFORMATION

Serving: 1g | Calories: 761kcal | Carbohydrates: 51g | Protein: 48g | Fat: 40g | Saturated Fat: 21g | Cholesterol: 179mg | Sodium: 1260mg | Potassium: 792mg | Fiber: 2g | Sugar: 4g | Vitamin A: 1096IU | Vitamin C: 1mg | Calcium: 342mg | Iron: 2mg

Directions



- 1.Heat the Instant Pot using the Saute-Normal function. Add the olive oil and allow it to heat for 1-2 minutes.
- 2.Add the chicken and cook, stirring occasionally, for 5 minutes, or until the chicken is browned on all sides.
- 3.Add the garlic and cook for an additional minute.
- 4.Next, add the chicken stock, heavy cream, dried pasta, and salt. Add the lid to the Instant Pot and ensure the valve is in the sealing position.
- 5.Set the timer for 5 minutes. When the Instant Pot has finished cooking, release the pressure manually by switching the valve to the "venting" position. Be careful-- the valve will steam and may splatter.
- 6.Return the Instant Pot to the Saute-Normal function. Stir and cook until the liquid has reduced by half, about 5 minutes. Add the parmesan and stir to combine.
- 7.Garnish with fresh parsley and red pepper flakes, if desired. Serve immediately. Store any leftovers in an airtight container in the refrigerator for up to two days.

Instant Pot Creamy Pasta e Fagioli

There is nothing better than a warm bowl of soup on a cold day, or really any day for that matter! So, get your soup mug ready because I have a killer twist on traditional Pasta e Fagioli, made right in the Instant Pot!



Instant Pot Creamy Pasta e Fagioli

 46 MINUTES  6 CUPS

Ingredients

- ½ lb Italian sausage mild or spicy, your choice
- 1 small onion chopped
- 2 cloves garlic minced
- 1 tbsp dried Italian seasoning
- 4 cups chicken stock
- 20 oz (2 cans) great northern beans, drained
- 1 cup ditalini pasta, uncooked
- 1 parmesan rind optional
- ½ teaspoon red pepper flakes optional and to taste
- salt and pepper to taste
- 2 cups chopped Tuscan kale
- 1 cup heavy cream



NUTRITION INFORMATION

Serving: 6 cups | Calories: 454kcal | Carbohydrates: 33g | Protein: 15g | Fat: 29g | Saturated Fat: 14g | Cholesterol: 88mg | Sodium: 534mg | Potassium: 511mg | Fiber: 2g | Sugar: 4g | Vitamin A: 2883IU | Vitamin C: 30mg | Calcium: 97mg | Iron: 2mg

Directions

1. Heat the Instant Pot using the Saute-High function.
2. Add the Italian sausage and cook, stirring often, until browned and crisp-- about 8-10 minutes.
3. Remove the Italian sausage and add the onion. Cook, stirring occasionally, until the onion has become soft and translucent-- about 5 minutes.
4. Add the garlic and Italian seasoning. Cook for an additional minute.
5. Next, add the chicken stock and scrape any browned bits off the bottom of the Instant Pot. I like to use a wooden spoon so I don't scratch the insert.
6. Next, add the Great Northern Beans, Ditalini pasta, parmesan rind, red pepper flakes, salt, and pepper.
7. Attach the lid and ensure the valve is in the "sealing" position. Set the Instant Pot to Pressure Cook-Manual for 4 minutes.
8. When the Instant Pot has finished cooking, release the pressure manually by switching the valve to the "venting" position. Be careful-- it will steam!
9. Remove the lid. Add the Tuscan kale and heavy cream. Stir to combine. Reattach the lid (with the Instant Pot on the Keep Warm setting) and allow it to sit for 2 minutes. This will help soften the kale.
10. Serve warm, garnished with grated parmesan cheese, if desired. Store any leftover soup in the fridge for up to three days.

Instant Pot Lasagna

If you love lasagna, like we do (*now*), but don't love the time it takes in the oven, then you are going to love this Instant Pot Lasagna recipe! Not only does it take less time, but it is WAY easier than making it in the oven AND you don't even have to heat up the house.

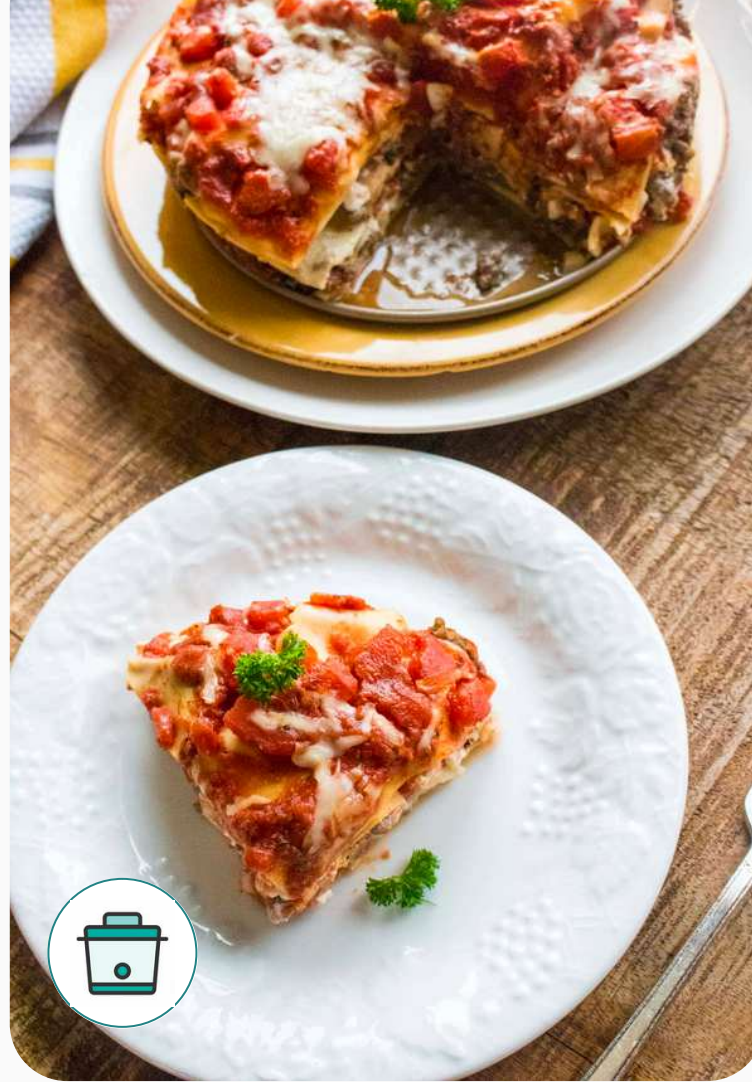


Instant Pot Lasagna

 37 MINUTES  4 SERVINGS

Ingredients

- 1 lb ground beef
- 9 oz oven-ready lasagna noodles
- 14 ½ oz can diced tomatoes
- 8 oz can tomato sauce
- 6 oz can tomato paste
- 1 teaspoon Italian seasoning
- 2 cups small curd cottage cheese
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup shredded mozzarella cheese



NUTRITION INFORMATION

Serving: 1 serving | Calories: 782kcal | Carbohydrates: 68g | Protein: 49g | Fat: 35g
| Saturated Fat: 14g | Trans Fat: 1g | Cholesterol: 120mg | Sodium: 1629mg |
Potassium: 1388mg | Fiber: 6g | Sugar: 14g | Vitamin A: 1360IU | Vitamin C: 23mg |
Calcium: 328mg | Iron: 6mg

Directions



1. Turn the Instant Pot on to sauté and brown the ground beef, draining the grease when complete.
2. In a medium sized mixing bowl, mix together the diced tomatoes, tomato sauce, tomato paste and seasonings.
3. Using a casserole dish or a 7-inch springform pan, layer ingredients: noodles broken up to fit the dish, ground beef, cottage cheese, sauce, Mozzarella cheese. Repeat with a 2nd layer and 3rd if desired.
4. Add 1 cup of water to Instant Pot. Put dish/pan on top of trivet and lower into the inner pot of the Instant Pot. Cover with foil.
5. Turn pressure valve to sealing and set manual pressure on high for 8 minutes.
6. Do a quick release when pressure cooking time has elapsed.

Instant Pot Sausage and Rice Stuffed Peppers

These Instant Pot Sausage and Rice Stuffed Peppers are the perfect, easy to make comfort food, good any night of the week! You don't need to heat up the kitchen anymore to make your favorite stuffed peppers and, you won't have a sink full of dishes from preparing them! How awesome is that?!



Instant Pot Sausage and Rice Stuffed Peppers

 32 MINUTES  6 PEPPERS/SERVINGS

Ingredients

- 1 lb hot Italian ground sausage
- ½ white onion chopped
- 3 medium tomatoes diced
- 6 bell peppers any color
- 1 ½ cups pre-cooked rice
- 1 teaspoon Italian seasoning
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup shredded mozzarella cheese divided



NUTRITION INFORMATION

Serving: 1cup | Calories: 475kcal | Carbohydrates: 48g | Protein: 19g | Fat: 23g | Saturated Fat: 8g | Trans Fat: 1g | Cholesterol: 62mg | Sodium: 744mg | Potassium: 669mg | Fiber: 4g | Sugar: 7g | Vitamin A: 4365IU | Vitamin C: 162mg | Calcium: 90mg | Iron: 2mg



1. Turn the Instant Pot on to sauté and brown the Italian sausage with the onion. Add in the tomatoes and continue to sauté for 2 minutes.
2. Wash and cut top off of the bell peppers. Scoop out seeds.
3. Mix together rice, sausage mixture, half the cheese and seasonings. Stuff peppers with rice/sausage filling.
4. Top with remaining mozzarella cheese.
5. Place peppers in an oven-safe casserole dish that fits into the Instant Pot. Depending on the size of your peppers and casserole dish, you can either add a couple peppers in a top layer or cook 3 at a time.
6. Add 1 ½ cups of water to the Instant Pot.
7. Put dish/pan on top of trivet and lower into the inner pot of the Instant Pot.
8. Turn pressure valve to sealing and set manual pressure on high for 5 minutes.
9. Do a quick release when pressure cooking time has elapsed.
10. Serve and enjoy!

Directions

Instant Pot Chicken Lo Mein

If you are looking for a healthy way to replace take-out, you have to check out this Instant Pot Chicken Lo Mein! This one pot meal is made with tons of veggies, like snow peas, carrots, and mushrooms, as well as topped off with chicken in a delicious sauce! Not only is Instant Pot Chicken Lo Mein quick and easy to make, but it's also a great way to save a few bucks!



Instant Pot Chicken Lo Mein

 40 MINUTES  5 SERVINGS

Ingredients

- 1 ½ - 2 lbs boneless skinless chicken breast
- salt & pepper to taste
- 1 tablespoon sesame oil
- 3 cloves garlic minced
- 1 medium onion minced
- 1 large red bell pepper julienned (or cut into strips)
- 12 oz mushrooms sliced
- 1 cup matchstick carrots
- 1 cup snow peas
- 1 cup bok choy
- 1 ½ cup chicken stock
- 2 tablespoon lemon juice
- 2 tablespoon rice wine vinegar
- ¼ cup hoisin sauce
- ¼ cup soy sauce
- 10 oz rice stir fry noodles



NUTRITION INFORMATION

Serving: 1cup | Calories: 530kcal | Carbohydrates: 61g | Protein: 47g | Fat: 9g | Saturated Fat: 1g | Cholesterol: 118mg | Sodium: 1098mg | Potassium: 1269mg | Fiber: 4g | Sugar: 7g | Vitamin A: 6195IU | Vitamin C: 69.5mg | Calcium: 68mg | Iron: 2.6mg

Directions



1. Turn Instant Pot onto sauté and wait for it to get hot. Add the sesame oil, garlic, onion, salt, pepper, and chicken. Cook until the chicken turns white and the onion is soft.
2. Turn Instant Pot off. Break rice stir-fry noodles in half and layer in the pot on top of the chicken mixture. Add the chicken stock, lemon juice, rice wine vinegar, Hoisin Sauce, and soy sauce. Don't stir.
3. Layer all veggies and place lid on Instant Pot, placing the vent onto the sealing position. Select manual high pressure (or the pressure cook button on newer models) for 4 minutes.
4. When timer is up, perform a quick release of pressure. Stir up the pot and let it sit for a few minutes to thicken.
5. Serve and enjoy!



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