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1 tbsp (15 mL) oil 1 cup (250 mL) onion, coarsely chopped. 3 garlic cloves, minced. 1 tbsp (15 mL) ground cumin ¼ tsp (1 mL) chipotle powder or smoked paprika 6 cups (1 ½ L) vegetable broth 1 large bay leaf 2 tsp (10 mL) fresh oregano leaves or 2 tbsp (30 mL) dried ½–2 tsp (3 - 10 mL) salt, to taste.

Instant Pot Pressure Cooker Recipe Book - North America ...

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The Instant Pot tops out at 11.6 psi on high and 7.2 psi on low. Cooking food under pressure means soup's ready in 10 minutes, quinoa's finished in 60 seconds and rice is ready in four short minutes. Hard-cooked egg's are ready to peel in six minutes cooking time. No wonder the Instant Pot's so hot.

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Learn how to use the Instant Pot from scratch and learn the
bare bones of cooking before you advance to complicated

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instant pot cheesecakes or instant pot yoghurt. Let's steam vegetables in the instant pot, lets learn how to make one pot meals, lets cook frozen meat until it comes out perfectly tender and juicy.

101 Instant Pot Recipes For The Complete Beginner

Check out this list of the Best Instant Pot Cookbooks, authorized and recommend by the Official Instant Pot site.

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Instant Pot Pro Crisp Air Fryer Cookbook for Beginners Cooker

We rounded up the best Instant Pot cookbooks for every level of expertise and every type of foodie interest, from the basics for beginners to exotic foreign cuisines. And of course, there are plenty of health-minded options for those following Weight Watchers, keto, and other popular diets.

The 12 Best Instant Pot and Pressure Cooker Cookbooks 2019 ...

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