

# CHEAT SHEET FOR CONVERTING SLOW COOKER RECIPES



## INTO INSTANT POT MEALS

### Converting Chicken Recipes



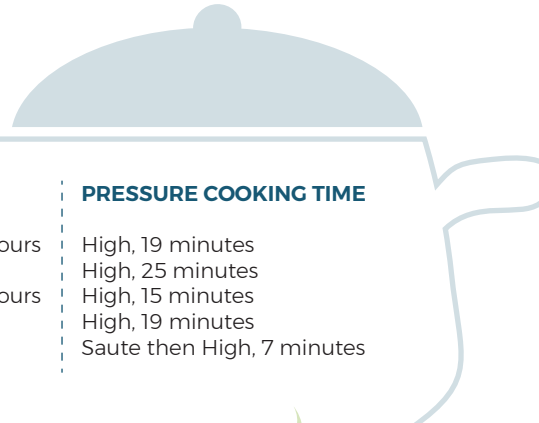
Fresh chicken breasts or thighs  
 Frozen chicken breasts or thighs  
 Fresh chicken tenderloins  
 Frozen chicken tenderloins  
 Chicken stirfry

#### SLOW COOKER TIME

Low - 8 hours/High - 4 hours  
 Low - 8 hours  
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 Low - 8 hours  
 Low - 8 hours

#### PRESSURE COOKING TIME

High, 19 minutes  
 High, 25 minutes  
 High, 15 minutes  
 High, 19 minutes  
 Saute then High, 7 minutes



### Converting Ground Beef Recipes

Chili with Browned Ground Beef  
 Frozen Chili  
 Spaghetti Sauce with Ground Beef or Sausage  
 Frozen spaghetti sauce  
 Soups or stews  
 Frozen soups or stews

#### SLOW COOKER TIME

Low - 8 hours/High - 4 hours  
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#### PRESSURE COOKING TIME

High, 20 minutes or Chili button  
 High, 30 minutes or Chili button  
 High, 10 minutes  
 High, 14 minutes  
 High, 20 minutes or Soup button  
 High, 25 minutes or Soup button



### Converting Other Beef Recipes

Beef Stew with Potatoes  
 Beef Stew with Other Vegetables  
 Beef Roast or Tenderloin  
 Flank or Skirt Steak  
 Soups or stews  
 Beef stirfry

#### SLOW COOKER TIME

Low - 8 hours/High - 4 hours  
 Low - 8 hours/High - 4 hours  
 Low - 8 hours  
 Low - 8 hours/High - 4 hours  
 Low - 8 hours/High - 4 hours  
 Low - 8 hours

#### PRESSURE COOKING TIME

High, 18 minutes  
 High, 12 minutes  
 High, 55 to 75 minutes  
 High, 20 minutes  
 High, 20 minutes or Soup button  
 Saute then High, 7 minutes

**Note: we do not recommend cooking beef roasts or tenderloins from frozen in the slow cooker or Instant Pot.**

### Converting Pork Recipes

Pork Roast  
 Pork Tenderloin  
 Bone-in Pork Chops  
 Boneless Pork Chops  
 Frozen Bone-in or bonless pork chops

#### SLOW COOKER TIME

Low - 8 hours  
 Low - 8 hours  
 Low - 8 hours/High - 4 hours  
 Low - 8 hours/High - 4 hours  
 Low - 8 hours/High - 4 hours

#### PRESSURE COOKING TIME

High, 35 to 55 minutes  
 High, 35 to 55 minutes  
 High, 14 minutes  
 High, 13 minutes  
 High, 18 minutes

**Note: we do not recommend cooking pork roasts or tenderloins from frozen in the slow cooker or Instant Pot.**

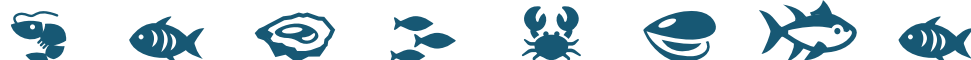
### Converting Seafood Recipes

Salmon	High - 1 to 1 1/2 hours	Steam, 2 minutes
Cod	High - 1 to 1 1/2 hours	Steam, 5 minutes
Shrimp	High - 1 to 1 1/2 hours	Steam, 2 minutes

#### PRESSURE COOKING TIME

Steam, 2 minutes  
 Steam, 5 minutes  
 Steam, 2 minutes

**Note: we do not recommend cooking seafood from frozen in the slow cooker or Instant Pot.**



## OVERALL NOTE:

**Cooking times may vary slightly depending on thickness of the meats.**