



Instant Pot Pressure Cooker Cookbook: Top 50 Original Instant Pot Meals-Speed Up Cook Time And Use Up To 70% Less Energy

Jonathan Arthur

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It's a modern-day pressure cooker, that cooks your food in less time and keeps the meat moist and delicious

When you're on a healing diet, you spend a LOT of time in the kitchen, and pressure cookers save time. I can't think of a better gift. So, we gathered together this list of **Top 50 Instant Pot pressure cooker recipes** One virtue of electric pressure cookers is economy. Like all pressure cookers, they permit quick cooking of inexpensive ingredients. Unsoaked dried beans cook from scratch in 30 minutes. A pot roast can go from fridge to table in about the same time. Budget-priced cuts of meat that typically require long hours in the oven, such as pork shoulder, speed to the table, even if you don't start cooking until you get home after work.

Here Is A Preview Of What You'll Learn...

*Vegetable Soup with Basil *Chicken Soup with Lemon Juice *Carrots in Vinaigrette *String Beans and Potatoes *Sautéed Veggies Mediterranean Style *Chickpea Spread *Veal Stew with Eggplant *Instant Pot Pressure Cooker Roast Chicken *Fish Braised in Garlic and Tomato Sauce *Squid and Fennel Salad *Yummy Breakfast Yoghurt *Lentils and Pasta *Much, much more! **Buy your copy today!**

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Alan Durham:

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