

Instant Pot

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Sushi Rice

In Instant Pot

- **2 CUPS** sushi rice
- **2 CUPS** water
- Cook on "Rice" setting

Combine In Bowl

- $\frac{1}{4}$ **CUP** rice vinegar
- **1 TBSP** sugar
- Some salt

Mix in with rice after cooking

Beef Barbacoa

Ingredients

- 1 medium onion (see notes)
- 3 TBSP apple cider vinegar
- 1/4 cup lime juice
- 6 cloves garlic
- 2-4 chipotle peppers (to preference)
- 1 cup beef broth
- 4 TSP ground cumin
- 1 TBSP dried oregano
- 1/2 TSP ground cloves
- 1 TBSP tomato paste
- 2.5 pounds chuck or round bottom roast (trimmed of excess fat)
- salt and pepper
- 1 TBSP oil
- 2 bay leaves

Directions

1. Add the onion, vinegar, lime juice, garlic, chipotle peppers, beef broth, cumin, oregano, cloves, and tomato paste to a blender and blend until smooth.
2. Cut the chuck or round bottom roast into 3-4 large pieces.
3. Season the meat with a good pinch of salt and pepper on all sides.
4. Add all the beef into the pressure cooker along with the blended sauce and bay leaves.
5. On the instant pot, hit the 'beef/stew' button and let cook for 60-70 minutes depending on the thickness of the meat (mine took exactly 65 minutes).
6. Allow the pressure to release naturally or turn to the 'vent' setting if you're impatient like me. Allow it to vent completely before attempting to remove the lid.

Using Slow-Cooker Meals

- 8 hours on low, or 4 hours on high, convert to about **25-30 minutes** in the pressure cooker for red meats (the beef button)
- At least **1 CUP** of liquid needs to be added

Pulled Chicken

- **1-2 CUPS** broth or other liquid
- Any seasonings
- Cook on **HIGH** pressure for 10 minutes
- Release pressure naturally