

Recipes

- [Instant Pot](#)
 - [Sushi Rice](#)
 - [Beef Barbacoa](#)
 - [Using Slow-Cooker Meals](#)
 - [Pulled Chicken](#)
- [Slow Cooker](#)
 - [Meatballs](#)
 - [Pulled Pork](#)
- [Fondue](#)
 - [Basic Cheese](#)
 - [Basic Chocolate](#)
- [Mexican](#)
 - [Salsa](#)
 - [Fajita Steak](#)
 - [Enchiladas](#)
- [Breakfast](#)
 - [Crepes](#)
- [Times](#)
- [Notes](#)
- [Whipped Cream](#)
- [Chicken Salad](#)
- [To Try](#)
- [Ham Glaze](#)

- [Beef Jerky](#)
- [Caesar Salad Dressing](#)
- [Cajun Chicken and Sausage Alfredo](#)
- [Grilled Pineapple](#)
- [Shrimp and Grits](#)
- [Baby Back Ribs](#)
- [Chili](#)

Instant Pot

Instant Pot

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

Instant Pot

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.

Instant Pot

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

Instant Pot

Pulled Chicken

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

Slow Cooker

Slow Cooker

Meatballs

- **32 OZ** frozen meatballs
- **18 OZ** grape jelly
- **18 OZ** BBQ sauce
- Cook on HIGH for **2-3 HOURS**

Slow Cooker

Pulled Pork

Mix together

- **1 TSP** vegetable oil
- **1 CUP** BBQ sauce
- **1/2 CUP** apple cider vinegar
- **1/2 CUP** chicken broth (or beer)
- **1/4 CUP** brown sugar
- **1 TBSP** yellow mustard
- **1 TBSP** Worcestershire sauce
- **2 CLOVES** of garlic
- **1 1/2 TSP** thyme

Cook on **HIGH** for **5-6 hours** with a 4 **LB** pork butt/shoulder

Fondue

Fondue

Basic Cheese

Foundation

- **1 LB** cheese
- $\frac{3}{4}$ **CUP** dry white wine
- **2 TBSP** flour

Additional Ingredients

- $\frac{1}{4}$ **TSP** salt
- Seasonings
- Chopped meats

Fondue

Basic Chocolate

Foundation

- **10 OZ** chocolate (any type)
- $\frac{3}{4}$ **CUP** milk
- **1.5 TBSP** butter
- $\frac{1}{2}$ **TSP** vanilla extract
- Salt

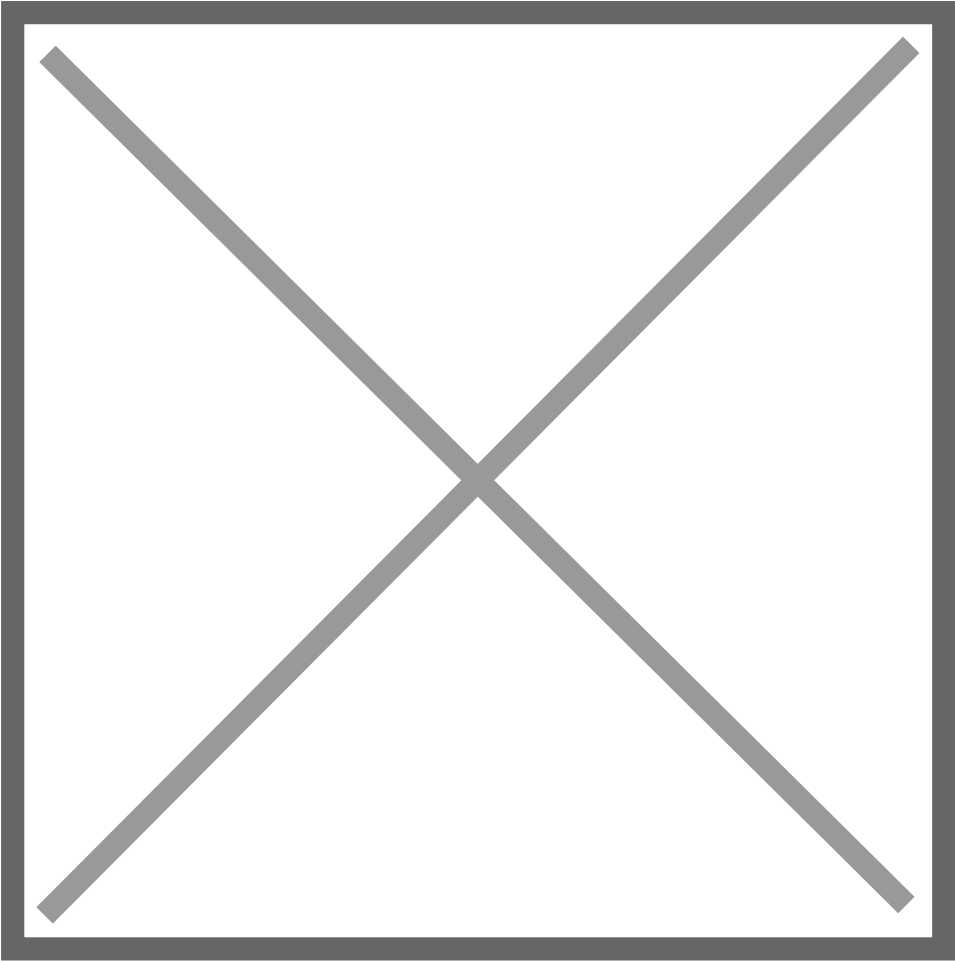
If chocolate becomes too thick and chunky:

1. Remove chocolate from heat, put in bowl
2. Add cream to hot bowl and warm
3. Pour all chocolate in at once and stir until smooth

Mexican

Mexican

Salsa



Mexican

Fajita Steak

Marinade

- **2 TB** olive oil
- **2 CLOVES** garlic
- **1/2 TSP** ground cumin
- **1/3 CUP** lime juice
- **1 TSP** salt
- **1 TSP** brown sugar
- Chopped cilantro
- Seasonings

Cook

Add some oil to cast iron skillet on **HIGH** heat, cook for **3 MINUTES** per side.

Mexican

Enchiladas

- **Sauce**

1. Mix 1 TBSP oil with 1 TBSP of flour
 2. Whisk together until it boils
 3. Add 10-12 OZ can of sauce (if paste, use 1 can with 1 can of water)
 4. 1 CUP chicken broth
 5. Salt, pepper, other seasonings
 6. Bring to boil, reduce simmer
- Brown 1 LB of ground beef (add onions)
 - Lightly fry about 4-5 tortillas in oil in skillet
 - Add 1/2 CUP of sauce to bottom of baking dish
 - Dip tortillas in sauce, add meat, onions, peppers, etc, place in baking dish
 - Cover with cheese, peppers, anything else
 - Bake at 350 for 20 MIN

Breakfast

Breakfast

Crepes

Ingredients

- **1 CUP** flour
- **2** eggs
- **1 CUP** milk
- **1/4 TSP** salt
- **2 TBSP** butter (melted)

Directions

1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Times

- Potato (microwave) - 12 minutes
- Potatoes (cubed/boiled) - 15 minutes

Notes

- For pasta, add a tablespoon of olive oil and salt to the water boil. Even after draining, add a little more salt and a little more olive oil. The oil helps to keep the pasta from sticking. Thinner pasta takes less time to cook. Angel hair only takes 3 to 4 minutes.
- There are a couple ways to chop an onion depending on how they would be cooked. Cut with the line if it will be cooked. Otherwise, use as raw.

Whipped Cream

- **1 CUP** heavy cream
- **2 TBSP** sugar

Chicken Salad

- **1 1/2 CUP** diced chicken
- **1/4 CUP** mayo
- **1/2 TSP** salt
- **1/4 TSP** pepper
- **2 TSP** lemon juice
- **1/2 TSP** parsley
- **1/2** small red onion diced
- **1 stalk** celery diced
- **1/2 TSP** Dijon mustard

To Try

Slow Cooker

- [Honey Sriracha Chicken](#)
- [Chicken Tikka Masala](#)
- [Oven-Baked Garlic Butter Steak](#)

Ham Glaze

In small saucepan on medium heat

- **1/2 STICK** of butter
- **1/4 CUP** of honey
- **1/2 CUP** brown sugar
- **1/8 TSP** cinnamon
- **1/8 TSP** ground cloves

Beef Jerky

Mix in a Bowl

- 2 LB thinly sliced top round beef
- 3/4 cup Worcestershire sauce
- 3/4 cup soy sauce
- 1 TBSP smoked paprika, or to taste
- 1 TBSP honey, or more to taste
- 2 TSP freshly ground black pepper
- 1 TSP red pepper flakes
- 1 TSP garlic powder
- 1 TSP onion powder

Prepare

1. Combine ingredients in bowl, coat the meat, cover, and let soak overnight in refrigerator.
2. Remove excess marinade and dry with paper towels
3. Place wire rack over baking sheet and lay meat across
4. Bake at 175 degrees for 3.5 hours

Caesar Salad Dressing

Ingredients

- ½ **CUP** olive oil
- **4 CLOVES** garlic (or **2 TSP** of minced)
- ¼ **CUP** lemon juice
- **1 TSP** anchovy paste
- **2** eggs
- **4 OZ** parmesan cheese (half for dressing, half for topping)
- ¼ **TSP** pepper
- ½ **TSP** salt
- **4-6 HEADS** of romaine lettuce

Directions

1. Whisk oil and garlic. **Let sit for 30 minutes.**
2. Whisk remaining ingredients and **2 OZ** of parmesan cheese.
3. Toss lettuce in mixture and top with remaining cheese.

Cajun Chicken and Sausage Alfredo

Ingredients

- 4 TBSP olive oil
- 1 LB penne pasta
- 1 LB chicken cut into bite sized pieces
- 14 OZ smoked sausage, sliced on the diagonal
- 1 QUART low-sodium chicken broth
- 2 1/2 CUPS heavy cream
- 4 cloves garlic, minced
- 4 OZ parmesan cheese freshly shredded
- Seasonings
 - 1/2 TSP of kosher salt
 - Pepper to taste
 - 1 1/2 TBSP Cajun seasoning
 - Italian Parsley garnish

Instructions

1. Start with a large cooking pot that has a lid.
2. Season chicken with salt and pepper and brown in olive oil over medium high heat.
3. Add sausage and continue to cook until lightly browned.
4. Stir in garlic and cook for for about two minutes.
5. Add chicken broth, heavy cream, dried pasta, and cajun seasoning to pot.
6. Stir together and bring to a simmer over medium high heat.
7. Reduce heat to low and let cook covered for 15-20 minutes, or until pasta is tender.
8. Remove pot from heat and slowly stir in parmesan cheese.
9. Stir in chopped parsley and sprinkle with additional cajun seasoning to taste.

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Grilled Pineapple

Ingredients

- **1 container** of pineapple spears
- **1/2 CUP** brown sugar
- **1/2 CUP** butter (melted)
- **1 TSP** cinnamon

Directions

1. Lay the pineapple spears on a pan. Sprinkle lightly with cinnamon.
2. Whisk together the butter, brown sugar and cinnamon. (If it seems thick, I always put it in the microwave for a few seconds so that it can easily pour on top of the pineapple.)
3. Spread on top of the pineapple using a cooking brush.
4. Grill for about 7-10 minutes or until it is starting to turn golden brown.

Shrimp and Grits

Grits

- **4 CUPS** of water
- **1 CUP** of grits
- Salt to taste

The Rest

- Bacon (about 4-6 strips), chopped
- Shrimp (about 1 LB)
- Scallions
- Parsley
- 4 TSP lemon juice
- 1 scoop of minced garlic

Directions

1. Boil grits until thickened
2. At same time, fry the bacon. Drain and leave bacon fat.
3. Cook the shrimp in the bacon fat until pink
4. Add lemon juice, parsley, scallions, and bacon. Cook a little more.

Baby Back Ribs

Ingredients

- Pork or beef ribs (**not** the ready-to-bake variety)
- BBQ sauce
- **Rub spices**
 - **1/2 CUP** brown sugar
 - **1-2 TBSP** chili powder
 - Any other dry rubs that would be yummy
- **Instant Pot Broth**
 - **1/2 CUP** water
 - **1/4 CUP** apple cider vinegar
 - **1-2 TSP** liquid smoke

Directions

1. Mix dry rub spices and pat on all sides of ribs
2. Put Instant Pot liquid in pot, along with basket
3. Place ribs vertically along edges
4. Pressure cook on HIGH for 35 minutes
5. Allow gradual release for 10 minutes, then quick release
6. Apply BBQ sauce and put under broiler until sauce begins to caramelize

Links

- [Instant Pot Baby Back Pork Ribs - I Wash You Dry](#)

Chili

Ingredients

- 2 **LBS** ground chuck
- 1 onion (chopped)
- 1 red pepper (chopped)
- 2 **TSP** chopped garlic
- 2 cans light or dark kidney beans (drained)
- 1 **CUP** beef broth
- 1 **TSP** cumin to taste
- 3 **TBSP** chili powder to taste
- 1 **TSP** or more salt/pepper to taste
- 1/4 **TSP** cayenne pepper
- 1/2 jar salsa

Directions

1. In InstantPot add about TBSP of veg oil and brown beef using saute function.
2. Remove meat and drain
3. In same pot add onion, garlic and pepper, saute till wilted
4. Add back meat
5. Add s/p, cumin, chili, powder, cayenne, broth, beans, salsa. (The rest)
6. Toss a beef bullion cube in sometimes just for added depth.
7. For InstantPot, use meat function and cook for about 40 minutes.
8. TASTE and add more spices if necessary. If too soupy put on saute function and cook until thicker, stirring often.

Serve in bowls topped with cheddar That's my basic recipe. Change up amounts as you like. You could use 3lbs meat and just change up the spices to your liking