

Fried Rice

Ingredients

2 c. long grain rice (not instant)

4 c. water

1 Tbsp. olive oil

1 egg

6 oz. frozen mixed vegetables

Ginger or mustard sauce

Directions

Steam rice according to multicooker directions for the function. Once steam is vented, remove lid and switch function to sauté. Push rice to the sides of the pan creating a well in the middle of the rice with the bottom of the pan visible. Pour oil into well, crack open the egg and add to the oil. Fry until done, chopping as you go. Once done, add mixed vegetables and stir all ingredients together. Continue to sauté until vegetables are hot and steamy. Add your favorite sauce, such as ginger or mustard, to complete this easy side dish.

Yield: 8 servings

Apple Crisp

Ingredients

5 medium sized apples, peeled and chopped into chunks
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 c. water
1 tbsp. maple syrup
4 tbsp. butter
3/4 c. old fashioned rolled oats
1/4 c. flour
1/4 c. brown sugar
1/2 tsp. salt

Directions

1. Place apples in the inner pot of instant pot. Sprinkle with cinnamon and nutmeg. Top with water and maple syrup.
2. Melt butter. In a small bowl, mix together melted butter, oats, flour, brown sugar, and salt. Drop by spoonfuls on top of apples.
3. Secure lid. Use the manual setting and cook on high pressure for 8 minutes.
4. Use a natural release. Let sit for a few minutes to allow the sauce to thicken.
5. Serve warm and top with ice cream.

Yield: 3-4 servings

Pulled Pork

Ingredients

1 pork shoulder (4 lbs.)
2 Tbsp. olive oil

Dry Rub

2 Tbsp. brown sugar
2 tsp. chili powder
2 tsp. black pepper
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. cinnamon powder
1 tsp. kosher salt
1/4 tsp. cayenne pepper

Barbeque Sauce

28 oz. Barbecue Sauce
1 1/2 c. water

Directions

1. Cut pork shoulder into large pieces.
2. Make Dry Rub and rub it onto both sides of the meat.
3. Set “Saute” on your Instant Pot and add 2 Tbsp. of oil.
4. Add meat to brown all sides (3 minutes works very well).
5. Mix 1 1/2 cup of water with 1/2 bottle of barbecue sauce.
6. Once all pork has been browned, remove the meat from your Instant Pot.
7. Add mixture of water and barbeque sauce to Instant Pot to deglaze bottom of pot.
Use wooden spoon to scrape bottom of Instant Pot.
8. Add pork back into Instant Pot.
9. Lock lid and set venting to “Sealing” on Instant Pot.
10. Choose the “Meat” setting and set to 60 minutes.
11. Wait for pressure to build up.
12. After 60 minutes of pressure cooking, carefully release pressure to “Venting”.
13. Use forks or tongs to pull apart all pork.

Yield: 16 servings