

# 5 DINNERS IN 1 HOUR

# INSTANT POT & SLOW COOKER

*Cheat Sheet*

WWW.5DINNERS1HOUR.COM

*5D1H IP Tip! Don't add milk and dairy such as cheese until the end!*

NOTE: AT LEAST 1-2 CUPS OF LIQUID SUCH AS WATER OR BROTH MUST BE ADDED TO THE INSTANT POT IN ORDER FOR IT TO COME TO PRESSURE.

## Beef (roast)

Cook in Instant Pot:  
15 minutes per pound

Cook in slow cooker:  
8-10 hours/low

## Beef (stew)

Cook in Instant Pot:  
15-20 minutes

Cook in slow cooker:  
8-10 hours/low

## Ground Beef

Cook in Instant Pot:  
5 minutes **Q**

Cook in slow cooker:  
4-6 hours/low

## Meatballs

Cook in Instant Pot:  
10-15 minutes

Cook in slow cooker:  
4-6 hours/low

## Chicken Breasts

Cook in Instant Pot:  
6 minutes **10**

Cook in slow cooker:  
4-6 hours/low

## Chicken Thighs *(bone-in)*

Cook in Instant Pot:  
10 minutes **10**

Cook in slow cooker:  
4-6 hours/low

## Chicken Thighs *(boneless/skinless)*

Cook in Instant Pot:  
8 minutes **10**

Cook in slow cooker:  
4-6 hours/low

## Whole Chicken

Cook in Instant Pot:  
6 minute per pound

Cook in slow cooker:  
6-8 hours/low

## Pork Chops *(bone-in)*

Cook in Instant Pot:  
8 minutes **10**

Cook in slow cooker:  
8 hours/low

## Pork Chops *(boneless)*

Cook in Instant Pot:  
5 minutes **10**

Cook in slow cooker:  
8 hours/low

## Pork Shoulder *(3 pound)*

Cook in Instant Pot:  
55 minutes

Cook in slow cooker:  
8 hours/low

## Pork Loin *(2-3 pound)*

Cook in Instant Pot:  
25-30 minutes

Cook in slow cooker:  
8 hours/low

## Fish Fillet

Cook in Instant Pot:  
5 minutes **Q**

Cook in slow cooker:  
1-2 hours/low

## Meatloaf

Cook in Instant Pot:  
25-30 minutes

Cook in slow cooker:  
7-8 hours/low

## White Rice *(1:1 ratio)*

Cook in Instant Pot:  
5 minutes **10**

*(1:2 ratio)*  
Cook in slow cooker:  
1 1/2-2 1/2 hours

## Whole Potatoes

Cook in Instant Pot:  
14 minutes **Q**

Cook in slow cooker:  
8 hours/low

NATURALLY RELEASE PRESSURE UNLESS INDICATED WITH ONE OF THESE SYMBOLS

**10** NATURAL RELEASE FOR 10 MINUTES, THEN QUICK RELEASE REMAINING PRESSURE.

**Q** QUICK RELEASE

ALL INSTANT POT COOKING TIMES ARE COOKED BASED ON HIGH PRESSURE