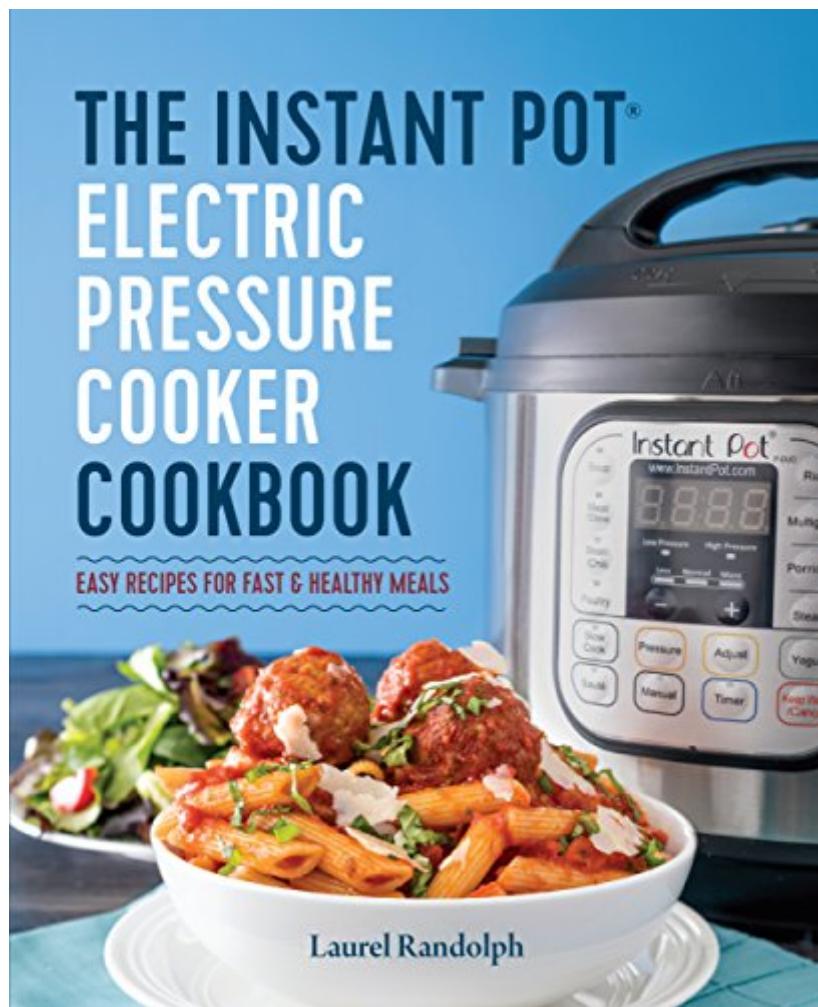


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# Instant Pot® Electric Pressure Cooker Cookbook: Easy Recipes For Fast & Healthy Meals



## Synopsis

Make Meal Planning A Cinch With Healthy, Family-Friendly Pressure Cooker Recipes Maybe you already own an Instant Pot® "but do you realize all that your pressure cooker can achieve? Are you ready for the perfect electric pressure cookbook companion for your Instant Pot®? With The Instant Pot® Electric Pressure Cooker Cookbook, you'll explore an inspiring variety of healthy, easy-to-make pressure cooker recipes "from savory breakfasts to hearty stews to decadent desserts, and more. Packed with nutritious, family-friendly pressure cooker recipes "plus vegetarian, gluten-free, and Paleo-friendly options "The Instant Pot® Electric Pressure Cooker Cookbook is your go-to guide for fuss-free, all-in-one cooking. Unlock the endless possibilities for creating a wide range of delicious one-pot dishes, with: No-fuss meals: discover 100+ pressure cooker recipes using only wholesome, healthy ingredients Low-maintenance: prep times, pressure levels, and cooking times accompany each recipe Handy prep labels: from super-fast meals (20-minutes-or-less) to longer prep times (45-minutes-or-less to one-hour-or-longer) to kid-friendly dishes "No pressure" pressuring tips: Instant Pot® tips and techniques help you master your skills

## Book Information

File Size: 15486 KB

Print Length: 176 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (April 6, 2016)

Publication Date: April 6, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01CIYURJE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,258 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Appliances #2 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy #4 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers

## Customer Reviews

If you were one of the lucky ones who bought an Instant Pot (aka IP) on Prime Day in July, like I did, congratulations. If you found, after taking it out of the box, that it's a little intimidating, join the club. There is definitely a learning curve with the IP but so worth the effort. I immediately went on the hunt for recipes to try and downloaded a bunch of \*free\* Instant Pot cookbooks. Let the buyer beware, \*free\* does not equal \*good\* - many of those books are poorly edited/translated and have serious errors. This is an 'official' Instant Pot cookbook and a very good one. I was warned that unless there is a picture of a real IP on the cover (copyright) it is not sanctioned by Instant Pot - this one is an official cookbook but it's so much more than just recipes. I usually purchase my books for Kindle (and there is an e-book version) but this one I bought in soft-back. For the price, under \$10, it is definitely a must buy. This cookbook has everything you need to know to use your Instant Pot. The beginning of the book is an introduction to the Instant Pot, to pressure cooking and how to care for your pot. Even though a lot of this information may be found in the Instant Pot manual, the manual (which comes with the IP) is in 2 languages and, I think, is difficult to read. The middle of the book has recipes. Some recipes are more involved but many are recipes for cooking basic things (like Chicken Wings) which a newbie like me wanted to learn. Even after cooking for the better part of 45 years, figuring out the settings and times for cooking in the IP makes me feel like a novice. I made the chicken wings this weekend and, from frozen, were fast and delicious. There are recipes for soups, meats, and desserts.

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