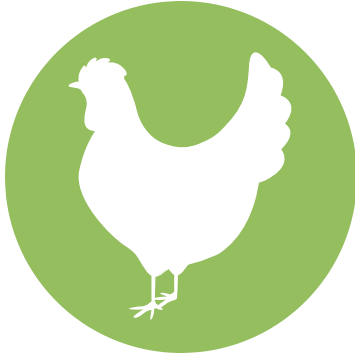


COOK FROM FROZEN IN YOUR INSTANT POT



CHICKEN

- bone in, with skin thighs - 30 mins, QR
- boneless skinless chicken breasts 15 minutes, QR
- 3-4lb whole chicken - 60 minutes, NPR 10 mins
- chicken wings - 12 minutes, QR
- chicken tenders 5 mins, QR
- drumsitcks 25 mins, QR

- stew beef 30 mins, 10 min NPR
- frozen meatballs, 15 mins, 10 min NPR
- ground beef, 20 mins, on a trivet.



BEEF



PORK

- 2 lbs pork rib roast 60 min, NPR
- 4 lb pork shoulder (cut into 4 pieces)
- 2 lb pork loin roast 45 mn, 10 min NPR
- bone in pork chops 10 min, 10 min NPR
- 3 lbs pork ribs, cut into sections , 40 min, 10 min NPR

- salmon Fillets, 5 mins, QR
- frozen shrimp, 1 min, QR
- frozen tortellini, 5 min, QR



OTHER THINGS