Cooking Times

Use this cheat sheet to make meals in minutes! Everything on this list is meant to be cooked on High Pressure.

- **BEEF ROAST**: 35-40 MINUTES
- **BONELESS RIBS**: 25 MINUTES
- **WHOLE CHICKEN**: 6 MINUTES/LB
- **CHICKEN BREASTS**: 8 MINUTES
- **CHICKEN LEG/THIGH**: 9 MINUTES
- **PORK CHOPS**: 5 MINUTES
- **PORK ROAST**: 45-55 MINUTES
- **STEW**: 25 MINUTES
- **DRY BEANS**: COVER WITH WATER 55-70 MINUTES
- **PASTA & NOODLES**: COVER WITH WATER 4 MINUTES
- **BROWN RICE**: 1 RICE : 1 WATER 25 MINUTES
- **WHITE RICE**: 1 RICE : 1 WATER 10 MINUTES
- **WILD RICE**: 1 RICE : 1.3 WATER 27 MINUTES
- **QUICK OATS**: 1 OATS : 1.6 WATER 5 MINUTES
- **STEEL CUT OATS**: 1 OATS : 2.25 WATER 10 MINUTES
- **HARD-BOILED EGGS**: Add 1 cup water and use steamer basket or rack 4 MINUTES
- **CAKE**: Add 1 cup water and use steamer basket 25 MINUTES
- **WHOLE POTATOES**: Add 1 cup water and use metal rack 12-15 MINUTES
- **CORN ON THE COB**: Add 1 cup water and use metal rack 3-4 MINUTES
- **VEGGIES**: Add 1 cup water and use steamer basket or rack 1-5 MINUTES

**QR** = Quick Release

NR = Natural Release

What are those ratios under rice and oats? They are the “parts” of each you’ll need to cook! For example, for each 1 cup brown rice you’ll need 1 cup water, or for each 1 cup steel cut oats you’ll need 2 1/4 cups water. Multiply according to your needs!

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