

# Instant Pot

## CONVERTING RECIPES

### FROM SLOW COOKER

Slow Cooker Time	Instant Pot Time
10 hours on low/ 5 hours on high	30 minutes on high pressure
8 hours on low/ 4 hours on high	24 minutes on high pressure
6 hours on low/ 3 hours on high	18 minutes on high pressure
4 hours on low/ 2 hours on high	12 minutes on high pressure

### FROM OVEN/STOVE TOP

Stove/Oven Cook Time	Instant Pot Time
2 hours	40 minutes on high pressure
1 ½ hours	30 minutes on high pressure
1 hour	20 minutes on high pressure
30 minutes	10 minutes on high pressure

### RECIPES WITH PASTA

Lowest Pasta Cook Time	Instant Pot Time
12 minutes	4 minutes on high pressure let NPR for 5 minutes then QR
9 minutes	3 minutes on high pressure let NPR for 4 minutes then QR
6 minutes	2 minutes on high pressure let NPR for 3 minutes then QR
3 minutes	1 minute on high pressure let NPR for 2 minutes then QR