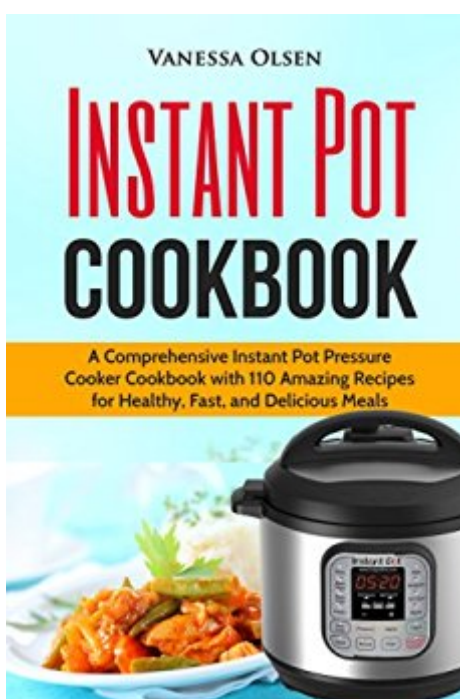


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# Instant Pot Cookbook: A Comprehensive Instant Pot Pressure Cooker Cookbook With 110 Amazing Recipes For Healthy, Fast, And Delicious Meals



## Synopsis

FREE BONUS INSIDE! Subscribe to my newsletter and receive 4 amazing eBooks on the Paleo diet, clean eating, smoothie recipes, and gluten free as a welcome gift! Do you need to spend hours making a decent meal? Do you want to cook better food but after a long work day you just don't have the energy? An Instant Pot Pressure Cooker is going to change your life! Eating healthy is crucial to maintaining good health, but in a society ruled by fast-food and artificial, pre-packaged goods, it can be hard to make good choices without breaking the bank or having to spend hours slaving over the stove. Thankfully, there's pressure cooking, which is both healthy and fast. Pressure cooking has been around for hundreds of years, and even with all our fancy inventions like the microwave, pressure cooking is still the healthiest and quickest way to prepare any food, especially vegetables and affordable cuts of meat. Who knew that you could actually prepare Brussels Sprouts, and they don't end up being bitter? Or that cheap top-round beef could become so fall-off-the-bone tender? Electric pressure cookers in particular are extremely convenient and safe, and can easily replace your slow cooker and rice cooker. The Instant Pot is one of the most popular electric pressure cookers out there because of its versatility, durable design, and exceptional safety features. *Instant Pot Cookbook: A Comprehensive Instant Pot Pressure Cooker Cookbook with 110 Amazing Recipes for Healthy, Fast, and Delicious Meals* provides you with all the information you need to get started with an Instant Pot today. You'll learn a bit about the history of pressure cooking and why it's the best way to cook all your meals, as well as the different parts of an Instant Pot and what all those buttons mean. The control panel is one of the reasons why many people are hesitant to get an Instant Pot, but it looks a lot more intimidating than it actually is. You'll get a complete rundown of what each button means, and all the recipes tell you exactly what buttons to use. Maintaining your Instant Pot is an important part of owning one, so you'll also learn how to clean your cooker. Now comes the fun part: the recipes. By reading this book, you'll get 110 recipes covering breakfast, chicken dishes, beef, seafood, ethnic meals, sides, vegan, and dessert! Here's just a sampling: French toast bake, Chicken dumplings, Homemade hummus, Chickpea curry, Beefy lasagna, Whole-wheat mac & cheese, Shrimp scampi, Vegan yogurt, Orange-chocolate bread pudding. If you're a person who wants to eat healthy meals at home that don't take forever to prepare, the Instant Pot was designed with you in mind. Even if you don't think of yourself as a chef or even a cook, the recipes are detailed, easy-to-follow, and you're sure to end up pleased and satisfied with whatever you decide to try out.

## Book Information

File Size: 2105 KB

Print Length: 224 pages

Publication Date: September 6, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01LVYKEAC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

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## Customer Reviews

Over the last few years, Iâ™ve been simplifying and reducing the tools and appliances in our kitchen and only keeping the ones we use often. In fact, our kitchen now has a simple assortment of unusual appliances and tools that we use every day. One appliance that has recently earned its place on the list is the Instant Pot. The Instant Pot met my criteria of being multiple use so I decided to give it a try. It has quickly become one of my favorite kitchen tools and I use it often. Thatâ™s why i bought this book so i could get lots of recipes wherein i can use my Instant Pot Cooker. Thanks to the author.

I find this book useful since it will be making use of an Instant Pot and has given recipes that will test its abilities. The book has given an option for anyone to prepare good and healthy meals minus the excessive time of preparing it. And the best part is that there 110 recipes here! How amazing could that be? I think this book will stay with me and my kitchen for a long time. Wish there were pictures of each recipe though. But overall, this has been a worthy grab.

A wide variety of recipes to satisfy anyone has been included in here with the instruction of using full features of instant pot. Each and every function of a pressure cooker are mentioned here step by

step, so that, even a novice can do better in cooking. In addition to, a bunch of delicious recipes for breakfast, lunch and dinner has been given here in this book to help you with preparing your meal within the shortest time. Thanks!

This book was helpful in learning how to use the Instant Pot. I appreciated that the instructions were simple and the recipes were basic, understandable and easily followed. Great for family dining. One complaint - there are no pictures. Photos of the steps in using the pot as well as the completed dishes would have been very, very helpful and made the book much more enjoyable! Thus causing a person to make more use of it.

This cookbook is amazing and fully loaded with tons of amazing Instant Pot recipes. Actually, I had a huge interest to learn some instant pot pressure cooker recipes and that is why I purchased this book last week. By reading this book not only I have learned some recipes, but also learned the history of pressure cooking. By reading this book I have learned how to clean my cooker. I already tried some recipes that I learned from this book and they were really easy to cook & very delicious. My most favorite recipe is chickpea curry, but I liked most of recipe of this book. This is my honest opinion about the quality of this book and I wish this will give you a short concept about this book.

I didn't really buy into the Instant Pot trend (almost all of my close friends have one!) until I learned from this book that you can do so much with it. It even comes with a mini manual on how to use the Instant Pot which used to be one of my concerns. But the final test was whether or not these claimed recipes really were all they seem and I'm happy to report that things turned out well and I'm now using my new Instant Pot almost everyday. It's pretty much a must-have for the Instant Pot owner!

This book doesn't leave anything out. The first part goes over how pressure cookers work, which I found pretty interesting, the types of pressure cooker and even gives suggestions on cleaning it. It then goes into tons of different recipes, that really include every course, sides, sauces, even vegan meals. I plan to make the wings next time my boyfriend invites people over for football and I'm am excited to try out the broccoli pesto recipe as a healthy sauce to use on pasta. The end, and this was my favorite part, tells you how to convert crock pot recipes into pressure cooker recipes. I think in will be turning more towards the pressure cooker than the crock pot so this will be super helpful.

Vanessa Olsen did an outstanding job with this instant pot cookbook. The family and I have been on a kick to get healthy lately, so I've invested in a bunch of new kitchen gadgets that will help us more quickly and easily create more healthy and satisfying meals. One such device has been the Instant Pot. This book is loaded with quality information that lets us know how best to use the device to create tasty meals, and as a breakfast lover, I'm finding that the recipes for breakfast are simple and delicious to get me started off on the right foot for the day! Highly recommended.

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