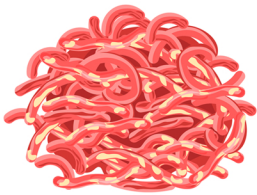


Instant Pot

meat cook times at a glance



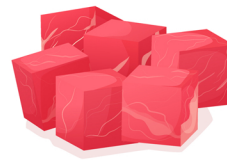
GROUND BEEF

Fresh: 6 minutes
Frozen: 20 minutes



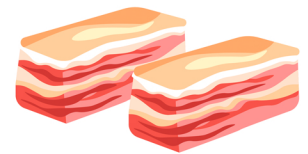
BEEF ROASTS

Large Chunks: 20 minutes per pound
Small Chunks: 15 minutes per pound



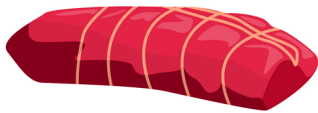
STEW MEAT

15 minutes per pound



SHORT RIBS

Boneless: 35 minutes
Bone-In: 45 minutes



TENDERLOIN

20 minutes per pound



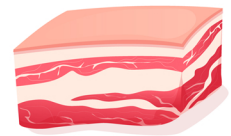
PORK SHOULDER/BUTT

15 minutes per pound



PORK CHOPS

10 minute



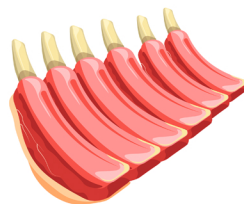
PORK BELLY

35 minutes



HAM

30 minutes



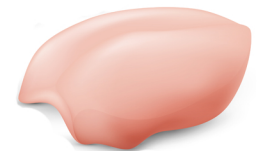
RIBS

20 to 25 minutes



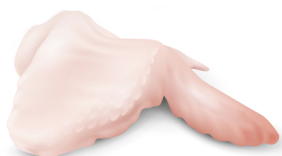
WHOLE CHICKEN

Fresh Chicken: 8 minutes
Frozen Chicken: 45 minutes



CHICKEN BREAST

Fresh Chicken: 8 minutes
Frozen Chicken: 12 minutes



CHICKEN WING

Fresh Chicken: 10 minutes
Frozen Chicken: 20 minutes



DRUMSTICK

Fresh Chicken: 12 minutes
Frozen Chicken: 20 minutes



CHICKEN THIGHS

Fresh Chicken: 12 minutes
Frozen chicken: 20 minutes