



Instant Pot Recipe Conversion

SLOW COOKER TIME

10 hours on low/5 hours on high

8 hours on low/4 hours on high

6 hours on low/3 hours on high

4 hours on low/2 hours on high

STOVE/OVEN COOK TIME

2 hours

1 half hours

1 hour

30 minutes

LOWEST PASTA COOK TIME

12 minutes

9 minutes

6 minutes

3 minutes

INSTANT POT TIME

30 minutes on high pressure

24 minutes on high pressure

18 minutes on high pressure

12 minutes on high pressure

INSTANT POT TIME

40 minutes on high pressure

30 minutes on high pressure

20 minutes on high pressure

10 minutes on high pressure

INSTANT POT TIME

4 minutes on high pressure let
NPR for 5 minutes then QR

3 minutes on high pressure let
NPR for 4 minutes then QR

2 minutes on high pressure let
NPR for 3 minutes then QR

1 minute on high pressure let
NPR for 2 minutes then QR