



Instant Pot Tips

1. **Always use enough liquid.** Most recipes need at least 1 cup to build pressure.
2. **Use the right pressure release.** Quick Release for vegetables and pasta; Natural Release for meats, soups, and beans.
3. **Deglaze after sautéing.** Scrape up browned bits with broth or water to help prevent the *Burn* notice.
4. **Frozen meat is okay!** Just add a few extra minutes to the cooking time.
5. **Add dairy at the end.** Stir in milk, cream, cheese, or sour cream after pressure cooking for the best texture.
6. **Don't overfill the pot.** Keep foods that expand, like rice, beans, and pasta, below the ½ Full line.



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