



Instant Pot Meat Cook Times ImperfectlyHappy.com

Beef

I recommend when cooking beef that you allow for a natural, slow, release of pressure. I find that when you open the valve for a quick release the meat tends to be tougher.

- **Pot Roasts** - 30 - 40 minutes (that will cook it but I do add more time to my roast for that falling apart goodness)
- **Stew Meat** - 15 - 20 minutes
- **Ribs** - 25 - 30 minutes
- **Ground Beef, frozen** - 25 minutes

Chicken

- **Whole** - 6 minutes per pound
- **Boneless** - 8 minutes
- **Boneless, frozen** - 12 minutes
- **Bone-In** - 10 - 15 minutes

Turkey

- **Boneless Breast** - 15 - 20 minutes
- **Bone-In Breast** - 25 - 30 minutes
- **Legs** - 15 - 20 minutes

Pork

- **Ham, re-heat boneless fully cooked** - 6 - 7 minutes
- **Ham, shoulder** - 25 minutes
- **Roast, butt** - 45 - 50 minutes
- **Roast, loin** - 55 - 60 minutes
- **Ribs** - 20 - 25 minutes
- **Chops** - 5 - 6 minutes

Rabbit

- **Whole** 25 - 30 minutes (will fall off the bone)

Fish

- **Whole** - 5 - 6 minutes
- **Whole, frozen** - 7 - 10 minutes
- **Filletts** - 2 - 3 minutes
- **Fillet, frozen** - 3 - 4 minutes

Duck

- **Whole** - 25- 30 minutes
- **Cuts, bone in** - 12 - 15 minutes