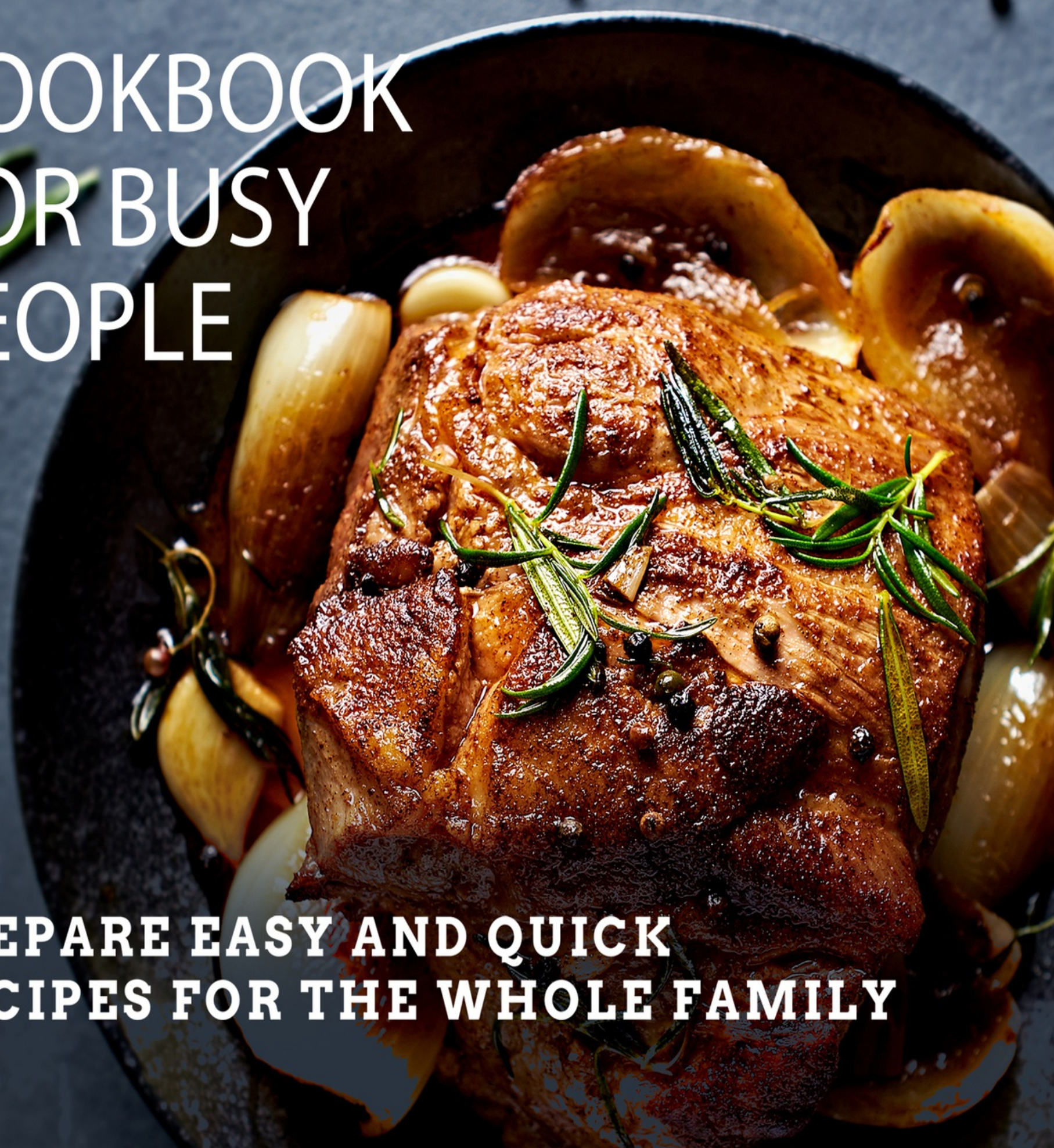


# QUICK POT

by  
**VALERIA  
RAY**

COOKBOOK  
FOR BUSY  
PEOPLE

**PREPARE EASY AND QUICK  
RECIPES FOR THE WHOLE FAMILY**



# Quick Pot Cookbook for Busy People

Prepare Easy and Quick Recipes for the Whole Family

BY: Valeria Ray



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# Table of Contents

## [Introduction](#)

[White chicken chili](#)

[Lemon garlic chicken](#)

[Beef roast](#)

[Meatloaf](#)

[Honey sesame chicken](#)

[Cheesy chicken pasta](#)

[Honey chicken](#)

[Sausage and rice](#)

[Steak with gravy](#)

[Baked potatoes](#)

[Mushroom risotto](#)

[Pork chop and potatoes](#)

[Stuffed bell peppers](#)

[Rigatoni and meatballs](#)

[Beef and broccoli ramen](#)

[Chicken parmesan](#)

[Sour cream pork chops](#)

[Barbecue chicken](#)

[Pork roast](#)

[Potato broccoli soup](#)

[Vegetable beef soup](#)

[Chicken zoodle soup](#)

[Cabbage soup](#)

[Pulled pork chilly](#)

[Potato soup](#)

[Corn on the cob](#)

[Chicken spaghetti](#)

[Stroganoff](#)

[Mac and cheese](#)

[Stuffed shells](#)

## [Conclusion](#)

[About the Author](#)

[Author's Afterthoughts](#)

# Introduction



Don't let your busy lifestyle be an excuse for not having the time to cook homemade food. This recipe book has all you need to make a step towards a huge change. Consuming homemade food is a cheaper alternative, so it is a good choice if you have a strict budget. On the other hand, you have complete control over the ingredients. Making healthier choices and introducing nutritious foods is a lot easier this way. However, many might skip this because they feel like they don't have the time to cook. If you can relate to this, this recipe book will have you covered. The 30 simple recipes are easy, and anyone can prepare them in the Quick Pot. You will get the best recipes for cooking to get the most of your favorite appliance.

Are you ready to discover fast and convenient recipes? Discover the delicious and easy meals that you can prepare with your quick pot!

# White chicken chili



If you wish to try a tasty lunch or dinner recipe, the white chicken chili will blow your mind. The tender chicken meat and the creamy sauce are a perfect combo for the moment when you crave something homemade.

**Time: 30 minutes**

**Servings: 5**

## Ingredients

- 1 teaspoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1-pound chicken breasts
- 2 cups low-sodium chicken broth
- 1 can navy beans, drained and rinsed
- 1 can large white beans, drained and rinsed
- 5 oz canned diced tomatoes and chilis drained
- 1/2 cup whole kernel corn
- 1 teaspoon Chicken Bouillon
- 1 cup cheese shredded
- 3 oz cream cheese
- 1 teaspoon cumin
- 1 teaspoon chili powder
- salt and pepper to taste

## Instructions

Turn your quick pot to sauté.

Cook the onion and garlic for the emirates.

Add broth, beans, chicken, tomatoes, bouillon, and seasonings.

Close your quick pot and seal it. Sauté for 20 minutes on manual/ high-pressure setting.

When finished, let the steam release naturally for ten minutes.

Take the chicken and cut it on your cutting board. Add the chopped chicken back.

Turn to sauté and add cheese, cream cheese, and corn. Sauté for five minutes or until melted.

# Lemon garlic chicken



The lemon garlic chicken is the ideal pick if you wish to try a light and flavorful meal. The citrus note and aromatic garlic are the perfect combos to enhance the plain chicken.

**Time: 20 minutes**

**Servings: 6**

## Ingredients

- 6 chicken breasts
- ½ teaspoon paprika½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt
- 3 tablespoons butter unsalted
- 2 tablespoons olive oil
- 4 garlic cloves minced
- ½ onion small
- ⅓ cup chicken stock
- 1 lemon sliced
- Juice and zest from one lemon
- parsley chopped, fresh

## Instructions

Cover your chicken breasts with paprika, salt, pepper, and garlic powder.

Drizzle olive oil in your pot and turn to sauté to warm it.

Cook the chicken until both sides are brown. Set aside.

Scrape the leftovers and add the butter. When melted, sauté the onion.

Add garlic and cook for a minute.

Add stock and mix to crepe off the remaining bits.

Add the chicken, close the lid, and seal.

Set to manual pressure for seven minutes.

Allow the steam to release naturally for three minutes. Then, turn the quick steam option.  
Drizzle lemon juice, sprinkle zest, and serve with slides.

# Beef roast



If you want to have our beef roast ready without much effort, try this recipe. It will yield a complete meal, alongside roasted potatoes as your favorite side dish.

**Time: 1 hr. 15 mins**

**Servings: 8**

## Ingredients

- 1/2 teaspoon black pepper
- 2 teaspoons seasoning salt
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 tablespoon canola oil
- 3 lb. beef shoulder steak cut into chunks
- 1 tablespoon tomato paste
- 1 cup low sodium beef broth
- 1 tablespoon Worcestershire sauce
- 2 tablespoons balsamic vinegar
- 3 large carrots chopped
- 5 lb. Little Potatoes

## Instructions

Mix the pepper, salt, parsley, garlic, and onion powder. Cover the meat with the seasonings.

Set the quick pot to sauté. When heated add oil and cook the roast.

Add tomato paste, broth, Worcestershire, and vinegar. Mix and cover with a lid. Seal the lid and set to manual or pressure cook. Set the timer to 55 to 65 minutes on high.

Turn the quick pot off and let the steam release naturally for 10 minutes.

# Meatloaf



This is the perfect recipe for meatloaf in just under 40 minutes. The tender meat and wonderful aroma will make you ask for more.

**Time: 35 minutes**

**Servings: 6**

## Ingredients

- 5 lb. ground beef
- $\frac{3}{4}$  cup ketchup
- $\frac{3}{4}$  cup panko breadcrumbs
- $\frac{1}{2}$  teaspoon season salt
- 1 egg
- $\frac{1}{2}$  teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tbsp Worcestershire sauce

## Instructions

Mix the egg, onion powder, seasoning salt, breadcrumbs, beef, and garlic powder. Add in  $\frac{1}{2}$  cup ketchup and Worcestershire sauce. Combine and divide it into half.

Shape into mini loaf pans.

Pour the water into the quick pot liner. Add the trivet and add in the loaf pans.

Close the lid and seal. Cook for 25 minutes on high pressure.

When completed, do a quick release.

Turn the oven to broiling.

Add the remaining ketchup over the meatloaves and broil them for five minutes.

# Honey sesame chicken



The honey sesame sauce will add wonderful flavor to the chicken, creating a perfect meal for dinner. Put all the ingredients in your quick pot and have your meal ready in half an hour.

**Time: 30 mins**

**Servings: 6**

## Ingredients

- 2 lb. Tyson Fresh Chicken Strips
- 2 tablespoons cornstarch

## Glaze:

- ½ cup water
- ⅓ cup soy sauce
- ¼ cup honey
- 3 tablespoons ketchup
- 1 tablespoon minced garlic
- 1 tablespoon sesame oil

## Instructions

Combine the chicken glaze ingredients in a bowl.

Add the chicken to the quick pot. Cover with the glaze and toss.

Cook the glazed chicken for five minutes on high pressure.

Let the steam release naturally for six minutes, then manually release it.

Remove chicken.

Add the cornstarch to the pot and mix well. Set to sauté and cook for three minutes while mixing.

# Cheesy chicken pasta



If you crave a rich pasta dish, this is a good choice for you. The cheesy pasta with aromatic chicken is a tasty meal for a weekday.

**Time: 30 minutes**

**Servings: 4**

## Ingredients

- 3 cups leftover rotisserie chicken
- 2 tablespoons ranch seasoning
- 2 tablespoons dried onions
- 1 teaspoon paprika
- 2 teaspoons granulated garlic
- 3 cups of water
- 8 ounces of spaghetti noodles - broken in half
- 32 ounces of alfredo sauce
- 1 cup of chicken broth
- 2 cups shredded cheddar cheese
- ½ cup milk
- 4 ounces cream cheese - cubed

## Instructions

Spread the chicken over the bottom of the pot.

Add ranch, granulated garlic, dried onion, paprika.

Add the spaghetti over them.

Add broth, water, and alfredo sauce, and don't mix it.

Add the milk over.

Cover the lid of your quick pot and set it to manual pressure. Cook for nine minutes and quick release when done.

Add the cream cheese and cheddar and mix until melted.

# Honey chicken



The sweet note of the honey is the secret trick to make your chicken taste good. We reveal the tricks on creating the perfect marinade and cooking your chicken in a quick pot.

**Time: 25 minutes**

**Servings: 4**

## Ingredients

- Salt And pepper
- 1 tablespoon oil
- 4 chicken thighs
- 4 tablespoons honey
- 4 cloves garlic, minced
- 1/4 cup tomato sauce
- 3 tablespoons soy sauce
- 2 tablespoons cornstarch, optional to thicken

## Instructions

Add salt and pepper over the chicken and rub it.

Turn the quick pot to sauté and brown the meat. Remove and set aside.

Add the sauce ingredients to the pot and combine. Return the chicken.

Set to high and cook for eight minutes. Let the steam release naturally for ten minutes. Release and open. Remove chicken.

Turn the sauté option again and add cornstarch mixed with water. Whisk until thickened. Serve sauce over chicken.

# Sausage and rice



Sausage and rice are some recipes to prepare when you need a satisfying meal within 40 minutes. The tasty diner option is quick and can be prepared without much effort.

**Time: 35 minutes**

**Servings: 5**

## Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion minced
- 3 cloves garlic minced
- Salt and pepper to taste
- 1-pound sliced sausage
- 1 1/2 cups chicken broth
- 1/2 teaspoon smoked paprika
- 1 cup frozen peas thawed
- 1 cup long-grain rice

## Instructions

Set to sauté and add garlic, oil, and onion. Cook until softened.

Add sausage and cook for two minutes.

Add the seasonings, broth, and rice. Mix well.

Cover with the lid, seal, and set to manual or pressure. Set the time to five minutes.

Let the steam release naturally, remove the lid, and add peas. Close the lid and leave the peas to warm for five minutes.

# Steak with gravy



If you want to have a decadent diner ready for when you get back from work, this is the right choice. The rich gravy and tender beef are the best combos that can be prepared effortlessly in your quick pot.

**Time: 8 hours 10 minutes**

**Servings: 4**

## Ingredients

- 1 packet of au jus gravy mix
- 1 can French onion soup
- 1 can cream of chicken soup
- 1 ½-2 pounds cube steak
- ½ cup water
- 3 tablespoon cornstarch
- 3 tablespoon cold water

## Instructions

Add the cream of chicken soil, au jus, onion soup, and water. Mix or combine.

Add the steak and cook on low for six to eight hours.

Combine the water and cornstarch.

Add the mixture when the pot is ready. Set to high and cook for half an hour.

# Baked potatoes



If you need a tasty side dish that can be served on its own, this recipe for baked potatoes is the best fit. The creamy inside and wonderful aroma will blow your mind.

**Time: 40 minutes**

**Servings: 4**

## Ingredients

- 4 medium potatoes scrubbed
- 1 cup water cold

## Instructions

Add the water to the quick pot and add the trivet over it.

Poke the potatoes with a fork.

Add the potatoes over the river. Close the lid and seal.

Press the pressure cooking or manual option and set it to 16 minutes.

Release the steam naturally for ten minutes. Then you can do a quick release. Serve the potatoes with your favorite toppings.

# Mushroom risotto



If you don't know how to prepare a creamy risotto in your quick pot, this recipe will reveal the whole process.

**Time: 35 minutes**

**Servings: 4**

## Ingredients

- 1 tablespoon olive oil
- 8 ounces mushrooms sliced
- 1 small onion finely chopped
- $\frac{1}{4}$  cup white wine
- 1 cup arborio rice
- 2 cloves garlic minced
- 2 cups chicken broth
- 1 tablespoon butter
- $\frac{1}{4}$  teaspoon dried thyme
- Salt and pepper to taste
- $\frac{1}{4}$  cup Parmesan cheese shredded

## Instructions

Set the pot to sauté and heat the oil.

Add the mushroom and onion. Sauté for four minutes.

Add rice and sauté for the minutes.

Pour the wine and mix. While scraping the bits on the bottom.

Add seasonings, broth, and garlic. Add the lid, seal the pot, and set to high for five minutes.

Allow the steam to release naturally for 10 minutes.

Add two-time spans of parmesan and butter. Mix well.

Serve with remaining parmesan on top.

# Pork chop and potatoes



These pork chops and potatoes are a complete meal for the whole family. The combination of perfectly cooked pork chops and creamy potatoes is a match made in heaven.

**Time: 1 hour**

**Servings: 6**

## Ingredients

- 2 lb. Boneless Pork Chops
- 1 cup Chicken Broth
- 1 tablespoon. Cajun Seasoning
- 1 Packet Dry Ranch Dressing Seasoning Mix
- 1 Can Cream of Chicken Soup
- 6 Small Red Potatoes

## Instructions

Add the pork chops to the pot and pour in the broth.

Add Cajun seasoning and dry ranch dressing.

Add the potatoes over the meat.

Close the lid and seal it.

Set to high pressure for 30 minutes. Allow the steam to release naturally for 20 minutes. Remove pork and put it aside.

Turn the pot to sauté option and add the cream of chicken soup. Mix well with the fats already in the pot until thickened. Serve the meat and potatoes with this gravy on top.

# Stuffed bell peppers



If you love stuffed bell peppers, you will be made with this recipe. You can make your favorite meal within half an hour in your quick pot, and we reveal the secret tricks to do so.

**Time: 25 minutes**

**Servings: 4**

## Ingredients

- 4 medium Bell Peppers decided
- ½ pound Ground Beef
- 1 small Onion
- 1½ tablespoons Marjoram
- 2 cups Cooked Rice, packed
- 2 Garlic Cloves
- Salt and pepper
- 14 ounces can Tomatoes
- 3 tablespoons Breadcrumbs
- ½ cup Water

## Instructions

Mix the beef, onion, rice, salt, pepper, marjoram, breadcrumbs, garlic, and ½ can of tomatoes with the liquid.

Fill the desired peppers with the meat mixture.

Add the remaining tomatoes with liquid and the water to the pot. Add the steam rack over and stack the prepared bell peppers.

Secure the lid and turn to the “sealing” position. Set to manual for 8 minutes.

Allow the steam to release naturally for 4 minutes and open.

# Rigatoni and meatballs



Aromatic meatballs and perfectly cooked rigatoni pasta are a good combo for the moments when you crave comfort foods. It will provide a satisfying option for a weekday meal but also amaze your guests.

**Time: 15 minutes**

**Servings: 6**

## Ingredients

- 8 ounces Rigatoni Pasta
- 24 ounces Marinara Sauce
- 1-pound Frozen Meatballs
- 5 cups water
- 1 tablespoon oil
- Salt

## Seasonings:

- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

## Instructions

Place the frozen meatballs to the bottom of the pot.

Add the pasta over the meatballs.

Add a layer of the pasta sauce over and spread it. Don't mix the ingredients.

Sprinkle the seasonings and drizzle oil. Add water over the edges of the pasta.

Close the lid and seal it. Set pressure to cook on high. Set the timer for 8 minutes, or 5 minutes if you prefer your pasta to be al dente. Do a quick pressure release. Stir before serving.

# Beef and broccoli ramen



If you want to make one of those takeouts at home, try this beef and broccoli recipe. It is an outstanding choice if you don't have much time to spend in the kitchen since it will be done within half an hour.

**Time: 25 minutes**

**Servings: 4**

## Ingredients

- 1 package fast fry steak cut into 1-inch pieces
- 1 tablespoon sesame oil
- 1 tablespoon fresh minced ginger
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1 cup beef broth
- 1 tablespoon chili sauce
- 2 tablespoons oyster sauce
- 2 heads broccoli, chopped and steamed
- 3 packages of ramen noodles

## Instructions

Add oil to the pot. Layer the steak, ginger, garlic, broth, oyster sauce, soya sauce, chili sauce, and the uncooked noodles.

Secure the lid and bring it to the “sealing” position. Set to high and cook for 1 minute.

Perform a quick release of the pressure. Open the lid carefully.

Mix the beef and noodles, and add in the broccoli. Let the noodles sit for 5 minutes and serve.

# Chicken parmesan



Tender chicken covered with rich melted parmesan is a perfect meal that will comfort you after a long day. The best thing is that it will be ready within 15 minutes.

**Time: 15 mins**

**Servings: 3**

## Ingredients

- 2 tablespoons olive oil
- 1 tablespoon Nature's Seasoning
- 3 boneless chicken breasts
- 5 cups marinara sauce
- 1 tablespoon minced garlic
- 1 cup mozzarella cheese shredded
- 5 tablespoons fresh minced basil divided
- 3 tablespoons parmesan cheese grated

## Instructions

Set the quick pot to sauté. Add the olive oil and let it warm. Cook the chicken until slightly cooked on each side. Remove and set aside.

Add the garlic, tomato sauce, and one tablespoon of basil.

Add the chicken and toss to cover with the sauce. Set to high for 10 minutes. When done, release the pressure manually.

Add mozzarella cheese over the chicken and sprinkle parmesan. Add remaining basil on top and leave for five minutes or until the cheese melts.

# Sour cream pork chops



If you don't know how to prepare tender and juicy pork chops in your quick pot, this recipe has you covered.

**Time: 30 mins**

**Servings: 4**

## Ingredients

- 2 medium onions roughly chopped
- 1 tablespoon butter or coconut oil
- salt and pepper to taste
- 4 boneless pork chops
- 1 teaspoon Worcestershire sauce
- 1/3 cup sour cream
- 1 cup beef stock
- 1 teaspoon cornstarch

## Instructions

Set the quick pot to sauté option and add butter. Cook the onion until translucent. Push them to the side using a wooden spoon.

Add the chops and brown them. Add salt and pepper.

Turn off the pot and add Worcestershire and stock while scraping the bits off the bottom.

Close the lid and seal it. Set to pressure and cook for 8 minutes.

When done, do natural pressure release for five minutes and then do a manual release.

Remove the pork chops and set to sauté. Mix the cornstarch with cold water and add to the pot. Mix and cook until thickened.

Turn off the pot and wait for a few seconds to cool. Add the sour cream and mix well. Serve this sauce over the chops.

# Barbecue chicken



If you need a quick but satisfying meal option full of flavors, this is the right pick. The plain chicken enhanced with BBQ sauce is a perfect dinner option for the whole family.

**Time: 20 minutes**

**Servings: 4**

## Ingredients

- 2 teaspoons House Seasoning Blend
- 1-pound boneless skinless chicken thighs
- 1/2 cup water
- 1 cup barbecue sauce divided

## Instructions

Season the chicken with the seasoning on both sides. Add it to the quick pot.

Add water and half of the BBQ sauce.

Cook on high pressure for 13 minutes. When the time ends, allow the pressure to release naturally for 5 minutes and open the quick release valve.

Remove the meat and drain the liquids. Turn to sauté setting and add the chicken with the remaining sauce. Cook for three minutes.

# Pork roast



The perfectly roasted pork can be prepared in your quick pot within 45 minutes. The addition of celery and carrot will make the meal complete while adding a fresh touch.

**Time: 45 Minutes**

**Servings: 8**

## Ingredients

- Salt and pepper
- 2 pounds pork loin roast
- 2 tablespoons butter
- 1/2 onion, diced
- 2 medium carrots, chopped
- 4 cloves garlic, minced
- 1/2 cup broth
- 2 stalks celery, chopped
- 1 tablespoon brown sugar
- 2 tablespoons Worcestershire sauce
- 2 teaspoons rosemary
- 1 teaspoon yellow mustard
- 1/4 cup water
- 1 Tablespoon cornstarch

## Instructions

Season the pork with salt and pepper to taste.

Set the quick pot to sauté option and add butter. When melted, cook the pork loin until golden brown.

Add onion and garlic and sauté for two more minutes.

Add celery, carrots, and broth, brown sugar, Worcestershire, herbs, and mustard.

Close the lid and seal it. Set to high and cook for half an hour.

Release the pressure carefully and remove the pork. Set It aside covered.

Mix cold water and starch. Pour into the pot and mix it with the juices from the meat. Cook until thickened. Serve

topped with the gravy.

# Potato broccoli soup



When you crave a warm creamy soup, you shouldn't miss this recipe. The broccoli potato soup will comfort you on a cold day and offer you the best combination of flavors.

**Time: 40 minutes**

**Servings: 4**

## Ingredients

- 1 small onion diced
- 1 tablespoon butter
- 1 clove garlic minced
- 1 rib celery diced
- 3 cups chicken broth
- 16 ounces baking potatoes peeled and diced about 2 medium potatoes
- salt and pepper to taste
- 3 cups broccoli florets
- ½ cup heavy cream
- 2 tablespoons parmesan cheese shredded
- ⅓ cup sharp cheddar cheese shredded

## Instructions

Set the sauté option and melt the butter. Cook celery and onion for four minutes.

Add the other ingredients for the soup but set the cheese aside.

Cover and seal the lid and cook on high for 6 minutes. Allow the pressure from the quick pot to release naturally for 10 minutes.

Next, add the cheddar and parmesan and stir until melted.

# Vegetable beef soup



Prepare a rich and aromatic beef soup with veggies even if you don't have cooking experience. It is a comforting and tasty meal for the whole family.

Time: 2 hours 20 minutes

Servings: 12

## Ingredients

- 2 cups tomatoes chopped
- 6 cups potatoes diced
- 2 cups kernel corn
- 4 cups beef broth
- 1 cup chopped carrots
- 2 pounds stew meat chopped
- 2 cups chopped green beans
- 1 tablespoon seasoned salt

## Instructions

Turn the sauté option on and add oil. Sauté the beef for five minutes or until brown.

Add the other ingredients, close the lid, and choose the manual option for 45 minutes.

Let the pressure in the quick pot release naturally for 10 minutes.

# Chicken zoodle soup



When you need something light but flavorful, let the chicken zoodle soup amaze you with its aroma. The healthy zoodles and chicken will create a perfect starter for the whole family.

Time: 40 minutes

Servings: 6

## Ingredients

- 7 cups cooked, shredded chicken
- 6 cups chicken stock/broth
- 1 cup chopped carrots
- 1 large clove garlic minced
- ¼ cup chopped sweet yellow onion
- 1 cup chopped celery
- 2 zucchinis spiralized
- 1 teaspoon seasoned salt
- salt and pepper to taste

## Instructions

Add the chicken noodle soup ingredient to the pot. Close the lid and secure it.

Cook on manual or high pressure for five minutes. Allow the pressure from the pot to release naturally for 10 minutes.

# Cabbage soup



When you want to toss a few ingredients in your quick pot and make a soup, this is an excellent recipe to get started with. This cabbage soup offers an abundance of flavors and nutritious ingredients for complete enjoyment.

**Time: 1 hour 10 minutes**

**Servings: 8**

## Ingredients

- 1-pound stew beef
- olive oil as needed
- 14 ounces canned green beans, drained
- 14 ounces canned diced tomatoes
- 1 can tomato sauce
- 2 cups carrots chopped
- 2 large russet potatoes diced
- 1 teaspoon seasoned salt
- 2 beef bouillon cubes
- water to cover meat and vegetables
- 1 head of cabbage chopped

## Instructions

Turn the sauté feature and add oil. Cook the meat until brown.

Add the other ingredients, but reserve the water and cabbage.

Mix and then add enough water to cover the mixture.

Cover the lid and cook in manual mode for 45 minutes.

Allow the steam from the pot to release naturally for 10 minutes.

Add the cabbage, mix, and cover. Let it sit for five minutes.

# Pulled pork chilly



If you crave a tasty chili but are not sure how to do it, here is a good recipe. The pulled pork and diced tomatoes are an excellent combo, fortified with a selection of spices.

Time: 1 hour 5 minutes

Servings: 6

## Ingredients

- 3 pounds pork shoulder or loin
- 1 (15-ounce) can diced tomatoes
- 1 (28-ounce) can baked beans
- 1 package chili seasoning
- 1 (15-ounce) can cannellini beans rinsed/drained
- 15 ounces chopped onion
- 1 cup chicken stock

## Instructions

Add the pulled pork chili ingredient to the pot. Mix well.

Cover the lid and set the timer for an hour. Let the steam release naturally for 10 minutes.

Remove the meat and shred it carefully. Return it to the pot and mix.

# Potato soup



A creamy soup topped with a layer of cheese and bacon crumbs is a perfect way to end a long day. Make it within half an hour and enjoy the gourmet pleasure with your family.

**Time: 30 minutes**

**Servings: 6**

## Ingredients

- 4 cups chicken broth
- 32 oz hash brown potatoes diced
- 2 cups cream of chicken soup
- 8 oz cream cheese, chopped
- salt and pepper to taste
- 1 cup shredded cheese, plus more for topping
- bacon crumbles, to your preference

## Instructions

Add the broth and frozen hash browns.

Close the lid and seal it. Set to manual and set the timer for 3 minutes.

When cooking is done, let the steam release naturally for 10 minutes before you do a quick release.

Add cream cheese and mix until melted. Add chicken soup and mix.

Add cheese, salt, and pepper. Top with bacon crumbles when serving.

# Corn on the cob



When you want to eat corn on the cob prepared in your kitchen, try this fantastic recipe, it is simple and easy, so everyone will love it.

**Time: 25 minutes**

**Servings: 4**

## Ingredients

- 1 cup water
- 4 ears of corn on the cob
- 1 tablespoon butter
- salt and pepper

## Instructions

Discard the silks and husks from the corn.

Pour the water into the pot. Add the metal trivet over the water.

Add the corn over the trivet. Secure the lid and turn the valve to sealing. Set to manual for 2 minutes.

Turn the vent for quick release and open the lid when the steam has been released.

Top with butter. Season the corn with salt and pepper according to your preference.

# Chicken spaghetti



Spaghetti prepared with a creamy sauce with chicken is a good recipe for a busy day. Prepare within only 20 minutes and enjoy the incredible flavors that come with it.

**Time: 20 minutes**

**Servings: 5**

## **Ingredients**

- 1 medium onion diced
- 1 lb. chicken breasts cubed
- 1 can cream of chicken soup
- 2 cans Rotel
- 8 oz spaghetti noodles uncooked, broken
- 1 can cream of mushroom soup
- 1/2 cup chicken broth

## **Instructions**

Combine the one can of rotel, onions, and chicken to the pot and mix.

Break the noodles and add them over the mixture in the pot.

Add the remaining can.

Combine the cream of chicken soup and the cream of mushroom in a bowl. Add over the noodles, and don't mix.

Close the lid of your quick pot and turn the steam release valve to the "sealing" position. Turn to manual, and set the timer for 8 minutes.

Quick release and carefully remove the lid.

# Stroganoff



If you want to prepare the famous stroganoff in your quick pot to save some precious time, this is a good recipe. We revealed the step-by-step process to ensure a perfect flavor.

**Time: 30 minutes**

**Servings: 5**

## Ingredients

- 1-pound ground beef
- salt and pepper to taste
- 1 clove garlic, minced
- 1/3 cup Greek Yogurt
- 1 small onion, chopped
- 1 tablespoon all-purpose flour
- 8 ounces white button mushrooms, sliced
- 2 1/4 cups low-sodium beef broth
- 5 ounces can cream of mushroom soup
- 8 ounces wide egg noodle
- 2 tablespoons fresh parsley leaves, chopped

## Instructions

Turn the sauté function and add cooking spray. Cook the beef until brown. Season with salt and pepper.

Add mushrooms, garlic, and onion. Cook for a minute.

Add broth, soup, flour, and noodles. Mix to combine.

Secure the lid of your pot and turn the valve to sealing. Set to manual for 2 minutes.

Turn the valve to do a quick release of the pressure and carefully move the lid. Mix well and add sour cream and parsley.

# Mac and cheese



Don't waste your time and prepare your mac and cheese within 10 minutes in your quick pot. This easy recipe is a slight twist to the classic one, allowing you to save time.

**Time: 10 minutes**

**Servings: 8**

## Ingredients

- 16 ounces uncooked elbow Macaroni
- ½ cup milk
- 1 teaspoon garlic powder
- 2 tablespoons butter
- 4 cups chicken broth
- 1 teaspoon hot pepper sauce
- Salt and pepper to taste
- ½ cup shredded parmesan cheese
- 2 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese

## Instructions

Add the broth, macaroni, hot sauce, butter, garlic powder, salt, and pepper.

Seal the lid of your quick pot and turn the valve to the sealing position. Set to manual for 5 minutes.

Adapt the valve to allow a quick release of the steam and add milk. Add cheese gradually and mix between.

# Stuffed shells



If stuffed pasta shells are a real delicacy for you, this is a good recipe to follow. Prepare them in less than 40 minutes and enjoy the creamy mozzarella and parmesan cheese.

**Time: 35 minutes**

**Servings: 8**

## Ingredients

- 15 oz ricotta
- 1/2 cup parmesan cheese shredded
- 2 cups mozzarella cheese divided
- 1 egg
- 2 cloves garlic minced
- Salt and pepper to taste
- 1/4 cup fresh parsley chopped
- 24 oz marinara sauce
- 12 oz jumbo pasta shells
- 1 1/2 cups water

## Instructions

Mix the parmesan, 1 cup mozzarella, ricotta, egg, parsley, garlic, salt, and pepper. Transfer into a plastic bag and cut off the corner. Fill the uncooked pasta shells with this mixture and add to the pot.

Spray the pot with cooking spray. Add water, salt, and pepper.

Top the stuffed shells with sauce.

Set to manual mode for 8 minutes.

Adapt the valve to allow a quick release of the steam. When done, carefully open the lid. Add mozzarella and cover until cheese melts from the what.

# Conclusion

This content cookbook revealed many easy and delicious recipes that you can prepare in your quick pot. All of them are crowd-pleasers, so be sure that you will amaze even the pickiest eaters. On the other hand, spending less time in the kitchen will leave you enough free time to do the things that you genuinely enjoy. This cookbook is the ultimate guide towards a better lifestyle. You won't have to worry about what you will have for dinner or spend money on takeouts. This carefully picked selection of recipes will help you make better choices and save time cooking.

If you enjoyed this cookbook, don't stop your culinary journey here. Don't mind checking out the other helpful cookbooks from our collection!

# About the Author

A native of Indianapolis, Indiana, Valeria Ray found her passion for cooking while she was studying English Literature at Oakland City University. She decided to try a cooking course with her friends and the experience changed her forever. She enrolled at the Art Institute of Indiana which offered extensive courses in the culinary Arts. Once Ray dipped her toe in the cooking world, she never looked back.

When Valeria graduated, she worked in French restaurants in the Indianapolis area until she became the head chef at one of the 5-star establishments in the area. Valeria's attention to taste and visual detail caught the eye of a local business person who expressed an interest in publishing her recipes. Valeria began her secondary career authoring cookbooks and e-books which she tackled with as much talent and gusto as her first career. Her passion for food leaps off the page of her books which have colourful anecdotes and stunning pictures of dishes she has prepared herself.

Valeria Ray lives in Indianapolis with her husband of 15 years, Tom, her daughter, Isobel and their loveable Golden Retriever, Goldy. Valeria enjoys cooking special dishes in her large, comfortable kitchen where the family gets involved in preparing meals. This successful, dynamic chef is an inspiration to culinary students and novice cooks everywhere.



## Author's Afterthoughts



Thank you for Purchasing my book and taking the time to read it from front to back. I am always grateful when a reader chooses my work and I hope you enjoyed it!

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*With much thanks,*

*Valeria Ray*