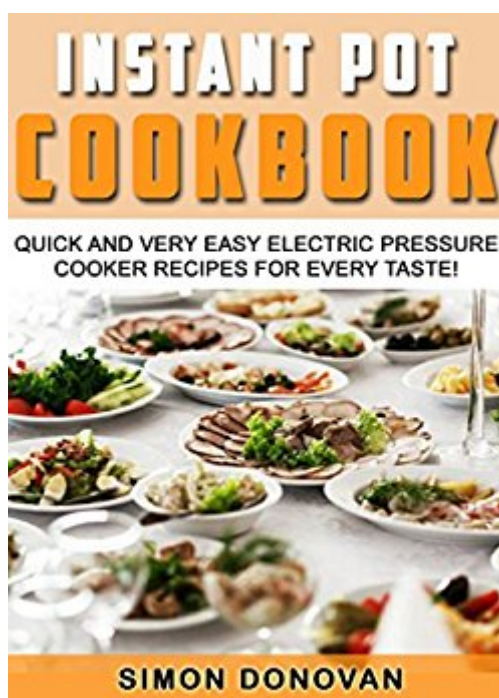


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# Instant Pot Cookbook: Quick And Very Easy Electric Pressure Cooker Recipes For Every Taste (Instant Pot Recipes, Instant Pot Electric, Pressure Cooker, Slow Cooker Book 1)



## Synopsis

Use These Guidelines Of Instant Pot Cookbook And Start Treating Your Body How It Deserves Today! Pressure cooking is a popular way to cook food by means of using water inside a sealed container that is called a pressure cooker. The advantage to pressure cooking over other kinds of cooking methods such as frying, grilling, baking, or boiling, is that pressure cooking cooks the food much faster while simultaneously saving energy. Instant Pot is one of the most effective and versatile kinds of pressure cookers. It serves as an electric pressure cooker, a slow cooker, rice cooker, warmer, sauté pan, and steamer all at the same time. In other words, it combines multiple different appliances into one, which will make things significantly more convenient in the kitchen for you. If you've been on the market for a pressure cooker for some time now, the Instant Pot should definitely be your first option. It's quick, it's convenient, it's effective, and it's versatile. But if you're not yet sold on buying an Instant Pot just yet, then this e-book will be exactly for someone like you. In this e-book, we're going to cover many different things about Instant Pot including many of the most delicious recipes that can be made with it. First, we'll discuss how to use instant pot so that you at least have a basic idea of what it is like and realize it's capabilities. You may be intimidated by the idea of using an appliance that essentially combines multiple other kinds of appliances into one, but once we explain how to use the Instant Pot, it will seem a lot less daunting. Next, we'll cover the unique benefits to using instant pot that many other people have found. For example, did you know that all foods you cook in Instant Pot will preserve literally all of their nutrients throughout the cooking process? That's just one of the many pros to the Instant Pot that we will cover. Then, for the rest of this e-book, we will outline and discuss dozens of the best recipes to cook in an Instant Pot machine. We'll cover breakfast, lunch, dinner, dessert, and snack and appetizer recipes to give you the most well rounded list of recipes possible. And since there are so many recipes to choose from, if you don't like one you have numerous other ones to choose from. The primary goal of this e-book is simply to teach you about what Instant Pot is, what it can do, and to provide you with the best recipes to cook in an Instant Pot pressure cooker and how to prepare them. Keep this book as a guide so that you can refer back to it whenever you need to in order to find a new recipe to cook and hopefully enjoy. Here Is A Sneak Peek Of What You Will Learn

How to Use Instant Pot  
Benefits of Using Instant Pot  
Breakfast Instant Pot Recipes  
Lunch Instant Pot Recipes  
Dinner Instant Pot Recipes  
Dessert Instant Pot Recipes  
Snack and Appetizer Instant Pot Recipes  
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## Book Information

File Size: 656 KB

Print Length: 74 pages

Page Numbers Source ISBN: 1535508701

Simultaneous Device Usage: Unlimited

Publication Date: July 23, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01J0DWFNC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #505,521 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

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#147 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Tablesetting #324

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## Customer Reviews

After reading the recipes contained in this book, and trying them, you should become acclimated to making vegan recipes in a pressure cooker. You will free up the oven for other cooking, and on warm days the kitchen will refrain from becoming over-heated, while you can still prepare a healthy vegan dinner. Many of the meals in the book serve as the main meal and could be combined with a salad or bread to complete a sit-down dinner for the entire family.

I have never read such a poorly written cookbook. I can't believe I actually paid money for this one - especially after having read one reviewer state that they were glad they had not paid for it - there must have been a free version at one point. First of all, the book contained primarily soup recipes. I was looking for information on how to cook meat and poultry in a pressure cooker, and there was NO information on the basics of cooking meats. The Lentil Soup recipe didn't list any lentils in the ingredient list. Another recipe was listed only in grams, but the rest of the book used standard cup

measurements. There were so many typos I couldn't believe this book was published by a reputable firm (Union of Onion). The Yogurt recipe referred to jars with no mention of size or type of jars required. The pressure cooker mentioned in the book was a stove-top version, but I am looking for an electric model, so this book was absolutely no help in making my decision. I could kick myself for having spent \$8 on this useless document.

I have only had my IP for a month and this e-book is the perfect addition. It is filled with scrumptious sounding recipes that even a beginner can put together. I like the fact that it is an e-book so it goes where I go. If I am at the store and need dinner ideas, it is there. If I take my IP with me to a hotel or in the camper, the instructions are right there. If I need ideas for a meal for someone, all I have to do is open the app and it is there. I can't wait for the weather to cool down so I can make the numerous different soups included.

I love cooking and collecting cookbooks that's why I grab this book for me to get newly recipes to try. These recipes are healthy, nutritious and delicious food can be as easy as this. In this cookbook, you will have an amazing opportunity to explore the surprising variety of nutritious and delicious recipes that you can make with an electric pressure cooker. Unfortunately, I already knew some of the recipes here.

Recipes didn't sound good or wouldn't work on my low carb no sugar diet.

Got this for free. Some good recipes in here.

With busy lives, many people may find it hard to save time and yet cook full meals at home. However, this book explains how you can quickly make great meals with an instant pot cookbook. The writer has easy to understand instructions and recipes that are easy to make. More importantly, the food tastes great. Definitely worth the read.

I was looking for something easy. My daughter is now going to highschool and I don't have so much time to prepare the food. With this Cookbook I was able to be more effective with the cooking. Time is not a problem any more. This book give you exactly the idea of how long you should cook something if you want to make it perfect

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