

## 4 Ingredient Pressure Cooker Meals by Food Storage Moms

### Pressure Cooker/Instant Pot Beef Roast

Ingredients:

3-pound chuck roast

Garlic to taste

Pepper to taste

1 cup water (required for Fagor pressure cooker)

Instructions:

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 60 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. **Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.

### Sassy Flank Steak

Ingredients:

1-1/2 pounds flank steak

2 tablespoons soy sauce

1 tablespoon sherry

1 tablespoon honey

Instructions:

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 50 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. **Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.

## Beef Goulash

### Ingredients:

2 pounds beef stew meat

1 large onion chopped into bite-size pieces

1-11.5 ounce can V-8 vegetable juice

1/2 teaspoon pepper

### Instructions:

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 50 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. **Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.

## Hawaiian Island Pork Chops

### Ingredients:

4 (1/2 -inch) thick pork chops

1-8-ounce can of sliced pineapple with juice (make sure you have one cup liquid, add water to juice as needed)

2 tablespoons brown sugar

1/2 teaspoon nutmeg

### Instructions:

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 60 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. **Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.

## **Pork Tenderloin**

Ingredients:

1-1/2 pounds pork tenderloin cut into pieces

1 tablespoon sherry

2 tablespoons soy sauce

2 tablespoons brown sugar

Instructions:

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 60 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. ***Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.*** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.

## **Garlic Lemon Chicken**

Ingredients:

4 large chicken breasts or 8 tenderloin chicken pieces

1 clove garlic

1 cup chicken broth

1 tablespoon lemon juice

Instructions:

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 60 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. ***Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.*** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.

## Chicken With Lime

Ingredients:

4 large chicken breasts or 8 tenderloin chicken pieces

Juice of 3 fresh limes or equivalent of bottled lime juice (make sure you have one cup liquid, add water to juice as needed)

2 tablespoons of chopped garlic

2 cups sliced mushrooms

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 60 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. **Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.

## Chicken With Honey

Ingredients:

5 large chicken breasts or 10 tenderloin chicken pieces

1/2 cup honey

1/3 cup lemon juice (make sure you have one cup liquid, add water to juice as needed)

1/4 cup soy sauce

Instructions:

Place everything in your pressure cooker, lock the lid, set the valve to PRESSURE and set it for at least 60 minutes. Quick Release Method: after cooking press the START/STOP button to make sure the unit is completely turned off. Turn the pressure regulator to *vent* and allow the pressure to release. **Caution! Keep hands and face away from the escaping steam as it is extremely hot and can cause injury.** I use a washcloth to cover the release the vent when turning it to help from getting burned by the very hot steam.