



# 3-QUART Instant Pot COOKING TIMES

## BEANS & LENTILS

1 cup dry beans : 4 cups water  
1 tsp salt

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Black Beans	20-25 minutes
Chickpeas	35-40 minutes
Kidney Beans	20-25 minutes
Lentils (Green)	8-10 minutes
Lima Beans	12-14 minutes
Pinto Beans	25-30 minutes
Soy Beans	35-45 minutes

## RICE & GRAINS

(grain : water ratio)

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Barley (1:2.5)	20-22 minutes
Brown Rice (1:1)	20-22 minutes
Oatmeal (1:2)	2-3 minutes
Quinoa (1:1.25)	1 minute
White Rice (1:1)	4 minutes
Wild Rice (1:2)	20-25 minutes

## MEAT & EGGS

with 1 cup water

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Beef	20-25 minutes
Chicken Breasts	6-8 minutes
Chicken (Whole)	8 minutes
Eggs (Hard)	5 minutes
Lamb	15 minutes
Pork	15-20 minutes

## VEGETABLES

with 1 cup water

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Asparagus	1-2 minutes
Broccoli	1-2 minutes
Corn	3-5 minutes
Green Beans	1-2 minutes
Potatoes (small)	8-10 minutes
Potatoes (large)	12-15 minutes

