

SLOW COOKER TO INSTANT POT CONVERSION CHEAT SHEET

















TIPS AND TRICKS FOR A QUICK & EASY DINNER!

GLUTEN FREE SUPPER - WWW.GLUTENFREESUPPER.COM

EASY SLOW COOKER TO INSTANT POT CONVERSION

Use this Slow Cooker to Instant Pot Conversion Cheat Sheet to easily convert your slow cooker recipes to cook faster in your instant pot!

IMPORTANT TIP: ADD 1 CUP OF LIQUID TO INSTANT POT TO BUILD STEAM

			
BEEF ROAST IP: 15M/LB SC: 8-10/HRS LOW	BEEF STEW IP: 15-20M SC: 8-10/HRS LOW	GROUND BEEF IP: 5M SC: 4-6/HRS LOW	MEATBALLS IP: 10-15M SC: 4-6/HRS LOW
			
CHICKEN BREASTS IP: 6M SC: 4-6/HRS LOW	BONE-IN CHICKEN THIGHS IP: 10M SC: 4-6/HRS LOW	BONELESS CHICKEN THIGHS IP: 8M SC: 4-6/HRS LOW	WHOLE CHICKEN IP: 6M/LB SC: 6-8HRS LOW
			
BONE-IN PORK CHOPS IP: 8M SC: 8HRS LOW	BONELESS PORK CHOPS IP: 5M SC: 8HRS LOW	3LB PORK SHOULDER IP: 55M SC: 8HRS LOW	2-3LB PORK LOIN IP: 25-30M SC: 8HRS LOW
			
FISH FILLET IP: 5M SC: 1-2HRS LOW	MEATLOAF IP: 20-30M SC: 7-8/HRS LOW	WHITE RICE IP: 5M SC: 1.5-2.5 HRS LOW	WHOLE POTATOES IP: 14M SC: 8HRS LOW

TIME CONVERSION

Use these standard times or multiply the high hours by 6 and the total = instant pot cook time in minutes

SLOW COOKER	INSTANT POT
10 HRS LOW / 5 HRS HIGH	30M HIGH PRESSURE
8 HRS LOW / 4 HRS HIGH	24M HIGH PRESSURE
6 HRS LOW / 3 HRS HIGH	18M HIGH PRESSURE
4 HRS LOW / 2 HRS HIGH	12M HIGH PRESSURE