



Cookbooks to Put Your Instant Pot to Work

By Bianca Smith • April 18, 2018



Instant Pot® is the must-have kitchen appliance that everyone's talking about—with justification. After all who wants to spend time cooking when you could be reading. And eating out gets expensive. That cash could be spent on other things...like books.

We've searched out the Instant Pot cookbooks you need in your kitchen for Spring and Summer. Oh, and if you're new to the pressure cooking idea, these aren't the type of slow cookers that evoke thoughts of rushing home on a dark stormy night to find a heavy, hot casserole waiting for you. Instant Pot is faster and versatile, helping you enjoy more of the sunshine, with summery recipes.

How to Instant Pot by Daniel Shumski

Does the instant pot live up to the hype? Yes, mostly, if you use it right. The seemingly impossible cooking times don't include heat up time (the pot uses compressed steam, so it needs time to build up and later release). **How to Instant Pot** will show you the tricks to get the most from the appliance. It also has more than 100 recipes so you can cook perfect risotto in six minutes, no stirring required, five kinds of yogurt, desserts, and more.

Hip Pressure Cooking by Laura Pazzaglia

Laura Pazzaglia's website is now in book form. No more juggling expensive electronics in the kitchen while cooking more than 200 healthy Instant Pot and pressure cooker meals. She shares her experience in transforming previously delicious but aesthetically unappealing meals to being dinner party bring-worthy. It's her experience, so you know it works.

The 5-Ingredient Vegetarian Pressure Cooker Cookbook by Jessica Harlan

The 5-Ingredient Vegetarian Pressure Cooker Cookbook makes mealtime fast and easy. Each recipe uses no more than five ingredients and a few staple seasonings. Enjoy delicious soups, curries, and even a Brownie Pudding Cake.

Vegan Instant Pot Cookbook by Katya Johansson

Some vegan foods take painstakingly long to cook. Who has time for beans? Twelve hours later and you can start to eat. Instant Pots cut that time down to minutes and lets you eat nutritious vegan meals. With 50 recipes you can try once a week for nearly a year.

Instant Pot for Two Cookbook by Ashley Birch

Is there just one or two of you in the house? Most recipes are designed for families, and some meals don't keep and eating the same leftovers for a week gets dull. **Ashley** wrote the cookbook for you with scaled down recipes. Dinner party exquisite, seafood, vegetarian, vegan—there are recipes for all tastes and occasions.

Keto Instant Pot Cookbook by Urvashi Pitre

The jury's still out on the benefits of Keto food, but many are willing to test. It's the food choice of 2018. Here are 65 recipes, and most can be made in 45 minutes or less. That's prep AND cooking. The **Keto Instant Pot Cookbook** is weight-loss focused, but the recipes will work for whichever reason you're eating Keto.

[Read more by Bianca Smith](#)

Books mentioned in this article



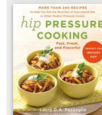
Instant Pot for Two Cookbook:
Ashley Birch
from: **\$9.39**



The Keto Instant Pot Cookbook:
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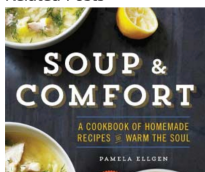
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