

## The Essential Instant Pot Cookbook Recipe Key

Chapter 1: Breakfast	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Lemon-Poppy Seed Breakfast Cake	x			x	GF flour	
Hard-Boiled Eggs	x		x	x		
Sausage and Green Onion Strata	x				vegetarian sausage (for sausage)	
Crustless Broccoli and Cheddar Quiche	x			x		
Florentine Omelet	x		x	x		Cheese
Quinoa Porridge with Pepitas and Honey	x	x		x	maple syrup (for honey)	
Brown Butter Steel-Cut Oatmeal	x	x			coconut oil (for butter)	
Honey-Turmeric Tonic	x	x	x	x	agave nectar or maple syrup (for honey)	

Chapter 2: Beans and Grains	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Basic Beans	x	x		x		
Borracho Beans	x	x		x	see variation	
Classic Hummus	x	x		x		
Greek-Style Gigantes Beans with Feta	x	x		x		Feta
Vegan Sloppy Joes	x	x		x	see note	
Beluga Lentil Salad with Italian Vinaigrette	x	x		x		
Chana Masala	x	x		x		
Basic Rice	x	x		x		
Jamaican-Style Rice and Beans	x	x		x		
Risotto with Lemon and Peas	x	x		x	see variation	
Barley with Mushrooms and Sage	x	x		x	see note	

Chapter 3: Soups and Chilis	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Carrot-Parsnip Soup with Ginger	x	x	x	x		

Tomato Basil Soup	x	x	x	x	see note	
Leek and Potato Soup	x	x		x	olive oil (for butter)	
Red Lentil Soup with Sumac	x	x		x		
Minestrone	x	x	x	x	sweet potatoes (for potatoes)	cheese
Chicken and Dumplings						
Italian Wedding Soup			x	x		bread-crumbs, cheese
Turkey Chili Verde with Pinto Beans				x		
Beef Shank and Barley Soup				x	brown rice (for barley)	
Spicy Beef and Bean Chili				x		

Chapter 4: Poultry	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Arroz con Pollo				x		
Plum Chili Chicken				x		
Cajun Chicken and Sausage Jambalaya				x		
Dijon Chicken and Wild Rice Pilaf				x		
Chicken Cacciatore			x	x		
Pomegranate Walnut Chicken			x	x		
Whole Chicken with Mushroom Sauce			x	x	arrowroot (for cornstarch)	
Thanksgiving Turkey Breast and Gravy			x	x	arrowroot (for cornstarch)	
Momo Meatballs with Cilantro Chutney				x		

Chapter 5: Beef and Pork	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Fettuccine with Bolognese Sauce			x	x	vegetable “noodles” or GF pasta	
Meatballs Marinara			x	x	almond flour or GF breadcrumbs (for breadcrumbs)	

Irish Beef and Root Vegetable Stew			x	x	wine or broth (for beer), arrowroot (for cornstarch)	
Unstuffed Peppers				x		
Classic Meat Loaf				x	cooked rice (for breadcrumbs), tamari or aminos (for worcestershire)	
Korean Braised Beef Short Ribs			x	x	tamari or aminos (for soy sauce), broth (for mirin)	
Ropa Vieja			x	x		
Sloppy Joes			x	x		buns
Salisbury Steak			x	x	almond flour (for breadcrumbs), arrowroot (for cornstarch)	
BBQ Baby Back Ribs			x	x	see note (steam), Paleo/GF BBQ Sauce	
Braised Brisket with Onion Gravy			x	x	broth (for wine)	
One-Pot Roast Dinner			x	x	sweet potatoes (for potatoes)	
Pulled Pork Adobo			x	x	sweet potatoes (for potatoes)	
Jamaican Jerk-Spiced Oxtails			x	x	broth (for juice)	
Corned Beef with Cabbage, Carrots, and Potatoes			x	x	sweet potatoes (for potatoes)	
Pork Loin with Balsamic and Caramelized Onions			x	x		

Chapter 6: Vegetables and Side Dishes	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Steamed Artichokes	x	x	x	x		
Steamed Spaghetti Squash	x	x	x	x		
Warm Fingerling Potato Salad	x	x		x		
Winter Vegetable Mash (Stampptot)	x	x	x	x	olive oil (for butter), sweet potatoes (for potatoes)	
Maple Mashed Sweet Potatoes	x	x	x	x		

Cauliflower Mashed Potatoes	x	x	x	x	use all cauliflower (no potatoes)	
Indian-Inspired Okra and Cauliflower with Cucumber-Yogurt Sauce	x	x	x	x	coconut yogurt (for yogurt)	
Sweet-and-Sour Red Cabbage	x	x	x	x	olive oil (for butter), agave nectar (for sugar)	
Smoky Collard Greens and Carrots	x	x	x	x		
Sicilian-Style Chard with Raisins and Pine Nuts	x	x	x	x		
Kale with Apple and Onion	x	x	x	x		
Italian Stewed Green Beans	x	x		x		cheese
Macaroni and Cheese	x			x	GF pasta	
Spicy Garlic Edamame	x	x	x	x	maple syrup (for honey), tamari or aminos (for soy sauce)	
Cornbread	x			x	GF flour	

Chapter 7: Desserts	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Lemon-Honey Poached Pears with Whipped Greek Yogurt	x	x	x	x	agave nectar (for honey), coconut yogurt (for Greek yogurt)	
Carrot Cake with Cream Cheese Frosting	x			x	GF flour	
Chocolate Chocolate Chip Cake	x			x	GF flour	
Banana-Toasted Pecan Cake	x			x	GF flour	
Blueberry Bread Pudding	x			x	GF bread	
Meyer Lemon Ricotta Cheesecake	x					
New York Cheesecake	x					
Strawberry Rhubarb Compote	x	x	x	x	agave nectar (for honey)	
Coconut Chai Rice Pudding	x			x		

Chapter 8: Pantry	Vegetarian	Vegan	Paleo	Gluten Free	Substitutions	Omissions
Soffritto (a.k.a. Mirepox)	x	x	x	x		
Duxelles	x	x	x	x	olive oil (for butter)	
30-Minute Caramelized Onions	x	x	x	x		
Indian Simmer Sauce	x	x	x	x		
Quick Mayonnaise	x		x	x	agave nectar (for sugar)	
Marinara Sauce	x	x	x	x		
Chicken Broth			x	x		
Beef Bone Broth			x	x		
Plain Yogurt	x			x		
Applesauce	x	x	x	x		