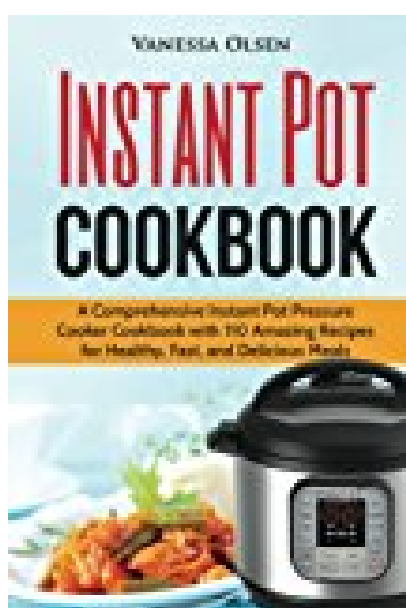


Instant Pot Cookbook A Comprehensive Instant Pot Pressure Cooker Cookbook with 110 Amazing Recipes for Healthy Fast and Delicious Meals



BOOK DETAILS

- Author : Vanessa Olsen
- Pages : 214 Pages
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BOOK SYNOPSIS

Do you need to spend hours making a decent meal? Do you want to cook better food but after a long work day you just don't have the energy? An Instant Pot Pressure Cooker is going to change your life! Eating healthy is crucial to maintaining good health, but in a society ruled by fast-food and artificial, prepackaged goods, it can be hard to make good choices without breaking the bank or having to spend hours slaving over the stove. Thankfully, there's pressure cooking, which is both healthy and fast. Pressure cooking has been around for hundreds of years, and even with all our fancy inventions like the microwave, pressure cooking is still the healthiest and quickest way to prepare any food, especially vegetables and affordable cuts of meat. Who knew that you could actually prepare Brussels Sprouts, and they don't end up being bitter? Or that cheap top-round beef could become so fall-off-the-bone tender? Electric pressure cookers in particular are extremely convenient and safe, and can easily replace your slow cooker and rice cooker. The Instant Pot is one of the most popular electric pressure cookers out there because of its versatility, durable design, and exceptional safety features. "Instant Pot Cookbook: A Comprehensive Instant Pot Pressure Cooker Cookbook with 110 Amazing Recipes for Healthy, Fast, and Delicious Meals" provides you with all the information you need to get started with an Instant Pot today. You'll learn a bit about the history of pressure cooking and why it's the best way to cook all your meals, as well as the different parts of an Instant Pot and what all those buttons mean. The control panel is one of the reasons why many people are hesitant to get an Instant Pot, but it looks a lot more intimidating than it actually is. You'll get a complete rundown of what each button means, and all the recipes tell you exactly what buttons to use. Maintaining your Instant Pot is an important part of owning one, so you'll also learn how to clean your cooker. Now comes the fun part: the recipes. By reading this book, you'll get 110 recipes covering breakfast, chicken dishes, beef, seafood, ethnic meals, sides, vegan, and dessert! Here's just a sampling: French toast bake Chicken n dumplings Homemade hummus Chickpea curry Beefy lasagna Whole-wheat mac n cheese Shrimp scampi Vegan yogurt Orange-chocolate bread pudding If you're a person who wants to eat healthy meals at home that don't take forever to prepare, the Instant Pot was designed with you in mind. Even if you don't think of yourself as a "chef" or even a "cook," the recipes are detailed, easy-to-follow, and you're sure to end up pleased and satisfied with whatever you decide to try out.

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