

Whole30 Instant Pot Recipes

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INSTANT POT THAI CHICKEN STEW BY DANIELLE WALKER

3 lbs boneless chicken (thighs or breasts will work)
1 medium yellow onion, thinly sliced
2 cloves garlic, minced
1 (13.5-ounce) can full-fat coconut milk
1/3 cup tomato paste
1/2 cup Thai red curry paste
2 tablespoons fish sauce
2 tablespoons coconut aminos
2 teaspoons fresh lime juice
2 teaspoons sea salt
3/4 teaspoon ground ginger
4 cups mixed vegetables (frozen or fresh)
fresh cilantro, for garnish
cauliflower rice, for serving

Directions:

1. Place the chicken, onion, garlic, in the bowl of an electric pressure cooker (such as an Instant Pot).
2. Pour in the coconut milk, tomato paste, curry paste, fish sauce, coconut aminos, lime juice, salt, and ginger and stir to coat the chicken.
3. Secure the lid and set the machine to Meat/Stew for 15 minutes, or 30 minutes if using frozen chicken (or really large breasts like I had in the video). If using a different machine, use manual high pressure.
4. When the timer sounds, release the pressure immediately and remove the chicken with tongs. Give it a rough chop then return it to the pot. Add the vegetables to the top. Reseal the lid and set the machine again for 2 minutes. Release the pressure and stir the vegetables into the sauce. Serve garnished with cilantro.

INSTANT POT BUTTERNUT SQUASH SOUP BY JESSIE B.

2 cups chicken broth
1 medium butternut squash, peeled & diced
1 medium apple, cored & diced
1 small white onion, diced
2 celery stalks, diced
4 cloves minced garlic
1/2 tsp salt
1/4 tsp pepper
1/4 tsp sage
1/4 tsp cinnamon
1/4 tsp nutmeg
pinch of cayenne, or to taste
1/2 cup coconut milk
optional garnishes: extra coconut milk, sliced & toasted almonds, sliced green onion, crumbled bacon

Directions:

1. Add the broth, squash, apple, onion, celery, and garlic to the Instant Pot. Season with salt, pepper, sage, cinnamon, nutmeg, and cayenne, and give it a good stir.
2. Close the lid and set the vent to "sealing". Set the Instant Pot to Pressure cooking mode on High (manual) for 8 minutes.
3. When the timer goes off, hit cancel and carefully turn the vent to "venting" for a quick release. Wait until the steam has released and the valve has dropped, then remove the lid.
4. Stir in the coconut milk, then use an immersion blender to puree the soup until smooth.
5. Add more salt & pepper if needed, and serve hot with your choice of garnish.

INSTANT POT POT ROAST BY THE PIONEER WOMAN

1 whole Beef Chuck Roast, 3 To 4 Pounds
Kosher Salt
Black Pepper
2 Tablespoons Olive Oil
2 whole Large Yellow Onions, Peeled And Quartered
6 whole Carrots, Washed, Scrubbed, And Cut Into Large Pieces
1 cup Red Wine (add another cup of beef broth instead for Whole30)
2 cups Beef Stock
3 sprigs Fresh Rosemary
3 sprigs Fresh Thyme

Directions:

1. Set the Instant to "Saute" and allow to warm.
2. Season roast generously with salt and pepper. When Instant Pot says "Hot," add in olive oil and sear roast until browned on all sides. Remove to a clean plate.

3. Add in onions and carrots and cook for an additional 3-4 minutes, stirring occasionally. Deglaze with red wine, scraping the bottom of the pot to get all of the delicious bits. Add in the beef stock, rosemary, thyme and the beef.
4. Lock the lid into place, place vent to sealing, push "Manual," and set time to 60 minutes. The Instant Pot will release some steam as it comes up to pressure, then it will seal automatically.
5. When the cooking time is done, allow the Instant Pot to naturally vent for at least 10 minutes, 20 is better. Using a wooden spoon, carefully push the valve open to release the rest of the pressure. Remove lid.
6. Skim as much fat off the top of the liquid as you can before disturbing the roast. Remove the roast to a cutting board and with two forks shred roast. Serve alongside carrots and onions, topped with the pan juices. Serve with mashed potatoes.