*Instant Pot*

*Plant-Based*

*Batch Cooking*

*Presented By:*

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The Instant Pot pressure cooker is very useful for cooking entire meals quickly for you & your family .For some at first the Instant Pot may seem very daunting but it becomes quite simple once you give it a try.

This class is designed to help you cook a large quantity of food and design your weekly menus around that food item.

This type of meal preparation allows for quick recipes & starters for meals you and your entire family will enjoy eating throughout the week.

Follow these quick steps for fast meal planning & cooking. While using your Instant Pot, you will save time, money and enjoy healthy home cooked plant based meals.

*Helpful Hints:*

**\***Steaming vegetables: Use the Manual setting & the steamer basket. Add 1 cup water to pot. For al dente’ vegetables press 0-1 minute & release pressure valve. They will be mushy if left too long.

**\***Sautéing Vegetables: Add 1 cup or less water to pot and press sauté’ button. You may also use sauté button to boil water for pasta.

**\***Squashes: Acorn, Spaghetti, Butternut, Kobocha. Place squash in steamer basket with 1 cup water in bottom of pot. You will use the manual setting on high for 7 minutes.

**\***Potatoes: You will use manual setting 6-8 minutes. Poke potatoes with fork and fill steamer basket and add 1 cup water to pot.

**\***Brown rice: You may use rice setting but some find they need more time to fluff the rice so use manual setting for 22 minutes. The multigrain setting may be used if time is not an issue.

\*Soaking beans is not necessary when using the Insta Pot, however if you do adjust the time on manual setting to ½ the cooking time from bean/chili setting.

***Decide your meal prep for week***

1. Choose 3-4 different Starches/legumes/Grains/Proteins to prep & cook
2. Make sure you have fresh or frozen produce on hand for the week’s recipes
3. Make sure you have spices in pantry & condiments
4. Pick your Food ethnicity:

Italian/ Mediterranean, Asian, Indian, Spanish / Mexican

**3 Staple Food Bases for Prep:**

**Black beans: 23 minutes in Instant Pot**

**Sweet Potatoes: 6 minutes in Instant Pot**

**Short or long grain Brown Rice: Rice setting or manual 12 minutes in Instant Pot slow release or let stand until valve releases naturally.**

**Main Menu Items**

Mexi-Cali Black Bean Soup

Black bean caviar

Black bean hummus

Loaded Sweet potato

Sweet potato chili

Sweet potato Asian Bowl

Decadent Sweet Cocoa Pudding

Un-fried Rice

Rice pudding

***Recipes:***

**Mexi-Cali Black Bean Corn Soup**

1 large onion, diced

6 cloves of garlic, minced

3 stalks of celery, diced

2 carrots, diced

5 cups of vegetable broth (homemade or low sodium)

4 15 ounce cans of black beans, low sodium (or 7 cups cooked) UN drained

1 15 ounce can of whole sweet corn, drained (salt free, unsweetened)

1 14.5 ounce can of fire roasted tomatoes, diced (I use Muir Glen Organics)

4 teaspoons roasted cumin (or regular cumin)

1 to 1 1/2 teaspoon chipotle chili powder

Juice of 1 small lime

1/2 bunch of cilantro, chopped to garnish

Instructions:

In a large pot, sauté the onion, celery, carrots and garlic in 1 cup of vegetable broth over medium heat for 6-7 minutes. Add chipotle chili powder, roasted cumin, and black pepper and cook for another minute or two. Stir in the remaining vegetable broth of 4 cups (or 2.5 cans) of beans, and sweet corn. Turn to high heat and bring to a boil.

Add remaining 3 cups (or 1.5 cans) of beans and crushed tomatoes to a Vita mix or blender and process until smooth. Stir into soup when boiling, reduce heat to medium, and simmer for 15 minutes until beans and vegetables are done to your desired tenderness. Add salt to taste and lime juice. Serve in bowls and garnish with fresh chopped cilantro.

**Black Bean Caviar**

10 oz. Frozen corn

16 oz black beans

16 oz. canned or thawed from frozen black eyed peas

1 cup diced colored peppers

1 cup chopped celery

¾ cup green chopped onion

1 cup chopped white onion

¾ cup apple cider vinegar (may substitute lemon juice)

½ cup sweetener (may use sugar, honey, maple syrup, agave or 2-3 drops stevia)

Salt and pepper to taste

**Directions**: In a large bowl mix together ingredients except vinegar & sweetener. Add vinegar & sweetener to saucepan and slightly heat then cool down and add to bean mixture. Cover & refrigerate overnight.

**Black Bean Hummus**

15 oz. Black beans

2tbs. water

2tbs fresh lime juice

1 tsp cumin

1clove garlic

½ cup fresh cilantro

Blend in food processor or high speed blender all ingredients. Top with ¼ cup cilantro garnish.

**Sweet Potato Chili**

16 oz. cooked black beans

16 oz. cooked Red Kidney beans

2-3 diced sweet potatoes

16 oz can dice tomatoes

1 cup marinara sauce

1 green or red cut pepper

1Tbs. chili powder

2 Tbs. Dried Italian Herbs

Pressure cook for 6 minutes. Slow release

**Loaded Sweet Potato**

I medium sized cooked sweet potato

1 cup black bean Caviar

\*Options: spoon guacamole on top or drizzle non dairy sour cream or cashew cream over top of sweet potato

**Sweet Potato Asian Bowl**

1 cup unfried rice

1 cut up cooked sweet potato

1 cup broccoli slaw (pre cut package)

½ cut up avocado

4tsp. toasted sesame seeds

Option: cut strips of toasted seaweed

**Dressing:**

1-2 tsp grated ginger (substitute powder)

1 clove grated garlic (substitute powder)

2-3 tsp tamari or soy sauce ( substitute Bragg’s liquid aminos)

2 tsp rice vinegar or lemon juice

3 tsp maple syrup or agave

2 Tbs. warm water

**Decadent Sweet Cocoa Pudding**

1 lb. Cooked sweet potatoes

1 cup plant milk

½ cup unsweetened cocoa or carob powder

1 Tbs. Vanilla

2 Tbs. Maple Syrup

6-8 Pitted dates

Cook Sweet Potatoes on Manual setting in Instant pot for 6 minutes in ¼ cup water on steamer basket. Let Cool and peel potatoes. Blend all ingredients in high speed blender until smooth. Garnish with chopped nuts, carob chips or coconut flakes.

**Un Fried Rice**

1cup frozen corn

1 pkg. frozen peas & carrots mix

3 green onions

4 mushrooms diced

2cups baby spinach

½ cup chopped cilantro

1 small head chopped broccoli (or frozen)

2 cups cooked rice

Option\* add in 1 pkg. cut up tofu baked in oven 20 minutes until browned turn 10 minutes other side or sauté tofu strips separate pan in 4-5 Tbs. vegetable broth until golden brown.

**Directions**: Heat tablespoon of water over medium heat in nonstick pan. Add thawed vegetables and sauté’ until done. Add Teriyaki sauce, then add cooked rice to vegetables and remove from heat.

**Teriyaki sauce:**

1 small clove garlic

1 small knob of grated ginger

1 Tbs low sodium Tamari (Bragg’s liquid aminos or low sodium soy sauce)

½ cup water

2 Tbs sweetener

1 Tbs corn starch

Place garlic, ginger, tamari, sweetener in small sauce pan. Stir until dissolves then add water. Mix cornstarch together & cook 2 minutes until thickened.

**Rice Pudding**

1 ½ Cups Plant milk

1 cup water

¾ cup rice

1tsp. vanilla

2Tsp cinnamon

Maple syrup / sweetener to taste

**Directions:** Combine milk, water, rice, vanilla, cinnamon in insta pot. Close lid & vent. Turn to porridge setting & cook 20 minutes. Let it depressurize 10 minutes & press cancel open vent.

Serve rice pudding w/ maple syrup & sprinkle w/ your favorite spices & toppings: cinnamon nutmeg, allspice, cardamom, apples, raisins, coconut flakes, carob chips, and nuts, dried, fresh or frozen fruits.