Pressure cooker cooking times

Printable chart from KitchenProds. The same numbers as https://kitchenprods.com/guides/instant-pot-cooking-times/

Last checked November 15, 2026. Source: Instant Pot, Cooking Time Tables (Multi-Cooker rows); Colorado State University Extension, Common Electr

Minutes at pressure (Instant Pot Multi-Cooker)

Times exclude heat-up (CSU: 10 to 15 minutes) and release (3 to 45 minutes). Release type is CSU Extension's rule by food type.

Food	Cook time	Release
Vegetables		
Asparagus, whole or cut	1 min	Quick
Rice & grains		
Barley, Pearl	10 min	Not stated
Vegetables		
Beans, Green, Yellow or Wax	1 min	Quick
Meat, poultry & seafood		
Beef, Large Chunks	25 to 30 min	Natural
Beef, Stew	25 min	Natural
Beans & legumes		
Black Beans, Dried	20 min	Natural
Black beans, Soaked	3 min	Natural
Black-Eyed Peas, Dried	16 min	Natural
Black-Eyed Peas, Soaked	4 min	Natural
Vegetables		
Broccoli Florets	1 min	Quick
Brussels Sprouts, Whole	1 min	Quick
Cabbage, Cut Into Wedges	1 min	Quick
Cabbage, Halved	3 min	Quick
Cabbage, Whole	4 to 5 min	Quick
Beans & legumes		
Cannellini Beans, Dried	25 min	Natural
Cannellini Beans, Soaked	3 min	Natural
Vegetables		
Carrots, Chunked	1 to 2 min	Quick
Carrots, Whole	3 min	Quick
Cauliflower Florets	1 min	Quick
Meat, poultry & seafood		
Chicken Breast, Boneless	5 to 8 min	Natural
Chicken, Whole	8 min	Natural
Beans & legumes		

Food	Cook time	Release
Chickpeas / Garbanzo Beans, Dried	35 min	Natural
Chickpeas / Garbanzo Beans, Soaked	5 min	Natural
Congee, Thick	15 to 20 min	Not stated
Vegetables		
Corn On The Cob	1 min	Quick
Meat, poultry & seafood		
Eggs, Large, Hard Boiled	3 to 5 min	Quick
Fish, Fillet	1 to 2 min	Quick
Fish, Whole	4 to 5 min	Quick
Beans & legumes		
Kidney Beans, Dried	20 min	Natural
Kidney Beans, Soaked	3 min	Natural
Meat, poultry & seafood		
Lamb, Leg	15 min	Natural
Beans & legumes		
Lentils, Green or Brown, Dried	8 min	Natural
Lentils, Yellow, Split, Dried	2 min	Natural
Lima Beans, Dried	3 min	Natural
Lima Beans, Soaked	1 min	Natural
Meat, poultry & seafood		
Lobster	2 min	Not stated
Rice & grains		
Millet	1 to 3 min	Not stated
Vegetables		
Mixed Vegetables	1 min	Quick
Meat, poultry & seafood		
Mussels	1 to 2 min	Not stated
Beans & legumes		
Navy Beans or Great Northern Beans, Dried	15 min	Natural
Navy Beans or Great Northern Beans, Soaked	3 min	Natural
Rice & grains		
Oats, Quick Cooking	1 to 3 min	Not stated
Oats, Steel-Cut	2 to 3 min	Not stated
Beans & legumes		
Pigeon Peas, Dried	10 min	Natural
Pigeon Peas, Soaked	2 to 3 min	Natural
Pinto Beans, Dried	10 min	Natural
Pinto Beans, Soaked	2 to 3 min	Natural

Food	Cook time	Release
Meat, poultry & seafood		
Pork, Back Ribs	15 to 20 min	Natural
Pork, Butt Roast	15 min	Natural
Rice & grains		
Porridge	5 to 7 min	Not stated
Vegetables		
Potatoes, Cubed	1 min	Quick
Potatoes, Large, Whole	5 to 8 min	Quick
Potatoes, Small, Whole	3 to 5 min	Quick
Rice & grains		
Quinoa	1 min	Not stated
Rice, Basmati	4 min	Natural
Rice, Brown	20 min	Natural
Rice, Jasmine	4 min	Natural
Rice, White	4 min	Natural
Rice, Wild	20 min	Natural
Meat, poultry & seafood		
Shrimp, Fresh	1 to 2 min	Not stated
Beans & legumes		
Soybeans, Dried	35 min	Natural
Soybeans, Soaked	17 min	Natural
Vegetables		
Squash, Butternut, Cubed	1 to 2 min	Quick
Squash, Butternut, Halved	4 to 6 min	Quick
Meat, poultry & seafood		
Stock / Bone Broth, Beef	4 Hours	Not stated
Stock / Bone Broth, Chicken	2 hours	Not stated
Stock / Bone Broth, Fish	30 - 45 min	Not stated
Stock / Soup - Seafood	7 to 8 min	Not stated
Vegetables		
Sweet Potato, Cubed	1 min	Quick
Sweet Potato, Large, Whole	5 to 8 min	Quick