

BATCH IT CRAZY!

Using a 6 Quart Instant Pot

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What stands in the way of becoming your healthiest self by eating stunningly nutritious, tasty meals every day? The time and effort to cook them, right? You're hungry. You want to eat. Now. Not 3 hours from now. So you end up opening cans or eating processed food or ordering out tasty but not all that healthy meals or snacking on an endless array of junk food. What if you had all kinds of plant-based whole foods, already cooked and ready to convert into a salad, a soup, a wrap, or a stir-fry? That is what batch-cooking is all about and why I've become Batch It Crazy!



Batch What?

Legumes

Grains

Cruciferous Vegetables

Other Vegetables

Sauces

Spreads

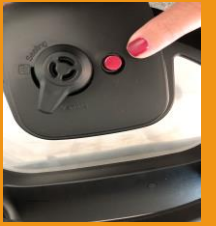
Seeds



Cooking times listed are for high pressure; rinsed but not pre-soaked foods.

NR = Natural Release

QR = Quick Release



Legume	Minutes	Process
Baby Lima/Butter Beans	25	<p>A 6-quart Instant Pot is superb for pressure cooking the legumes. No soaking is required. Use 2 cups dry legumes to 6 cups water. Add a bay leaf and garlic or onion if you wish. Use the Natural Release method for all except the split peas, allowing the pressure tab to fall on its own accord. Use the Quick Release method for the split peas.</p>
Black Beans	30	
Garbanzo Beans	40	
Great Northern Beans	35	
Kidney Beans	35	
Navy/Pinto Beans	30	
Black-eyed Peas	20	
Black (beluga) Lentils	7	
Brown/Green Lentils	10	
French Lentils	7	
Yellow Lentils	2	
Split Peas	15	



Grain	Grain to water/broth Ratio	Minutes	Pressure Release
Hulled Barley	1:3	25	QR
Pearled Barley	1:2.5	20	QR
Farro	1:3	15	QR
Oats (groats) as cereal	2:6	40	NR
Oats (groats) as grain	1:1.5	40	QR
Quinoa	1:1.25	1	QR
Brown/red rice	1:1	2	QR
Wild rice	1:2	20	QR
Rye	1:2	20	QR



Instant Pot Time Chart for Beets

All are Quick Release after pressure cooking.

Beet Circumference	Minutes
5 inches	11-15
5.5 inches	14-18
6 inches	17-21
6.5 inches	18-23
7 inches	20-25
7.5 inches	24-28
8 inches	27-31
8.5 inches	30-34
9 inches	32-36



Vegetable	Technique	Liquid	Minutes	Release
Asparagus	1#; steamer rack	1 cup water	1	QR
Broccoli	1-2 heads in florets; steamer basket	1/2 cup water	1	QR
Brussels Sprouts	1# in IP	1 cup veg broth	3	QR
Cabbage	8 wedges: steamer basket	2 cups veg broth	4	QR
Carrots	1#; steamer basket	1 cup water	3	QR
Cauliflower	1 head in florets; steamer basket	1/2 cup water	2	QR
Corn	Husk 4 cobs; steam rack	1 cup water	2	QR
Green Beans	1/2#; steamer rack	1/2 cup water	2	QR
Potatoes, white	Poke with fork; steam- er basket	1 cup water	sml-8 med- 10 larg 13	NR-10
Potatoes, sweet	Poke with fork; steam- er basket	1 cup water	sml-10 larg 10-15	NR-10
Squash, butternut	Peel, cube; steamer basket	1 cup water	5	QR
Squash, spaghetti	Cut in half crosswise; steamer basket	1 cup water	7-10	QR



3 Essential Sauces



Lemon-Tahini Sauce

Ingredients

1/3 cup tahini

Juice of 1 lemon

1/4 cup nutritional yeast

1 garlic clove, minced

Dash salt

1/4 cup water

Chili pepper flakes (optional)

Instructions Whisk together, adding water to desired consistency.

Use as sauce over vegetables, as a salad dressing, or thicker as a dip.



Vinaigrette

Ingredients

1/4 cup balsamic vinegar

1/4 cup water

1 tbsp Dijon mustard

1 tbsp Italian seasoning blend (salt-free)

1/2 tsp garlic powder

Salt and Pepper to taste

Instructions Shake in a jar.

Use as salad dressing or over roasted vegetables.



Pesto Sauce

Ingredients

2 cups baby arugula, packed

1/4 cup walnuts

1/2 lemon, juiced

1 clove garlic, peeled

Salt and Pepper to taste

1/2 cup water

2 tbsp olive oil (optional)

Instructions Pulse in food processor.

Use as a sauce over grains, bowls, pasta, or roasted vegetables.



2 Essential Spreads



Guacamole Spread/Dip

Ingredients

1 Haas avocado, mashed

1/2 lime, squeezed

1 clove garlic, minced

1/4 salsa

Fresh cilantro (optional)

Instructions

Whisk together

Use as a sandwich spread, base for a wrap, or on toast instead of butter.



Yam Sandwich Spread

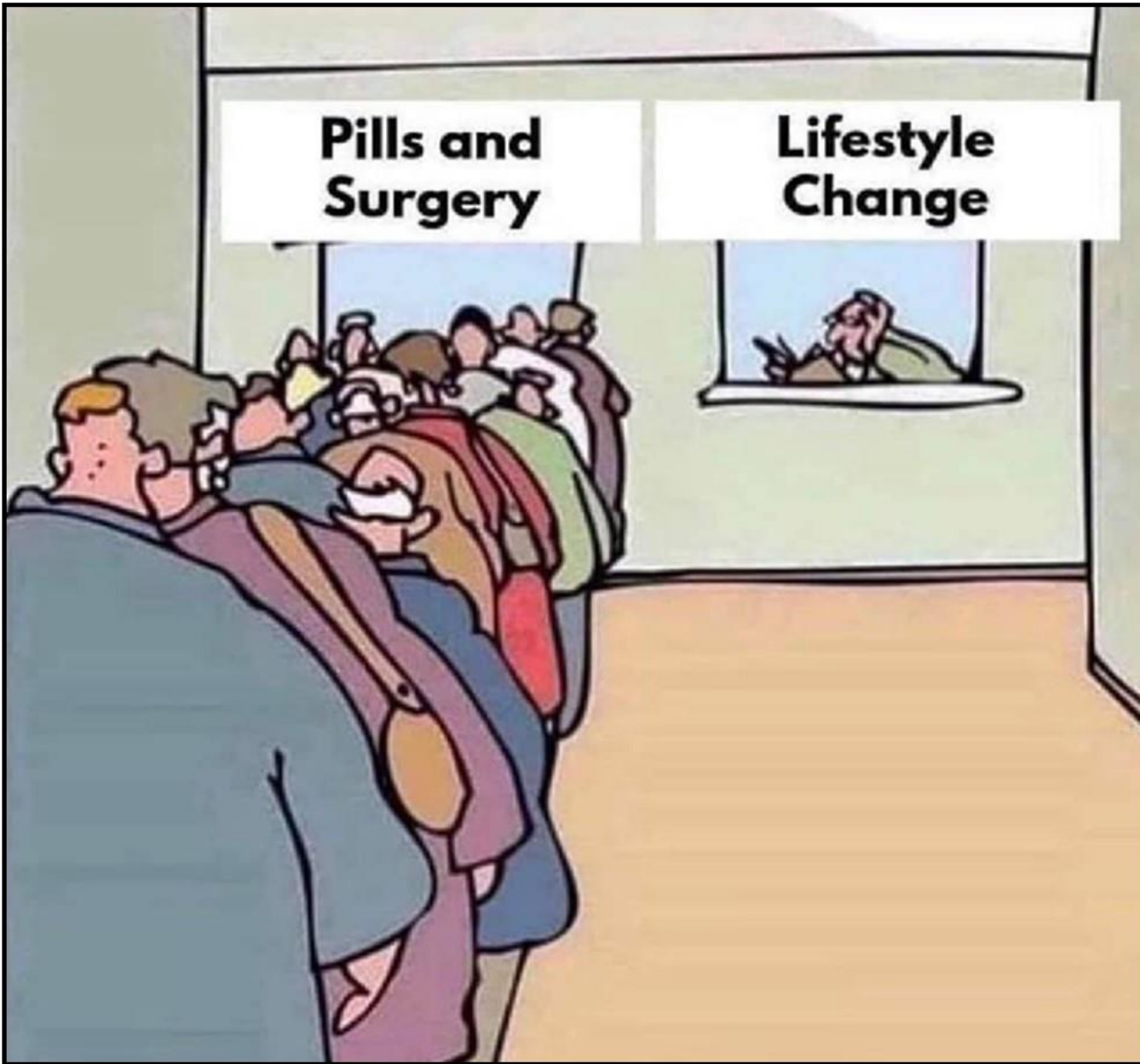
Pierce with a fork 1 small yam and microwave until soft (about 5 minutes). Mash and mix with 1/2 cup minimally processed peanut butter. Add sliced banana if you wish.



Roasted Seed and Spice Blend

In a cast iron skillet, dry roast seeds of your choice, such as sesame, flax, chia, pumpkin. Add your favorite spices, like curry, cardamom, cumin, chili flakes, garlic.





As you get healthier, you will do
more. As you do more, you will
get healthier. Rinse, repeat!

Woohoo!

ANCIENT SANSKRIT MANTRA

