

SLOW-COOKER & INSTANT POT

Cheat Sheet



Poultry

	SLOW-COOKER	INSTANT POT		SLOW-COOKER	INSTANT POT
Chicken breasts	4-6 hours	6 minutes	Beef roast	8-10 hours	16 minutes/pound
Chicken thighs (bone-in)	4-6 hours	10 minutes	Beef stew	8-10 hours	15-20 minutes
Chicken thighs (boneless)	4-6 hours	10 minutes	Ground beef	4-6 hours	5 minutes
Whole chicken	6-8 hours	6 minutes/pound	Meatballs	4-6 hours	10-15 minutes

Beef

Pork

	SLOW-COOKER	INSTANT POT		SLOW-COOKER	INSTANT POT
Pork chops (bone-in)	8 hours	8 minutes	Fish fillet	1-2 hours	5 minutes
Pork chops (boneless)	8 hours	5 minutes	Meatloaf	7-8 hours	25-30 minutes
Pork shoulder (3 pound)	8 hours	55 minutes	Soup / stew	6-8 hours	30 minutes
Pork loin (2-3 pound)	8 hours	25-30 minutes	Vegetarian dish	4 hours	5-7 minutes

Other

Staples

	SLOW-COOKER	INSTANT POT		SLOW-COOKER	INSTANT POT
Beans	5-6 hours	35-45 minutes	10 hours on low/5 hours on high	30 minutes on high pressure	
Rice	2-3 hours	8-15 minutes	8 hours on low/4 hours on high	24 minutes on high pressure	
Pasta	30 minutes	4-6 minutes	6 hours on low/3 hours on high	18 minutes on high pressure	
Whole potatoes	8 hours	14 minutes	4 hours on low/2 hours on high	12 minutes on high pressure	

Recipe Conversions

Notes: Instant pot cooking times are based on high pressure. For slow cooker use the low setting. You will need to add at least 1-2 cups of liquid (water, broth,...etc.) to the instant pot for it to come to pressure.