





Skinny Chicken Parmesan

Serves:
8

Prep Time:
15 minutes

**Pressure
Cooking Time:**
10 minutes

Release Method:
QUICK

What makes this recipe Skinny? By eliminating the breadcrumbs, you eliminate over 100 calories from each serving. Now, the Parmesan and chicken really stand out. You will love this lighter version of the Italian classic.

Ingredients:

**8 (6 oz.) boneless,
skinless chicken breast**

Salt and pepper

1 tablespoon vegetable oil

1 medium onion, chopped

4 cloves garlic, minced

**1 can (14 oz.) crushed
tomatoes**

½ cup red wine

1 tablespoon sugar

**1 cup grated Parmesan
cheese**

¼ cup minced fresh basil

Directions:

- 1.** Season chicken with salt and pepper. Add oil to inner pot. Set COOKING TIME to 15 minutes and press START. Heat oil about 5 minutes. Add chicken and cook until browned, about 10 minutes. Press CANCEL.
- 2.** Add onion, garlic, tomatoes, wine, and sugar and stir to combine. Close and lock lid. Adjust pressure valve on top to AIRTIGHT, set COOKING TIME to 10 minutes, and press START.
- 3.** When cooking cycle has finished, release pressure by carefully setting valve to EXHAUST on top of lid. Once all of pressure has released, turn lid, unlock, and open.
- 4.** Transfer chicken to serving dish and season sauce with salt and pepper. Top chicken with sauce and sprinkle with Parmesan and basil.

TIP

Add a side of your favorite style of pasta, if you'd like. This recipe makes enough sauce to top the chicken and a side of pasta.



Pizza Stuffed Meatloaf

Your meatloaf will never be bland again. Each slice is filled with flavorful herbs, peppers, and pepperoni and finished off with a center of melted mozzarella. Serve with the sauce on top of each slice.

Serves:

6 to 8

Prep Time:

30 minutes

Pressure

Cooking Time:

20 minutes +

5 minutes rest

Release Method:

QUICK

Ingredients:

1 ¼ pounds 95% lean ground beef

⅓ cup Italian bread crumbs

2 large eggs

1 medium onion, minced

1 tablespoon Italian seasoning, we recommend Great Flavors® Taste of Home® Italian Seasoning

2 cloves garlic, minced

Salt and pepper

2 cups shredded mozzarella cheese, divided

1 red bell pepper, diced

½ cup diced pepperoni

1 tablespoon vegetable oil

1 (14 oz.) jar pizza sauce

Directions:

- 1.** In a large bowl, combine ground beef, bread crumbs, eggs, onion, Italian seasoning and garlic. Season with salt and pepper.
- 2.** On a piece of plastic wrap, flatten ground beef mixture to 8-inch x 10-inch rectangle. Place 1 cup mozzarella cheese, red peppers, and pepperoni in the middle crosswise. Starting from the short side, fold, forming a loaf making sure all edges are sealed.
- 3.** Add oil to inner pot and add meatloaf. Top with pizza sauce. Close and lock lid. Adjust pressure valve on top to AIRTIGHT, set COOKING TIME to 20 minutes, and press START.
- 4.** When cooking cycle has finished, release pressure by carefully setting valve to EXHAUST on top of lid. Once all of pressure has released, turn lid, unlock, and open.
- 5.** Top with remaining mozzarella cheese. Let rest, covered, for 5 minutes or until cheese is melted.

TIP

Equal quantities of your favorite pizza toppings, such as black olives, cooked mushrooms, or cooked bacon can be substituted for the red pepper or pepperoni.



Yankee Pot Roast

Yankee Pot Roast is the one-pot meal filled with delicious beef, red potatoes, and a mélange of onions, carrots, and celery cooked in a rich, herbed wine and beef sauce. Serve with warm crusty bread to make this meal complete.

Serves:
10

Prep Time:
40 minutes

**Pressure
Cooking Time:**
70 minutes
(includes
pressure
release time)

Release Method:
NATURAL
AND QUICK

Ingredients:

4 pounds chuck roast, cut into 2-inch pieces

Salt and pepper

1 tablespoon vegetable oil

2 ½ cups beef broth, we recommend Great Flavors® Taste of Home® Beef Stock Concentrate

¾ cup red wine

1 (6 oz.) can tomato paste

3 cloves garlic, minced

2 bay leaves

1 teaspoon dried thyme

10 small red potatoes, cut in half

3 stalks celery, cut into 1-inch pieces

2 medium onions, quartered

2 cups baby carrots

Directions:

1. Season beef with salt and pepper. Add oil to inner pot. Set COOKING TIME to 20 minutes and press START. Heat oil about 5 minutes. Add beef and cook until browned, about 15 minutes. Press CANCEL.
2. Add broth, red wine, tomato paste, garlic, bay leaves, and thyme and stir to combine. Close and lock lid. Adjust pressure valve on top to AIRTIGHT, set COOKING TIME to 40 minutes, and press START.
3. When cooking cycle has finished, let pressure drop NATURALLY. Once all of pressure has released, turn lid, unlock, and open.
4. Add potatoes, celery, onion, and carrots and stir to combine. Close and lock lid. Adjust pressure valve on top to AIRTIGHT, set COOKING TIME to 10 minutes, and press START.
5. When cooking cycle has finished, release pressure by carefully setting valve to EXHAUST on top of lid. Once all of pressure has released, turn lid, unlock, and open. Season with salt and pepper.

TIP

Bottom round roast or brisket can be used instead of chuck roast.





Cranberry Pork Tenderloin

Serves:
10

Prep Time:
15 minutes

**Pressure
Cooking Time:**
23 minutes

Release Method:
QUICK

This loin will be tender, indeed, thanks to the power of pressure-cooking. The process also helps the roast soak up the delightful combination of cranberries, cloves, brown sugar and vinegar.

Ingredients:

3 (1 to 1 ½ lbs.) pork tenderloins

Salt and pepper

1 tablespoon vegetable oil

1 cup frozen cranberries

¼ cup orange juice

3 tablespoons light brown sugar

2 tablespoons balsamic vinegar

¼ teaspoon ground cloves

2 tablespoons cornstarch mixed with ¼ cup water

Directions:

1. Season pork with salt and pepper. Add oil to inner pot. Set COOKING TIME to 15 minutes and press START. Heat oil about 5 minutes. Add pork and cook until browned, about 10 minutes. Press CANCEL.
2. Add cranberries, orange juice, brown sugar, balsamic vinegar, and cloves and stir to combine. Close and lock lid. Adjust pressure valve on top to AIRTIGHT, set COOKING TIME to 20 minutes, and press START.
3. When cooking cycle has finished, release pressure by carefully setting valve to EXHAUST on top of lid. Once all of pressure has released, turn lid, unlock, and open.
4. Remove pork and let rest, covered with aluminum foil, for 5 minutes before carving and serving.
5. Set COOKING TIME to 3 minutes and press START. Add cornstarch mixture and stir to combine. Cook until sauce thickens.

TIP

A great way to enhance the flavor is by marinating the pork. The marinade can be simply garlic and oil or a store bought vinaigrette. Marinate the pork in a storage container overnight. Drain marinade and pat pork dry prior to Step 1.



Peach Cake

You will have another reason to look forward to summer, knowing that you can make this delicious cake. The natural sweetness and texture of the peaches are both inside the cake and on top.

Ingredients:

2 cups fresh peach slices
2 tablespoons dark brown sugar
1 ½ cups all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
2 large eggs
1 cup sugar
½ cup peach nectar
1 teaspoon almond extract
¼ cup vegetable oil

Directions:

- 1.** Spray an 8-inch x 3-inch round cake pan with nonstick cooking spray.
- 2.** Toss peach slices with brown sugar and place half of slices at bottom of pan.
- 3.** In a small bowl, whisk flour, baking powder, baking soda, and salt. Set aside.
- 4.** In a large bowl, using an electric mixer, beat the eggs, sugar, peach nectar, almond extract, and oil until well combined.
- 5.** Add the dry ingredients to wet ingredients and beat until just incorporated. Fold remaining peach slices into cake batter. Pour cake batter into prepared pan.
- 6.** Tightly cover top of pan completely with lightly greased aluminum foil. Place small rack in inner pot. Add 2 cups of water. Place cake pan on rack.
- 7.** Close and lock lid. Adjust pressure valve on top to **AIRTIGHT**, set **COOKING TIME** to 35 minutes, and press **START**.
- 8.** When cooking cycle has finished, let pressure drop **NATURALLY**. Once all of pressure has released, turn lid, unlock, and open. Remove cake from pot and remove foil.
- 9.** Let cool for 10 minutes before unmolding onto a cake platter. Cool completely before serving.

Serves:
8 to 10

Prep Time:
25 minutes

Pressure Cooking Time:
1 hour
(includes pressure release time)

Release Method:
NATURAL

TIP

For a wonderful glaze on the cake, whisk 1 ¼ cups confectioners sugar, 3 tablespoons milk, and ½ teaspoon vanilla extract until smooth and pour over cake.