Pressure Cooker recipes

CHICKEN PAPRIKA

Place all of the following in the base of the Pressure Cooker:
4 to 5 chicken breasts or thighs (I used skin on/bone in thighs)

1 tomato, chopped	1 tsp salt
1 green pepper cut into 1/3 strips	1 medium onion, sliced
1 clove garlic, chopped	1 can low sodium chicken stock
2 Tbsp paprika	¼ tsp pepper

Add water or additional chicken stock to max fill line or to make sure all the chicken is covered with liquid.
Cook in the microwave for 20 minutes. Let stand til pressure is released. Chicken should be fall off the bone tender.

CORNED BEEF BRISKET

1 corned beef brisket, 6-8 smaller potatoes (cut in half) and ½ head cabbage, rough chopped

Please brisket, cut into quarters into the Pressure Cooker, add potatoes and cover with low sodium Beef stock til roast and potatoes are covered or to max fill line.

Microwave for 25 minutes. Let pressure release. Remove meat, and let rest, covered for 10 minutes.
Add cabbage to the pressure cooker and reseal. The liquid will cook the cabbage to the tender stage while the roast is resting.

BBQ RIBS

Cut up a strip of St Louis Style ribs into 6 sections. Season and add one onion, chopped. Place in the Pressure cooker and cover with beef stock to the Max fill line or until meat is covered. Microwave for 25 minutes. Let pressure release. Remove ribs from base and place in Vent N Serve container and cover with your favorite BBQ sauce. REHEAT in the microwave for approx. 4 minutes.

PULLED PORK

3 lbs pork butt (Cut up in 4 - 5 chunks)	Hawaiian Sweet Bread - rolls
1 can beef broth	1 pkg lipton onion soup

Cook for 30 min. Let rest 5-10 minutes
Pull apart using 2 forks and add BBQ sauce. Serve on rolls or Hawaiian sweet bread.

30 Minute Pot Roast

1-2 lb beef check roast – cut into pieces (I did 3-4 inch pieces)
1 ½ teasp Steak & Chop Seasoning ¼ cup all purpose flour
2 cups beef stock 2 tbsp apple cider vinegar
2 large carrots peeled & cut in 1-2 in pieces 1 onion peeled sliced
½ lb red potatoes cut in half – or quartered if larger potatoes
Place beef in base of Pressure Cooker –sprinkle seasoning In a small bowl whisk flour into stock and pour over beef, Add remaining ingredients to Pressure Cooker base and seal

Microwave on HIGH for 30 minutes. Remove from Microwave and allow pressure to release naturally until red pressure indicator fully lowers about 10 minutes. Let beef rest for 5 minutes before cutting.