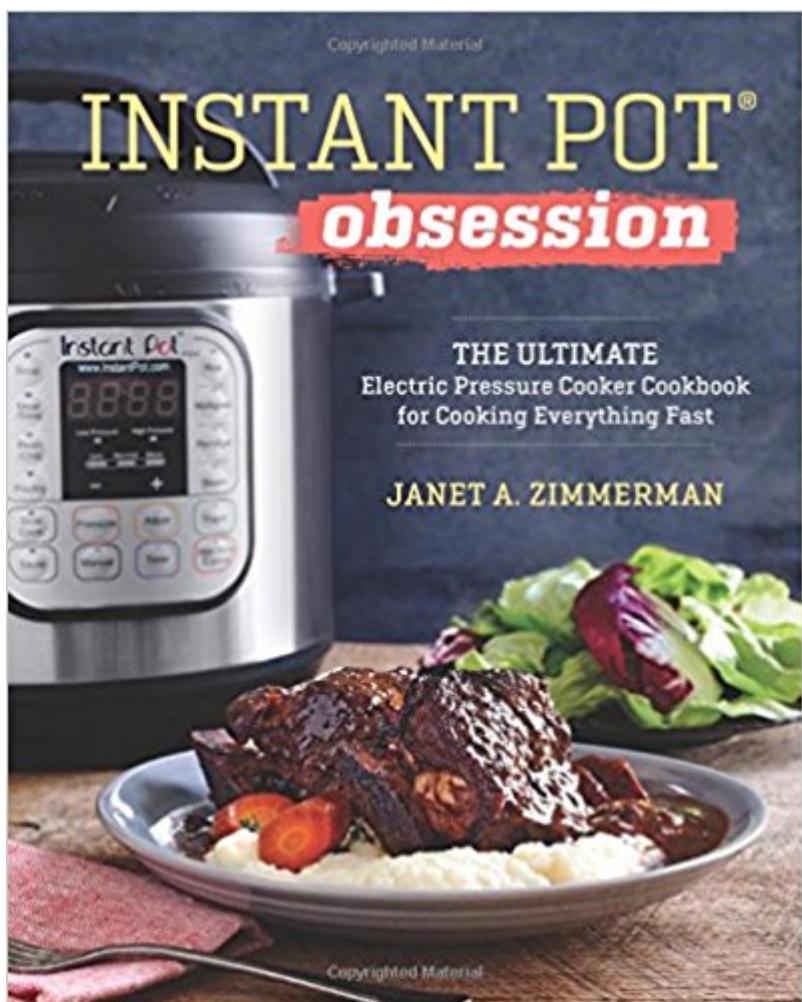


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# Instant Pot® Obsession: The Ultimate Electric Pressure Cooker Cookbook For Cooking Everything Fast



## Synopsis

From the publisher of the bestselling Instant Pot® Electric Pressure Cookbook comes Instant Pot® Obsession, the latest Instant Pot® Cookbook for making ANYTHING using your Instant Pot®. Your beloved Instant Pot® has completely changed how you get food on the table and now only one question remains—what are you going to make next? In the pages of Instant Pot® Obsession—the most complete Instant Pot® cookbook yet—you'll take simplicity one step further with instructions for creating more delicious, timesaving meals than ever before. Use this Instant Pot® cookbook to make EVERY meal, ANY day of the week using your trusty Instant Pot®.

Inside Instant Pot® Obsession you'll find:

- More than 120 recipes ranging from convenient to creative and healthy to down-home—including many grain-free and dairy-free recipes
- Variations on selected recipes to make your favorite go-to new again
- Tasty options for breakfasts, lunches, snacks, and desserts—many of which take 30 minutes or less
- Expert Instant Pot® guidance from Janet Zimmerman, author of the popular Healthy Pressure Cooker Cookbook

Whether you're in the mood for french toast cups or vanilla-almond yogurt, baked potato soup or orange chicken, let Janet show you how to make the most of your perfect pot. With Instant Pot® Obsession, you finally have a Instant Pot® cookbook you can indulge in again and again.

“Best Instant Pot® cookbook so far! Very helpful. I find the recipes practical and they've turned out well for us. Really appreciate the cooking charts in back of the book. Also contains many helpful hints and tips. Will help you use your Instant Pot® with confidence.”

A Mom Who Reads, Customer Review, Verified Purchase

## Book Information

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## Customer Reviews

Italian Chickpeas with Pesto One Pot, Grain-free

1/2 pound dried chickpeas. 1 quart water, for soaking. 1 tablespoon plus 1/2 teaspoon kosher salt, divided. 2 tablespoons extra-virgin olive oil. 1 small onion, chopped (about 1 cup). 2 medium carrots, peeled and chopped (about 1/2 cup). 1 (14-ounce) can diced tomatoes. 4 cups low-sodium Chicken Stock (page XX). 1/4 cup pesto, commercial or homemade (recipe follows).

1/2 cup shredded Parmesan or similar cheese.

1. Soak the chickpeas. In a large bowl, dissolve 1 tablespoon kosher salt in the water. Add the chickpeas and soak at room temperature for 8 to 24 hours. Drain and rinse.

2. Sauté the onions. Preheat the Instant Pot by selecting Sauté and adjust to More for high heat. Add the olive oil and when it is shimmering, add the onions and sprinkle them with 1/2 teaspoon of salt. Cook, stirring frequently, until the onion pieces separate and soften, about 3 minutes.

3. Pressure cook. Add the drained chickpeas, carrots, tomatoes with their juice, the remaining 1/2 teaspoon of salt, and stock. Lock the lid into place. Select Manual; adjust the pressure to High and the time to 10 minutes. When cooking is complete, naturally release the pressure for 10 minutes, then quick release any remaining pressure. Unlock and remove the lid.

4. Finish the dish. Ladle the chickpeas into bowls and top with a spoonful of pesto. Sprinkle with the cheese and serve immediately.

For the Pesto 1/2 cup packed cups basil leaves (about 1/2 ounce). 1/2 cup extra-virgin olive oil. 1/2 cup grated Parmesan cheese (about 1 ounce). 1 garlic clove, minced. 1 tablespoon toasted pine nuts.

Place the basil, oil, cheese, garlic, and pine nuts in a small food processor or blender. Pulse until a coarse paste forms, adding a tablespoon or two of water or more olive oil, if necessary, to get a loose enough consistency. You should have about 1/2 cup of pesto.

The leftovers can be refrigerated in an airtight container for a week or so, or frozen for several months.

Total Time: 35 minutes, plus overnight for soaking      Serves 4      Prep and finishing: 10 minutes / Manual: 10 minutes high pressure / Release: Natural for 10 minutes

JANET A. ZIMMERMAN is the author of *The Healthy Pressure Cooker Cookbook*. A longtime pressure cooking enthusiast, she was quickly won over by the ease and convenience of the Instant Pot. For more than 15 years Janet has shared her love of cooking with others as food writer and

culinary class instructor. Today she writes, teaches, and pressure cooks in Atlanta, Georgia.

This is more than just recipes - it gives you a lot of additional information about your Instant Pot. The first chapter explains how it works, what you can do with it beyond the basics, how to care for it, additional kitchen items that may be useful to use with the Instant Pot, explains the buttons, FAQs, staple items to have in your pantry. The next 9 chapters are recipes covering Breakfast - 9 recipes, Vegetables & Sides - 15 recipes, Beans & Grains - 12 recipes, Meatless Mains - 9 recipes, Fish & Shellfish - 8 recipes, Poultry - 17 recipes, Meat - 18 recipes, Desserts - 9 recipes, & Kitchen Staples - 10 recipes. In addition 1 recipe in each chapter gives 3-4 different ways to fix depending on your taste. Each recipe starts with a short paragraph that talks about the dish and may give a helpful hint or suggestions for substitutions. Most (if not all) of the recipes are for 4 servings. There is a time table that gives approximate times for Prep and Finishing, Manual, Release and then the Total amount of time. There are also icons that are easy to see while flipping through the book that let you know if it is: One Pot, Grain-Free, Dairy-Free, 30 Minutes or Less, & 60 Minutes or less. Most of the recipes seem to have ingredients that are easy to get if you do not already have them in your pantry. The type and directions are easy to read and at the end there may be additional recipe tips for serving or ingredients. And after the tips are the Nutritional information per serving - Calories, Fat, Sodium, Carbohydrates, Fiber and Protein. As with most cookbooks there are some recipes that look great to me, a few that I am not sure but would like to try and then a few that I will probably not make due to the tastes of my family. And last but not least the cookbook has a Instant Pot Pressure Cooking Time Charts section for Beans & Legumes, Grains, Meat, Poultry, Fish & Seafood, & Vegetables. In addition to the normal index you find in cookbooks their is also another Recipe Index that is unique and awesome- they list them alphabetically and then has columns for 30 Minutes or Less, 60 Minutes or less, One Pot, Grain-Free, & Dairy-Free with X's in the appropriate column so if you are wanting to find a recipe that is Grain Free you just look at all those with an X in that column! So far I have only made one of the recipes with plans for making several more - I never follow recipes exactly in regards to ingredients but I did follow it fairly close and was very happy with the outcome - Tuna Noodle Casserole will be made again. I hope this review was helpful! I hope you enjoy your new Instant Pot cookbook!

Great cookbook. I find the recipes practical and theyve turned out well for us. Really appreciate the cooking charts in back of the book. Also contains many helpful hints and tips. Will help you use your instant pot with confidence. If this review was helpful in any way please give me a thumbs up below.

I appreciate reading reviews and write these in hopes they will assist you in making wise choices.

Highly recommend this cookbook.

This book is worth the price. I really liked this one. She goes into much detail and explains a lot of the functions of your Instant Pot. Also, gives you alternatives to some of her recipes. Well worth the money. I think you'll enjoy the information and making these recipes.

I've been really getting into my IP LUX-60 as of late and found this awesome little cookbook to take my understanding and proficiency of it even further. I would highly recommend the Kindle edition: I love the find feature, ability to quickly see bookmarks, highlights, and notes, free up space on the bookshelf, and many things are hyperlinked where you can go to other parts of the cookbook by clicking them (for instance, a sauce in the recipe ingredients list is hyperlinked and clicking it will take you to how to make the sauce in a different section). The author presents recipes in a logical manner, easy to read, with summary sections, section headers, steps 1-X, and helpful tips surrounding certain steps. Reading just the intro of the book you can tell that she is an expert with the Instant Pot. She dispels lots of misconceptions that you might have heard from others based on her empirical evidence to the contrary (like never quick releasing pressure of meats because it will dry it out - apparently this is not true / never cooking oatmeal in the PC - you can, etc.). She provides great info on buying decisions for a second or third cooker as well as accessories one might want to consider. She describes the differences between Instant Pot versions, describes the settings in detail, and goes into discussion on various cooking principles, like with meats. You may need to connect the dots in recipes in some cases (for instance, a beans recipe called for 1 quart of water in the ingredient list, mentioned soaking the beans overnight, but didn't specifically state to use the 1 quart of water for soaking the beans) but for the most part the recipes are straight forward. In addition, the recipes aren't overly complicated like I've seen in other PC cookbooks. She covers staple recipes like making stock or hard boiling an egg, covers meals, sides, desserts, all in logical chapters. I will be referring to this cookbook exclusively for some time.

I use this all the time (1-2 nightly meals a week) for my family. Quick, delicious meals and veggies to die for.... What did I do before insta pot? I missed out obviously using only a crockpot. If you are a busy mom, you need an InstaPot & this cookbook. Your family will tell you how great everything tastes and cleanup is quicker b/c one pot. :)

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