



# perry's plate

## The Big Book of Paleo Slow Cooking — conversion to Instant Pot pressure cooker

### INTRODUCTION

Hi! First of all, thank you for purchasing The Big Book of Paleo Slow Cooking! I hope you're finding lots of new favorites that you'll make again and again.

If you have this conversion chart, I'm guessing you have or will soon have an Instant Pot pressure cooker. Congratulations! I love my Instant Pot and it has become such a convenient, vital appliance in my kitchen.

This conversion chart has recommended settings and cooking times for most of the recipe in my cookbook. To be completely honest, I did not test every single recipe in my Instant Pot. I wanted you to have this conversion chart quickly, so I used my knowledge and experience with my own Instant Pot, recommended times from reliable sources, and tested out the types of recipes I was unsure about. I feel confident, though, that these will give you a good place to start as you adapt the slow cooker recipes from my book in your Instant Pot.

**Here are some additional guidelines when using the chart...**

### MANUAL SETTING

For this chart I only used the Manual and Sauté settings. You can absolutely use the Soup setting if you're making a soup. Or the Meat setting if you're cooking a roast. Just use the cooking times and steam release methods I suggested with a high-pressure setting.

### SAUTE SETTING

For recipes that require sautéing or browning meat beforehand, you can do this in your Instant Pot with the Sauté setting. However, if you're browning a couple pounds of cut-up meat, you'll have to do it in smaller batches because there isn't a lot of surface area in the bottom of the pot and you'll end up with steamed meat if you overcrowd the pan. The whole point of searing meat beforehand is to create that crispy, caramelized crust and browned bits of flavor on the bottom of the pot. It doesn't happen if your meat doesn't have some space to do that. It would be faster with fewer batches in a large skillet over the stove, but then you have an extra pan to clean. I'll leave the decision up to you whether or not to sear in your IP or a skillet on the stove.

### STEAM RELEASING

You'll notice that sometimes I'll recommend a quick steam release (QR) or a natural steam release with a specific time (5NR — 5 minutes of natural release followed by a quick release). Sometimes it's better to let the cooker release steam on its own for a few minutes to avoid liquid splattering through the vent (like when you make a soup) or if you have something you don't want jostled around too much (like a quiche). These release recommendations aren't set in stone, but remember that as the cooker is releasing steam, whatever is inside the pot is still cooking.

Like I said before — most of these times are based on my own judgment and experience. If you find that a recipe isn't working well with the recommendations on the chart, please let me know and we can troubleshoot together! You can contact me (Natalie) at [perrysplate@gmail.com](mailto:perrysplate@gmail.com) with any questions or suggestions.

**Good luck and happy pressure cooking!**



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Recipe	1st Function	2nd Function	Release	Notes
<b>APPETIZERS</b>				
Easy BBQ Wings	Manual 10 min		Quick	
Lemon-Garlic Wings with Cracked Pepper Sauce	Manual 10 min	High Saute 2-3 min	Quick	Remove wings and use the Saute function for the sauce.
Pomegranate-Glazed Wings	Manual 10 min	High Saute 10-15 min	Quick	Remove wings and juices before using the Saute function for the sauce.
Sausage-Stuffed Mini Peppers and Pesto Dip	Manual 5 min		5NR	
Curried Turkey & Cranberry Meatballs with Clementine Salsa	Manual 5 min		5NR	
Ginger-Scallion Turkey Meatballs with Chili Mayo	Manual 5 min		5NR	
BBQ Hot Dog Bites	High Saute	Manual 5 min	Quick	Use Saute to reduce the grape juice.
Chicken Sausage and Pineapple Bites	Manual 10 min		Quick	
Balsamic Herb-Braised Mushrooms	Manual 10 min		Quick	
Caramelized Onion Dip				Not recommended
Hot Jalapeño Artichoke Dip	Manual 10 min		5NR	Use a casserole dish, the wire rack, and add 1 cup of water to the pot.
Spicy Crab and Avocado Dip with Jicama Chips	Manual 10 min		5NR	Use a casserole dish, the wire rack, and add 1 cup of water to the pot.
Buffalo Chicken Dip	Manual 20 min	Med Saute 5-10 min	Quick	Use Saute to heat dip after adding creamy mixture.
Bacon Chili Dip	High Saute to brown meat.	Manual 5 min	Quick	Reduce broth by 1/2 cup.
Spicy Curried Mango-Pineapple Chutney	Manual 10 min		Quick	
Sticky Cinnamon Vanilla-Bean Almonds				Not recommended
Rosemary Black Pepper Cashews				Not recommended
Sweet and Smoky Mixed Nuts				Not recommended
<b>SOUPS &amp; CHILIS</b>				
Pureed Summer Squash Soup with Spicy Ghee	Manual 20 min		Quick	
Hazelnut Parsnip Soup	High Saute	Manual 20 min	Quick	Use the Saute to cook the vegetables at the beginning and reheat after blending, if necessary.
Butternut Squash and Apple Soup	Manual 30 min		Quick	
Creamy Mushroom Soup with Bacon	Manual 20 min		Quick	
Broccoli "Cheese" Soup with Prosciutto	Manual 15 min	Saute 5 min	Quick	Use the Saute after adding the coconut cream instead of pressurizing the pot again.
Pureed Beet Soup with Apple-Fennel Slaw	Manual 20 min		Quick	Use the Saute to warm the soup after blending, if needed.
Roasted Garlic and Cauliflower Soup with Crispy Leeks	Manual 20 min		Quick	
Creamy Asparagus Soup with Dill and Crispy Ham	Manual 20 min		Quick	
Roasted Tomato-Basil Soup with Spicy Tuna	Manual 20 min		Quick	
Un-Tortilla Soup	Manual 15 min		Quick	
Russia Palace's Borscht	High Saute to brown meat	Manual 40 min	Quick	
Guacamole Bacon Burger Soup	Med Saute for bacon and High Saute for ground beef	Manual 20 min	Quick	
Chipotle Beef and Avocado Soup	High Saute to brown meat	Manual 30 min	Quick	Cover for 10 min after adding avocado. No need to pressurize again.

Beef Vegetable Soup	High Saute to brown meat	Manual 30 min	Quick	
Italian Beef and Zoodle Soup	High Saute to brown meat	Manual 30 min	Quick	
Pizza Soup with Greens	Manual 20 min		Quick	
Italian Sausage and Kale Soup with Sweet Potatoes	High Saute to brown meat	Manual 20 min	Quick	
Spicy Andouille Sausage and Collard Greens Soup	High Saute to brown meat	Manual 20 min	Quick	
Cold Remedy Chicken Soup	High Saute to brown chicken	Manual 20 min	Quick	P.S. Shred the chicken before serving. I forgot to add that part. :)
Mulligatawny	High Saute	Manual 20 min	Quick	
Southwest Chicken and Summer Vegetable Soup	Manual 30 min		Quick	
Thai Chicken Coconut Soup (Tom Kha Gai)	Manual 30 min		Quick	Cover for 10 min after adding the coconut milk, snow peas, and cilantro.
Chipotle Chicken and Sweet Potato Soup with Kale	Manual 30 min		Quick	Use Saute to warm soup at the end if needed.
BLT Chicken Soup	Manual 30 min		Quick	Cover for 10 min after adding the last ingredients to wilt the spinach.
Easy Chicken Pho with Zoodles	Manual 20 min	High Saute to cook chicken and zoodles.	Quick	
Salsa Verde Chicken Chili	Manual 30 min		Quick	
Moroccan Turkey Stew	High Saute to brown turkey.	Manual 20 min	Quick	After adding the raisins and almond butter, Medium Saute for 5 minutes.
Peppery Clam Chowder with Bacon	Saute to cook bacon & veg	Manual 20 min	Quick	Add the ingredients from step 5, close lid, and let it sit for 10 min.
Thai-Spiced Seafood Soup with Zoodles	Manual 5 min	Med Saute	Quick	Add the ingredients from step 4 and simmer until seafood & zoodles are cooked through.
Creamy Avocado Soup with Jalapeño-Garlic Shrimp	Manual 20 min		Quick	
Creamy Cod and Macadamia Chowder	High Saute for step 1	Manual 10 min	Quick	Add the ingredients from step 6 and saute on medium until cooked through.
Smoky Shredded Chicken and Chorizo Chili	High Saute for step 1 & 2	Manual 20 min	Quick	
Turkey Enchilada Chili with Zucchini	High Saute for step 1	Manual 20 min	Quick	
Sloppy Joe and Sweet Potato Chili	High Saute for step 1	Manual 20 min	Quick	
Smoky BBQ Beef Chili	High Saute for step 1	Manual 20 min	Quick	
Citrus Pork Chili with Mango	Manual 45 min		Quick	Add ingredients from step 5 and close lid for 5 min to heat through.
<b>CHICKEN &amp; TURKEY</b>				
Basic Seasoned Shredded Chicken (for freezing)	Manual 30 min		QR	
Spicy Cajun Whole Chicken	Manual 30 min		10NR	
Salt-and-Vinegar-Brined Whole Chicken with Rosemary	Manual 30 min		10NR	
Green Chile Shredded Chicken	Manual 30 min		QR	
Easy Shredded Chicken for Tacos	Manual 20 min		QR	
Island Balsamic BBQ Shredded Chicken	Manual 25 min		QR	
Chicken Tikka Masala with Cauliflower	Manual 20 min		5NR	
Thai Chicken Curry	Manual 20 min		5NR	
Southeast Asian Coconut Chicken Curry	Manual 20 min		5NR	Add coconut milk in step 5 and just close the lid and let it sit for 10 min or so.

Sweet and Sour Pineapple Chicken	Manual 15 min	High Saute	QR	In step 4, just leave the cooking juices in the pot, add the ingredients from step 5 and use the high saute to cook until thickened. Turn off and return the chicken and vegetables to the pot. Stir until heated through.
Orange-Sesame Chicken	Manual 15 min	High Saute	QR	In step 4, just leave the cooking juices in the pot, add the ingredients from step 6 and use the high saute to cook until thickened. Turn off and return the chicken and vegetables to the pot. Stir until heated through.
Kung-Pao Chicken and Vegetables	Manual 15 min	High Saute	QR	In step 4, just leave the cooking juices in the pot, add the ingredients from step 5 and use the high saute to cook until thickened. Turn off and return the chicken and vegetables to the pot. Stir in the ingredients from step 6 until heated through.
Green Chicken Thighs with Zucchini, Fennel, & Aioli	Manual 20 min		5NR	
Easy Italian Chicken Sausage and Peppers with Marinara	Manual 10 min		5NR	
Maple-Mustard Chicken with Carrots and Brussels Sprouts	Manual 10 min	Manual 5 min	5NR	Use the quick release after the chicken cooks, add the brussels to the pot and cook for another 5 min with a 5min natural release.
Chicken and Sausage Peperoncini Stew	High Saute	Manual 15 min	5NR	Use the high saute setting to cook the sausage. Sauteeing the chicken is optional.
Strawberry-Balsamic Chicken	Manual 20 min		QR	
Blackberry-Chipotle BBQ Chicken with Carrots & Sweet Pot.	Manual 15 min		15NR	
Prosciutto-Wrapped Drumsticks and Butternut Squash	Manual 15 min		15NR	
Orange-Cumin Drumsticks with Sweet Potatoes & Cranberries	Manual 15 min		15NR	
Chinese Five-Spice Drumsticks with Beets and Carrots	Manual 15 min		15NR	
Spicy Chicken Sausage and Pineapple Stuffed Peppers	Manual 15 min		10NR	
Chicken and Andouille Lettuce Wraps with Celery Slaw	Manual 30 min		QR	
Ranch Chicken with Broccoli and Bacon	Manual 15 min	Manual 3 min	5NR	Use the quick release after cooking the chicken. Add the broccoli and cook for another 3 min, then use a 5-min natural release.
Cider-Brined Turkey Breast	Manual 30 min		10NR	Use the rack instead of aluminum foil balls on the bottom.
Turkey Tamale Pie	High Saute to cook ground turkey	Manual 10 min	10NR	
Sun-Dried Tomato Turkey Meatballs in Marinara	High Saute to sear meatballs in batches.	Manual 5 min	5NR	
Turkey, Apple, and Brussels Pot Pie w/Sauerkraut Biscuit Topping	Manual 15 min		15NR	
Mediterranean Turkey Meatloaf with Sun-Dried Tomato Aioli	Manual 10 min		10NR	Make a "sling" described in the directions, but don't let it hang out of the top. Use the rack on the bottom, too. Add 1/2 cup of water to the bottom.
Thanksgiving Turkey Meatloaf	Manual 10 min		10NR	Make a "sling" described in the directions, but don't let it hang out of the top. Use the rack on the bottom, too. Add 1/2 cup of water to the bottom.
Creamy Sage-Rubbed Turkey and Mushrooms	Manual 20 min		QR	
<b>BEEF</b>				
Asian Beef Short-Rib Lettuce Wraps	Manual 35 min		15NR	I'd recommend searing the ribs using the High Saute setting before pressurizing, deglazing with the vinegar mixture.

Orange Balsamic Short Ribs	Manual 35 min		15NR	I'd recommend searing the ribs using the High Saute setting before pressurizing, deglazing with the vinegar mixture.
Smoky Short Ribs with Mushrooms	Manual 30 min		10NR	Add 1/4 cup water to the pot.
Taqueria-Style Shredded Beef	High Saute to sear beef.	Manual 90 min	15NR	Cut the roast into 3-4 large chunks before cooking. Cook for 120 min for 5 pounds of meat.
Shredded Barbacoa Beef	Manual 100 min		15NR	Cut the roast into 3-4 large chunks before cooking. Cook for 120 for 5 pounds of meat.
Greek Peperoncini Lettuce Wraps with Cucumber Salad	Manual 100 min		15NR	Cut the roast into 3-4 large chunks before cooking.
Indian-Style Shredded Beef	Manual 100 min		15NR	Cut the roast into 3-4 large chunks before cooking.
Blackberry-Chipotle Shredded BBQ Beef	Manual 100 min		15NR	Cut the roast into 3-4 large chunks before cooking.
Spiced Pomegranate Beef Roast	Manual 90 min		15NR	Cut the meat in half before cooking.
Balsamic Pot Roast	Manual 90 min		15NR	Cut the meat in half before cooking.
Sunday Pot Roast	Manual 100 min		15NR	Cut the roast into 2-3 large chunks before cooking.
Leftover Pot Roast with Butternut Squash and Poblanos	Manual 15 min		5NR	
Garlicky Mushroom-Rubbed Pot Roast and Gravy	Manual 100 min		15NR	Cut the roast into 2-3 large chunks before cooking.
Holiday Brisket with Caramelized Onions	Manual 100 min		15NR	Cut the roast into 2-3 large chunks before cooking.
Cocoa-Chili Crusted Tri-Tip and Potatoes	Manual 20 min		15NR	Cut the meat in half before cooking.
Creamy Beef Stroganoff	High Saute to brown the meat.	Manual 30 min	10NR	
Austrian Granny's Goulash	High Saute to brown the meat.	Manual 30 min	10NR	Use 2 cups of broth for a stew-like consistency.
Mongolian Beef and Broccoli	Manual 15 min	Manual 3 min	3NR	Use a quick release after the beef is cooked. Add the ingredients from step 4, cook for 3 more minutes, then do a 3-min natural release.
Creamy Beef and Sauerkraut	High Saute to brown the meat.	Manual 30 min	10NR	
Beef and Potato Stew with Cilantro Cream and Kale Chips	High Saute to brown the meat.	Manual 30 min	10NR	
Simple Sausage and Peppers with Sauerkraut	Manual 5 min		5NR	
Sweet Potato Foil Packet "Tacos"	Manual 30 min		QR	
Sloppy Joe's for a Crowd	Manual 15 min		QR	
Creamy Meatballs and Gravy	High Saute to brown meatballs	Manual 20 min	5NR	
Sun-Dried Tomato and Pesto Meatballs and Spaghetti Squash	Manual 20 min		5NR	
Cilantro Chimichurri Meatballs and Enchilada Spaghetti Squash	Manual 20 min		5NR	
BBQ Bacon Bison Meatballs	Med Saute for bacon and High Saute to brown meatballs.	Manual 5 min	5NR	
Avocado-Stuffed Taco Meatloaf	Manual 10 min		10NR	Make a "sling" described in the directions, but don't let it hang out of the top. Use the rack on the bottom, too. Add 1/2 cup of water to the bottom.
Italian Balsamic BBQ Meatloaf	Manual 10 min		10NR	Make a "sling" described in the directions, but don't let it hang out of the top. Use the rack on the bottom, too. Add 1/2 cup of water to the bottom.
<b>PORK &amp; LAMB</b>				
Bacon-Wrapped Pork Loin with Fruity Date Sauce	Manual 15 min		5NR	Place the pork loin on the rack.



Balsamic Apple Pork Loin Roast	Manual 20 min		5NR	Place the pork loin on the rack.
Prosciutto-Wrapped Pork Chops with Peach Sauce	Manual 30 min		5NR	Layer the pork chops on the rack.
Honey Dijon Pork Chops	High Saute to sear chops.	Manual 30 min	5NR	Layer the pork chops on the rack.
Caribbean Jerk Pork Chops with Mango Salsa	Manual 30 min		5NR	Layer the pork chops on the rack.
Pork Satay Stew	Manual 20 min		5NR	
Deconstructed Egg Rolls with Toasted Sesame Cashews	Manual 10 min		10NR	
Easy Pork Chili Verde	High Saute to brown pork.	Manual 20 min	5NR	
Easy BBQ Spareribs with Potatoes and Carrots	Manual 25 min		5NR	
Sweet Chili Spareribs	Manual 25 min		5NR	Use the wire rack. Add 1 cup of water to the pot.
Tangy Mustard Ribs with Balsamic Glaze	Manual 25 min	High Saute for glaze.	5NR	Use the wire rack. Increase water to 1 cup. You can use the High Saute in step 5 to make the glaze.
Asian-Style Ribs with Ginger-Orange Glaze	Manual 25 min	High Saute for glaze.	5NR	Use the wire rack. Increase water to 1 cup. You can use the High Saute in step 5 to make the glaze.
BBQ Apple Pulled Pork	Manual 60 min		15NR	Cut the roast into 3-4 pieces before cooking.
Thai Pulled-Pork Tacos with Creamy Chili Slaw	Manual 60 min		15NR	Cut the roast into 3-4 pieces before cooking.
Sweet Jalapeño Pineapple Pulled Pork	Manual 60 min		15NR	Cut the roast into 3-4 pieces before cooking.
Shredded Enchilada Pork	Manual 45 min		15NR	Cut the roast into 2-3 pieces before cooking.
Pork Carnitas	Manual 45 min		15NR	Cut the roast into 3-4 pieces before cooking.
Hot and Sweet Orange Pulled Pork	Manual 45 min		15NR	Cut the roast into 3-4 pieces before cooking.
Sweet Potato Lasagna with Kale and Pancetta	Manual 20 min		10NR	Layer the lasagna in a 7-inch springform pan, cover it with foil and place on the wire rack. Add a cup of water to the pot.
Chorizo, Kale, and Potatoes with Garlic-Chipotle Aioli	Manual 15 min		10NR	
Supreme Pizza Ragu	Manual 15 min		QR	
Breakfast Sausage Hash-Stuffed Acorn Squash	Manual 10 min		5NR	You might not be able to fit all 4 halves into the pot, so half this recipe if that's the case.
Chorizo Frittata with Roasted Chiles	Manual 25 min		10NR	Place the frittata in a lidded casserole dish that fits into your pot. Place it on the wire rack.
Spring Frittata with Ham, Asparagus, and Fresh Herbs	Manual 25 min		10NR	Place the frittata in a lidded casserole dish that fits into your pot. Place it on the wire rack.
Chorizo Shepherd's Pie with Orange-Scented Sweet Potatoes	Manual 10 min		5NR	
Garlicky Lamb Meatballs with Herb Vinaigrette	High Saute to brown meatballs	Manual 5 min	5NR	
Shredded Lamb Korma	Manual 45 min		15NR	After adding the ingredients from step 5, close the pot and let it sit for a bit to heat through.
<b>FISH &amp; SEAFOOD</b>				
Simple Lemon-Herb Parchment Fish and Potatoes	Manual 10 min		5NR	Place 1/4 cup of water in the bottom of the pot.
Pesto Cod and Mashed Sweet Potatoes	Manual 10 min		5NR	Place 1/4 cup of water in the bottom of the pot.
Jerk Salmon and Pineapple Packets	Manual 10 min		5NR	Place 1/4 cup of water in the bottom of the pot.
Whole Fish with Grapefruit and Dill				Not recommended
Salt-Baked Whole Fish				Not recommended

Jambalaya with Roasted Cauliflower Rice	Manual 20 min		5NR	When the pressure has released, open the lid and immediately add the ingredients in step 3. Close the lid and let it sit for 10-15 minutes until the shrimp is cooked through. You may need to use the Saute setting to help it along.
Tuna "Noodle" Casserole	Manual 15 min		5NR	This would probably work best in a lidded casserole dish inside the pot. Use the wire rack and add 1 cup of water to the bottom of the pot.
Creamy Sole and Asparagus Packets	Manual 5 min		5NR	
Spicy Garlic Lime Salmon and Zoodles	Manual 5 min		10NR	
Thai Green Curry with Lobster	Manual 10 min		5NR	After the steam has released, lift the lid and immediately put the lobster in the pot. Close the lid and let it sit for 10-15 minutes until the lobster is just barely cooked though. You may need to use the Saute setting to help it along.
Lemon-Garlic Shrimp and Zoodles	Manual 2 min		5NR	For this one you can add the shrimp at the beginning and cook everything together. Add 1/4 cup broth/water to the pot.
Simple Shrimp Fajitas	Manual 2 min		5NR	For this one you can add the shrimp at the beginning and cook everything together. Add 1/4 cup broth/water to the pot.
<b>VEGETABLE SIDES</b>				
Chipotle Caramelized Onions and Mushrooms	High Saute	Manual 5 min	QR	I recommend using the High Saute setting to put some color on the onions before pressurizing everything.
Salt "Roasted" Beets	Manual 15-30 min		QR	Casserole dish within the pot recommended. Add 1 cup of water and use the rack. Cook time depends on the thickness of the beets.
Dijon-Braised Beets	Manual 15 min		QR	No wire rack or extra liquid needed.
Orange-Maple Carrots	Manual 15 min		QR	
Creamy-Dilled Cauliflower	Manual 3 min		QR	
Rosemary-Garlic Mashed Potatoes	Manual 10 min		QR	
Ginger-Honey Spaghetti Squash	Manual 5 min		QR	Add another 1/2 cup water to the pot.
Spaghetti Squash with Warm Bacon Vinaigrette	Manual 5 min		QR	Add 1 cup water to the pot.
<b>SWEETS &amp; DESSERTS</b>				
Spiced Pomegranate Poached Pears	Manual 5 min		10NR	
Ginger-Spiced Pear Sauce and Pear Butter	Manual 1 min		15NR	
Whole Caramelized Pineapple with Sweet Ginger Sauce	Manual 30 min		10NR	
Nutty Coconut Baked Apples with Cider Sauce	Manual 5 min		5NR	Line pot with parchment and pour batter directly in there.
Pumpkin Spice Cake with Chocolate Pecan Streusel	Manual 10 min		10NR	Line pot with parchment and pour batter directly in there.
Upside-Down Cranberry Gingerbread	Manual 10 min		15NR	Line pot with parchment and pour batter directly in there.
Blueberry Muffin Cake	Manual 10 min		10NR	Line pot with parchment and pour batter directly in there.
Nut-Free Fudgy Brownie Cake	Manual 10 min		10NR	Line pot with parchment and pour batter directly in there.
Vanilla Cake with Strawberry-Balsamic Glaze	Manual 10 min		10NR	Line pot with parchment and pour batter directly in there.
Apple-Pomegranate Crumble	Manual 15 min		10NR	Add 1/4 cup water to fruit.
A Big Chocolate Chip Cookie				Not recommended
Chocolate Berry Cobbler	Manual 10 min		5NR	Add 1/4 cup water to berries.

PANTRY STAPLES

Simple Chicken Stock	Manual 120 min		15NR	You can also cook this for as long as your Instant pot will allow. The longer the better.
Homemade Beef Stock	Manual 180 min		15NR	You can also cook this for as long as your Instant pot will allow. The longer the better.
"Roasted" Garlic	Manual 5 min		15NR	Use a steamer basket and 1 cup of water in the pot.
Autumn Harvest Pasta Sauce	Manual 15 min		15NR	
Basic Marinara	Manual 15 min		15NR	
Homemade Ghee	Slow Cook 2 hrs			If you'd rather not babysit a pot on the stove, use the slow cook function on your IP.