

Mac and Cheese

INGREDIENTS

- 2 cups elbow pasta*
- 2 cups water
- 1 teaspoon salt
- 1 teaspoon ground mustard
- pinch of cayenne pepper
- 12 ounce can evaporated milk
- 8 ounces cheddar jack shredded cheese
- salt and pepper, to taste

DIRECTIONS

1. Place pasta, water, salt, mustard, and cayenne in electronic pressure cooker. Mix and ensure that all the pasta is covered with water.
2. Cook on high pressure for 5 minutes. Immediately use the quick pressure release when done cooking. Remove the lid.
3. Set cooker to saute mode and add evaporated milk. Stirring gently, simmer sauce for 2-3 minutes and then remove from heat.
4. Stir in shredded cheese, one handful at a time, until combined and melted. Season with additional salt and pepper to taste. Serve immediately.

*You can substitute a similar sized pasta like mini-shells. Do not use larger pasta like penne or bow-tie pasta - these will not cook through in time.

Add in options:

Tuna and Peas: After stirring in cheese, add in one 5-ounce can of tuna, drained, and 1 cup of peas.

Salsa Chicken: 1 cup of cooked, shredded chicken seasoned with 2 tablespoons of salsa and 3 tablespoons chopped scallions.

Veggie Mac: stir in 1-2 cups of frozen vegetable blend. Examples: broccoli, carrots, and peppers or riced broccoli and cauliflower. Fully heat vegetables before adding and drain away any water produced during heating.

Recipe adapted from America's Test Kitchen. "Macaroni and Cheese" (2013) Pressure Cooker Perfection. Penguin Random House.



Salsa Chicken

INGREDIENTS

- 1 onion, chopped
- 1/2 cup water
- 1.5-2 pounds chicken breasts, frozen
- 2-3 tablespoons southwest or taco seasoning
- 15-ounce jar of salsa
- salt and pepper, to taste

DIRECTIONS

1. Place onion and water in the bottom of the electronic pressure cooker. Top with frozen chicken breast, southwest seasoning, and salsa.
2. Cook on high pressure for 15 minutes* and allow 10 minute natural release.
3. After cooking is complete, remove lid and use forks to shred chicken in the sauce.
4. Cook on saute setting for 3-5 minutes to evaporate extra liquid. Season with salt and pepper, to taste. Serve.

If possible, break frozen chicken into separate pieces before cooking. If chicken is a thick, solid block, increase cooking time to 20 minutes.



Potato Curry with Basmati Rice

INGREDIENTS

- 2 cups basmati rice
- 2 cups water
- 1 teaspoon salt
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- 1 1/2 tablespoons oil
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 medium onion, diced
- 1 green chili, finely chopped
- 1 small tomato, chopped
- 1 1/2 teaspoon ginger paste
- 3 cloves garlic, pressed
- 2 teaspoons cumin
- 1 tablespoon curry powder
- 1 1/2 teaspoon salt
- 2 cups potatoes, peeled and chopped 1-inch cubes
- 1 cup green peas
- 1 cup of water
- 1 cup coconut milk
- 1/4 cup chopped cilantro

DIRECTIONS

1. Place rice in a heat-proof bowl that will fit inside the electronic pressure cooker. Add 2 cups water and salt and cover with lid or foil. Set aside.
2. In the electronic pressure cooker, with the saute setting on high, heat the oil. When hot, add the mustard and cumin seeds and cook for 30-60 seconds, until they begin to pop or jump.
3. Add onions, green chili, ginger paste, and garlic. Cook until the onions have softened, about 5 minutes.
4. Add the tomatoes and cook for another 5 minutes, until softened.
5. Stir in cumin, curry powder, and salt and mix thoroughly. Add potatoes, peas, and water.
6. Place a trivet in the pot, on top of the potato mixture, and set the prepared bowl of rice on the trivet and seal the pressure cooker.
7. Cook for 3 minutes on high pressure and then use natural pressure release for 15 minutes.
8. Remove rice bowl from cooker and fluff rice. Remove trivet from pressure cooker.
9. Turn pressure cooker to saute. Stir coconut milk into the potato mixture and smash some of the potatoes with spoon to thicken. Cook for 3-5 minutes until the desired consistency.
10. Stir in chopped cilantro and serve with rice.

