

# Pressure Cooking Chart

for the OP300 Series Ninja® Foodi™

**TIP** Use hot water for pressure cooking to build pressure quicker.

INGREDIENT	WEIGHT	PREPARATION	WATER	ACCESSORY	PRESSURE	TIME	RELEASE
<b>POULTRY</b>							
Chicken breasts	2 lbs	Bone in	1 cup	N/A	High	15 mins	Quick
	6 small or 4 large (about 2 lbs)	Boneless	1 cup	N/A	High	8-10 mins	Quick
Chicken breasts (frozen)	4 large (2 lbs)	Boneless	1 cup	N/A	High	25 mins	Quick
Chicken thighs	8 thighs (4 lbs)	Bone in/skin on	1 cup	N/A	High	20 mins	Quick
	8 thighs (2 lbs)	Boneless	1 cup	N/A	High	20 mins	Quick
Chicken, whole	4-5 lbs	Bone in/legs tied	1 cup	Cook & Crisp™ Basket	High	25-30 mins	Quick
Turkey breast	1 breast (6-8 lbs)	Bone in	1 cup	N/A	High	40-50 mins	Quick
<b>GROUND MEAT</b>							
Ground beef, pork, or turkey	1-2 lbs	Ground (not in patties)	1/2 cup	N/A	High	5 mins	Quick
Ground beef, pork, or turkey (frozen)	1-2 lbs	Frozen, ground (not in patties)	1/2 cup	N/A	High	20-25 mins	Quick
<b>RIBS</b>							
Pork baby back	2 1/2-3 1/2 lbs	Cut in thirds	1 cup	N/A	High	20 mins	Quick
<b>ROASTS</b>							
Beef brisket	3-4 lbs	Whole	1 cup	N/A	High	1 1/2 hrs	Quick
Boneless beef chuck-eye roast	3-4 lbs	Whole	1 cup	N/A	High	1 1/2 hrs	Quick
Boneless pork butt	4 lbs	Seasoned	1 cup	N/A	High	1 1/2 hrs	Quick
Pork tenderloin	2 tenderloins (1-1 1/2 lbs each)	Seasoned	1 cup	N/A	High	3-4 mins	Quick
<b>STEW MEAT</b>							
Boneless beef short ribs	6 ribs (3 lbs)	Whole	1 cup	N/A	High	25 mins	Quick
Boneless leg of lamb	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Boneless pork butt	3 lbs	Cut in 1-inch pieces	1 cup	N/A	High	30 mins	Quick
Chuck roast, for stew	2 lbs	Cut in 1-inch pieces	1 cup	N/A	High	25 mins	Quick
<b>HARD-BOILED EGGS</b>							
Eggs†	1-12 eggs	None	1/2 cup	N/A	High	4 mins	Quick

†Remove immediately when complete and place in ice bath.

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INGREDIENT	AMOUNT	DIRECTIONS	WATER	ACCESSORY	PRESSURE	COOK TIME	RELEASE
<b>VEGETABLES</b>							
Beets	8 small or 4 large	Rinsed well, tops & ends trimmed; cool & peel after cooking	1/2 cup	N/A	High	15–20 mins	Quick
Broccoli	1 head or 4 cups	Cut in 1–2-inch florets, stem removed	1/2 cup	Reversible rack in lower position	Low	1 min	Quick
Brussels sprouts	1 lb	Cut in half	1/2 cup	Reversible rack in lower position	Low	1 min	Quick
Butternut squash (cubed for side dish or salad)	20 oz	Peeled, cut in 1-inch pieces, seeds removed	1/2 cup	N/A	Low	2 mins	Quick
Butternut squash (for mashed, puree, or soup)	20 oz	Peeled, cut in 1-inch pieces, seeds removed	1/2 cup	Reversible rack in lower position	High	5 mins	Quick
Cabbage (braised)	1 head	Cut in half, core removed, sliced in 1/2-inch strips	1/2 cup	N/A	Low	3 mins	Quick
Cabbage (crisp)	1 head	Cut in half, core removed, sliced in 1/2-inch strips	1/2 cup	Reversible rack in lower position	Low	2 mins	Quick
Carrots	1 lb	Peeled, cut in 1/2-inch pieces	1/2 cup	N/A	High	2–3 mins	Quick
Cauliflower	1 head	Cut in 1–2-inch florets, stem removed	1/2 cup	N/A	Low	1 min	Quick
Collard greens	2 bunches or 1 bag (16 oz)	Stems removed, leaves chopped	1/2 cup	N/A	Low	6 mins	Quick
Green beans	1 bag (12 oz)	Whole	1/2 cup	Reversible rack in lower position	Low	0 min*	Quick
Kale leaves/greens	2 bunches or 1 bag (16 oz)	Stems removed, leaves chopped	1/2 cup	N/A	Low	3 mins	Quick
Potatoes, red (cubed for side dish or salad)	2 lbs	Scrubbed, cut in 1-inch cubes	1/2 cup	N/A	High	1–2 mins	Quick
Potatoes, red (for mashed)	2 lbs	Scrubbed, whole, large potatoes cut in half	1/2 cup	N/A	High	15–20 mins	Quick
Potatoes, Russet or Yukon (cubed for side dish or salad)	2 lbs	Peeled, cut in 1-inch cubes	1/2 cup	N/A	High	1–2 mins	Quick
Potatoes, Russet or Yukon (for mashed)	2 lbs	Peeled, cut in 1-inch thick slices	1/2 cup	N/A	High	6 mins	Quick
Potatoes, sweet (cubed for side dish or salad)	1 lb	Peeled, cut in 1-inch cubes	1/2 cup	N/A	High	1–2 mins	Quick
Potatoes, sweet (for mashed)	1 lb	Peeled, cut in 1-inch thick slices	1/2 cup	N/A	High	6 mins	Quick

\*The time the unit takes to pressurize is long enough to cook this food.

# Pressure Cooking Chart, continued

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**TIP** For best results, rinse rice and grains thoroughly before pressure cooking.

INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
<b>GRAINS</b>					
Arborio rice*	1 cup	3 cups	HIGH	7 mins	Natural (10 mins) then Quick
Basmati rice	1 cup	1 cup	HIGH	2 mins	Natural (10 mins) then Quick
Brown rice, short/medium or long grain	1 cup	1 1/4 cups	HIGH	15 mins	Natural (10 mins) then Quick
Coarse grits/polenta*	1 cup	3 1/2 cups	HIGH	4 mins	Natural (10 mins) then Quick
Farro	1 cup	2 cups	HIGH	10 mins	Natural (10 mins) then Quick
Jasmine rice	1 cup	1 cup	HIGH	2-3 mins	Natural (10 mins) then Quick
Kamut	1 cup	2 cups	HIGH	30 mins	Natural (10 mins) then Quick
Millet	1 cup	2 cups	HIGH	6 mins	Natural (10 mins) then Quick
Pearl barley	1 cup	2 cups	HIGH	22 mins	Natural (10 mins) then Quick
Quinoa	1 cup	1 1/2 cups	HIGH	2 mins	Natural (10 mins) then Quick
Quinoa, red	1 cup	1 1/2 cups	HIGH	2 mins	Natural (10 mins) then Quick
Spelt	1 cup	2 1/2 cups	HIGH	25 mins	Natural (10 mins) then Quick
Steel-cut oats*	1 cup	3 cups	HIGH	11 mins	Natural (10 mins) then Quick
Sushi rice	1 cup	1 1/2 cups	HIGH	3 mins	Natural (10 mins) then Quick
Texmati® rice, brown**	1 cup	1 1/4 cups	HIGH	5 mins	Natural (10 mins) then Quick
Texmati® rice, light brown**	1 cup	1 1/4 cups	HIGH	2 mins	Natural (10 mins) then Quick
Texmati® rice, white**	1 cup	1 cup	HIGH	2 mins	Natural (10 mins) then Quick
Wheat berries	1 cup	3 cups	HIGH	15 mins	Natural (10 mins) then Quick
White rice, long grain	1 cup	1 cup	HIGH	2 mins	Natural (10 mins) then Quick
White rice, medium grain	1 cup	1 cup	HIGH	3 mins	Natural (10 mins) then Quick
Wild rice	1 cup	1 cup	HIGH	22 mins	Natural (10 mins) then Quick

\*After releasing pressure, stir for 30 seconds to 1 minute, then let sit for 5 minutes.

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INGREDIENTS	AMOUNT	WATER	PRESSURE	COOK TIME	RELEASE
<b>LEGUMES</b>					
All beans, except lentils, should be soaked 8–24 hours before cooking.					
Black beans	1 lb, soaked 8–24 hrs	6 cups	LOW	5 mins	Natural (10 mins) then Quick
Black-eyed peas	1 lb, soaked 8–24 hrs	6 cups	LOW	5 mins	Natural (10 mins) then Quick
Cannellini beans	1 lb, soaked 8–24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Cranberry beans	1 lb, soaked 8–24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Garbanzo beans (chickpeas)	1 lb, soaked 8–24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Great northern bean	1 lb, soaked 8–24 hrs	6 cups	LOW	1 min	Natural (10 mins) then Quick
Lentils (green or brown)	1 cup dry	2 cups	LOW	5 mins	Natural (10 mins) then Quick
Lima beans	1 lb, soaked 8–24 hrs	6 cups	LOW	1 min	Natural (10 mins) then Quick
Navy beans	1 lb, soaked 8–24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Pinto beans	1 lb, soaked 8–24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick
Red kidney beans	1 lb, soaked 8–24 hrs	6 cups	LOW	3 mins	Natural (10 mins) then Quick