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PRESURE COOKER

SNEAK PEEK

ten recipes included!

MARCI BUTTARS & CAMI GRAHAM
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Ham-Wrapped Avocado Egg and Creamy Lemon Sauce with Burst Parmesan Tomatoes

Watching cooking shows is my favorite way of distracting myself from the monotony of treadmill running in the mornings. One particular morning, I was watching Rachael Ray and her creation of a poached egg inside of a whole avocado, wrapped in bacon, and dredged in a buttery hollandaise sauce. "Wow," I thought, "that looks delicious," and then "Wow, I would need a morning nap after eating that." So my mind went to work on a warm, runny egg cradled in half of an avocado, wrapped in salty ham, and drizzled with a creamy lemon sauce. Suddenly, I looked down at the console of my treadmill and was stunned to see that I had already finished my six-mile run. So I happily jumped off, jotted down my new recipe idea, and headed off to the kitchen to make a masterpiece! The combination of golden egg yolk, plus tangy lemon sauce, plus warm and cheesy tomato juice is the absolute perfect combination and will set your morning off just right—no nap required.

Prep: 10 minutes  
Pressure: 3–4 minutes 
Total: 20 minutes  
Pressure Level: Low  
Release: Quick

Serves: 2

FOR AVOCADO EGG

- 2 large ripe avocados
- 4 slices thinly cut deli ham
- 2 eggs
- salt and pepper

FOR PARMESAN TOMATOES

- 1 cup grape or cherry tomatoes
- 2 tablespoons Parmesan cheese
- ¼ teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- salt and pepper

FOR LEMON SAUCE

- ½ cup mayonnaise with olive oil (can substitute with regular mayonnaise)
- ½ teaspoon Dijon mustard
- juice of 1 lemon
- 2 tablespoons melted butter
- pinch of kosher salt
- ¼ teaspoon cayenne pepper

DIRECTIONS

1. Cut off a third of the avocado lengthwise. Set aside the small end for another use. Remove the stone from the larger piece and hollow out the hole to allow an egg to fit inside. Using a large spoon, gently scoop the avocado flesh out of the skin in one piece. Slice off a small piece from the rounded side of the avocado, so it will sit without wobbling. Be very careful not to puncture the avocado (you don't want the egg to leak out!).
2. Inside a 6-inch square pan (or ramekin), overlap 2 pieces of ham lengthwise (long enough to wrap around the avocado). Place avocado on top of the ham. Crack an egg into the hollowed-out avocado. Season with salt and pepper and then wrap the ham over the top. Add half of the tomatoes to the pan or ramekin and sprinkle them with half of the cheese and seasonings. Repeat the process in another pan or ramekin for the second avocado.
3. Add 1 cup of water to the pressure cooker pot and place trivet inside. Place the prepared pans inside, stacking them to form an X shape; if using ramekins, place them side by side or stack them on top of one another by placing another trivet between them. Secure the lid and turn pressure release knob to a sealed position. Cook at low pressure for 3–4 minutes.
4. While eggs are cooking, prepare the lemon sauce by whisking mayonnaise, Dijon, and lemon juice until smooth. Quickly whisk in melted butter. Add a splash of milk or extra lemon juice to loosen it up, if needed. Season with a good pinch of kosher salt and cayenne pepper. Whisk again to combine.
5. When pressure cooking is complete, use a quick release. Egg yolk should be soft and the whites set. If not done, return to the pot, secure the lid, and cook for 1–2 more minutes at low pressure.
6. To serve, press on tomatoes lightly with a fork to get juices flowing around the avocado. Drizzle the lemon sauce over the avocado egg and season with extra salt and pepper if desired.
Lemon Blueberry Breakfast Cake

Every morning as a kid, breakfast consisted of the same old boring, low-sugar, zero-fiber cereals. Every now and again if my mom really wanted to rock our worlds, there would be high-sugar, artificially colored, zero-fiber cereal. Occasionally Mom would make us a breakfast of eggs, bacon, pancakes, etc., but then my sister and I would complain that we were the stinky breakfast kids on the bus. So naturally, my mom opted to sleep in and let us take care of ourselves. I was always hungry within a couple hours of being at school and can distinctly remember high school reading class at 10:30 a.m. with my stomach growling loudly, while everyone else was silently reading. As a teenager, I couldn’t imagine anything more humiliating! My goal at breakfast time now is to feed my family something that will keep them satisfied and energized until lunch time. This Lemon Blueberry Breakfast Cake does a wondrous job. Jam-packed with fiber, protein, and just the right amount of sweetness, this cake will keep your family full and focused all morning. Since my mom is going to read this, I can’t say that I blame her. If my kids complained about good homemade breakfasts, you bet your buns I would be snoozing away too! Love you mom!

Prep: 10 minutes  
Pressure: 40 minutes  
Total: 60 minutes  
Release: 10-minute natural

Release Level: High

Serves: About 6

Optional: Sprinkle with turbinado sugar and place under the broiler until caramelized.

INGREDIENTS

- 5 eggs
- ½ cup sugar
- 2 tablespoons melted butter
- ¾ cup ricotta cheese
- ¾ cup plain or vanilla yogurt
- zest of 1 lemon
- 2 teaspoons vanilla extract
- 1 cup whole wheat pastry flour, or white whole wheat flour
- ¼ cup whole wheat pastry flour, or white whole wheat flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 cup fresh blueberries
- maple syrup or turbinado sugar, for topping

Frozen blueberries slow down the cooking process of this cake. If using frozen, add 5–10 minutes cook time.

DIRECTIONS

1. Lightly grease a 7-inch springform pan with nonstick cooking spray.
2. Beat together the eggs and sugar until smooth. Add the butter, ricotta cheese, yogurt, lemon zest, and vanilla until well combined.
3. In a separate bowl, whisk together the flour, salt, and baking powder. Combine with egg mixture. Gently fold in blueberries. Pour the batter into the prepared pan.
4. Add 1 cup of water to the pressure cooker pot and place a trivet inside. Carefully set the springform pan on the trivet.
5. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 40 minutes.
6. When cooking is complete, use a natural release for 10 minutes and then release any remaining pressure.
7. Remove pan from pressure cooker. Carefully remove the springform ring. If it is sticking, run a knife around the edges of the cake to loosen. Serve warm as is, or with a drizzle of maple syrup.

To speed things up in the morning, mix all the wet ingredients in a bowl the night before, cover, and refrigerate. Place dry ingredients in a quart-size resealable bag. In the morning, dump dry ingredients into the wet ingredients, mix, and then stir in blueberries.
Creamy Pesto Vegetable Medley

When I first made this dish, it reminded me of one of the first meals I ate with my new family after I was married. My husband’s family is “game on” when it comes to meat, but I could happily be vegetarian, if I had to. I remember panicking at a Sunday meal where everyone was oohing and ahhing over a plate full of perfectly rare steak. Keep in mind, I grew up being taught that, if I ate pink meat, I would surely die (mild exaggeration). With a quick scan of the table, I realized I could fill up on some delicious-looking cauliflower, broccoli, and carrots covered in cheese sauce. Worried about offending anyone, I put a small steak on my plate and created a barrier with mashed potatoes to keep what I thought was raw blood from touching the best veggies I’d ever eaten. My in-laws have since taught me how a properly cooked piece of meat should look and taste, but those cheesy veggies made by my rock-star mother-in-law still reign supreme for me. My mother-in-law is my kind of cook and is one of my favorite people to have eat my food. She just gets my unique style of cooking and makes me feel like a pro, even when something doesn’t quite work out as I planned. So while not an exact replica of her cheesy vegetables I loved so much, these pesto veggies are an homage to the woman who raised my husband to be such a good man.

Prep: 2 minutes
Pressure: 1 minute
Total: 10 minutes
Release: Quick
Pressure Level: High
Serves: 4–6

Broccoli and cauliflower cook faster than carrots in the pressure cooker. Putting the carrots directly in the water to cook will speed up their cooking time, so all of the vegetables are done at the same time.

INGREDIENTS

- 12–16-ounce bag fresh broccoli, cauliflower, and carrot mix, prewashed
- 2 tablespoons whipped cream cheese
- 1 tablespoon milk (any kind)
- 1 teaspoon prepared basil pesto
- Kosher salt

DIRECTIONS

1. Add 1 cup of water to the pressure cooker pot. Place only the carrots into the water. Place a collapsible steamer basket on top of the carrots. Add broccoli and cauliflower to basket. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 1 minute.
2. When cooking is complete, use a quick release. Holding the handle, remove the collapsible steamer basket from the pot. Drain water from the carrots and add them to the basket; set aside. Return pot to the pressure cooker, add cream cheese, milk, and pesto. Select sauté and whisk to combine ingredients. Add vegetables to the pot, sprinkle with a big pinch of kosher salt, and stir to coat with sauce. Stir gently so the vegetables don’t mash. Serve warm.
Caribbean Chicken Lettuce Wraps with Mango Citrus Dressing

This was a lot of different things before it came to be this recipe. A sandwich, a wrap, a big salad . . . all of which were good, but only good. If I were to put the words “Caribbean,” “mango,” and “citrus” into one sentence, it needed to sing. I happened upon the cutest little baby romaine lettuce cups in my mom’s fridge one day, and these miniature lettuce wraps were born. These mini lettuce wraps will dazzle and amaze at any get-together. Make an assembly line of lettuce cups, fill ’em, drizzle ’em, serve ’em, and watch people giggle with glee.

**Prep:** 15 minutes  
**Pressure:** 20 minutes  
**Total:** 40 minutes (plus 2–4 hours marinating time)  
**Release:** Natural  
**Serves:** 6–8

### FOR CHICKEN
- 2 large chicken breasts  
- ½ cup pineapple juice  
- ¼ cup soy sauce  
- ¼ cup scallions, chopped  
- ½ jalapeño, membrane and seeds removed  
- 2 tablespoons honey  
- juice of 2 limes  
- 1 tablespoon Worcestershire sauce  
- 1 clove garlic, minced  
- 1 tablespoon grated fresh ginger  
- 1 teaspoon curry powder  
- ½ teaspoon ground coriander  
- ½ teaspoon cayenne pepper  
- ¼ teaspoon cinnamon  
- ¼ teaspoon ground allspice

### FOR MANGO CITRUS DRESSING
- 1 large mango, peeled and pitted  
- ¼ cup lime juice  
- ¼ cup orange juice  
- 2 tablespoons honey (can omit, if mango is very sweet)  
- ½ teaspoon cumin  
- 1 clove garlic  
- 1 teaspoon salt  
- ½ cup extra virgin olive oil  
- ½ jalapeño, membranes and seeds removed, finely chopped  
- ¼ cup finely chopped cilantro  
- ¼ teaspoon crushed red pepper flakes  
- freshly ground black pepper

### TO ASSEMBLE
- baby romaine lettuce leaves or iceberg lettuce cups  
- 1 red bell pepper, cored and diced  
- 1 cup canned black beans, rinsed and drained  
- 1 cup diced mango, pineapple, or mandarin oranges  
- 1 cup diced jicama  
- fresh cilantro, chopped  
- sriracha

### DIRECTIONS
1. Add chicken breasts to a gallon-sized resealable bag. Add remaining ingredients for chicken to a blender and purée until smooth. Pour purée over the chicken breasts and toss to coat. Refrigerate for 2–4 hours.
2. Pour bag’s contents into the pressure cooker pot. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 20 minutes.
3. While chicken is cooking, prepare the dressing by adding the mango, lime juice, orange juice, honey, cumin, garlic, and salt to a blender. Blend on low speed, drizzling in olive oil until combined and thick. Stir in jalapeño, cilantro, red pepper flakes, and black pepper. Taste and adjust the seasonings as desired.
4. When pressure cooking is complete, use a natural release.
5. Shred chicken inside pot with two forks.
6. **Put it together:** Line up desired number of lettuce cups. Fill with chicken, red bell pepper, black beans, diced mango (or pineapple or mandarin oranges), jicama, and cilantro. Drizzle with Mango Citrus Dressing and a few dots of sriracha. Serve immediately.
Mongolian Beef with Quick Pickled Vegetables

Being an extremely routine person, I tend to order the same things at restaurants and have never had Mongolian beef. It was my mom, who orders Mongolian beef regularly at Chinese restaurants, who requested this meal. Many of the recipes I researched had more sugar than a standard cookie recipe, and I almost nixed the idea. But I wanted to make mama happy, so I went for it and cut the sugar WAY down, and guess what: my mom said it was the best she's ever had. Cue my face beaming. I took a small spin from the traditional presentation and set it aside brown rice noodles and my favorite pickled veggie trio. With this easy recipe in my recipe book, I will happily stay in my routine ways and order the ol' standby—Tiny Spicy Chicken—forever.

Prep: 15 minutes
Pressure: 10 minutes
Total: 40 minutes
Pressure Level: High
Release: Natural
Serves: 4

INGREDIENTS

- ½ cup soy sauce
- ½ cup water
- 2 tablespoons honey (can substitute with Sweet Heat Infused Honey)
- 2 tablespoons brown sugar (optional for added sweetness)
- 1–3 teaspoons sriracha
- 2 garlic cloves, minced
- 1-inch knob of fresh ginger, grated
- 1 pound thinly sliced flank steak
- 2 tablespoons cornstarch
- 1 tablespoon oil
- 8-ounce package brown rice noodles

FOR PICKLED VEGETABLES

- 1 cucumber, cut into matchsticks or spiralized
- 1 red bell pepper, cut into matchsticks or spiralized
- 1 carrot, cut into matchsticks or spiralized
- ¼ cup rice vinegar
- 2 teaspoons sugar
- pinch of kosher salt

Find a meat department that will prep your meat, and then treat them like they are the most amazing people in the whole world.

DIRECTIONS

1. Combine soy sauce, water, honey, brown sugar, sriracha, garlic, and ginger in a small bowl. In a gallon-sized resealable bag, add steak and cornstarch and shake to coat the steak. Add oil to the pressure cooker pot and select brown. When hot, add steak and brown for 3–4 minutes. Pour in sauce and stir, making sure to scrape up the browned bits on the bottom of the pot. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 10 minutes.

2. When cooking is complete, use a natural release.

3. While meat is resting, cook rice noodles on stove top per package directions.

4. Combine cucumbers, red bell peppers, and carrots in a small bowl. Pour vinegar in bowl and sprinkle vegetables with sugar and salt, stir, and set aside. (This can be done up to 3 days in advance and is actually more flavorful if done at least the day before.)

5. To serve, place a serving of noodles on a plate, top with steak and extra sauce, and add a scoop of pickled vegetables on the side. Add drops of sriracha for more heat.

6. When natural release is complete, remove lid and check consistency of sauce. If sauce is too thin, simmer to thicken. (Can also mix 1 tablespoon of cornstarch with 1 tablespoon water, bring mixture to a simmer using the sauté function, then pour in cornstarch slurry and stir until thick.)
Roasted Sweet Corn Risotto with Basil

If peaches are the star of summer fruit, sweet fresh corn takes the vegetable category. When combined with risotto that doesn’t require all the stirring, stirring, stirring, it’s a top-requested summertime meal, for me. My kids request ice pops, but for me, pure joy is sweet roasted corn bathed in cheesy, creamy Arborio rice with a sprinkle of fresh basil. Eat as a main dish, or as a side to grilled lemon chicken, and relish in the fact that risotto now requires less effort than peanut butter and jelly sandwiches.

**Prep:** 15 minutes  
**Total:** 30 minutes  
**Release:** Quick  
**Pressure:** 5 minutes  
**Pressure Level:** High  
**Serves:** Up to 6

**INGREDIENTS**

- 2–3 cups of corn kernels (about 3 medium ears of corn) (may use canned or frozen corn)
- 1 tablespoon extra virgin olive oil, plus a little more for drizzling over corn
- 2 tablespoons butter
- 2 large leeks, white and light green parts only, sliced in half then into thin half moons
- ½ small onion, chopped
- 2 cloves garlic, minced
- 1⅛ cups Arborio rice
- 4 cups chicken broth, divided
- 2 teaspoons kosher salt
- 1 teaspoon pepper
- ¼ cup chopped basil
- ½ cup freshly grated Parmesan cheese, plus a little more for serving

**DIRECTIONS**

1. Preheat broiler. Line a baking sheet with nonstick foil or lightly grease with nonstick cooking spray. Place corn kernels on the baking sheet, drizzle lightly with extra virgin olive oil, and toss to distribute the oil evenly; season with salt and pepper to taste. Place under broiler until corn starts to brown, about 2–3 minutes. Watch closely!
2. Preheat the pressure cooker by selecting sauté. Add the butter and 1 tablespoon of olive oil. When butter is melted and slightly bubbling, add the leeks, onion, and garlic; sauté 5–7 minutes or until tender. Add rice to the pot and stir for 1–2 minutes, until opaque.
3. Add 3 cups of chicken broth, salt, and pepper; stir. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 5 minutes.
4. When cooking is complete, use a quick release. Select sauté and stir in two-thirds of the roasted corn and an extra ½–1 cup of chicken broth; stir for 2 minutes. Unplug the pressure cooker; stir in the basil and Parmesan cheese.
5. Serve immediately, topped with an extra sprinkle of Parmesan and the reserved roasted corn kernels.

*If you don’t want the extra step of roasting the corn, stir it in fresh. It’ll still blow your mind!*
Cheesy Butternut Squash Ravioli Soup

Squash and seafood are two foods I try very hard to enjoy. Imagine how shocked I was when this squash soup stole my heart. It’s the kind of soup you eat slooowwwly because each mouthful is meant to be savored. It’s the top requested soup from my husband and kids and the only reason I will be planting butternut squash when I have kids old enough to know not to pull up my hardworking plants.

Prep: 10 minutes    Total: 30 minutes    Release: Quick
Pressure: 15 minutes    Pressure Level: High    Serves: 6–8

INGREDIENTS

• 2 teaspoons olive oil
• 1 cup chopped onion
• 3 cloves garlic
• 1 teaspoon dried rosemary, crushed in palm
• 1 teaspoon dried thyme
• ½ teaspoon dried sage
• 1 teaspoon salt

• ½ teaspoon pepper
• 24-ounce package cubed butternut squash (or peel and cube a fresh one)
• 4 cups chicken broth
• 4 ounces whipped cream cheese
• ½ cup freshly grated Parmesan cheese
• 16 ounces cheese stuffed ravioli or tortellini

DIRECTIONS

1. Select sauté on the pressure cooker and add oil. When hot, add onions and garlic and sauté until soft, about 4 minutes.
2. Add rosemary, thyme, sage, salt, pepper, butternut squash, and chicken broth; stir. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When cooking is complete, use a quick release.
4. Add cream cheese and Parmesan. Blend with an immersion blender right in the pot until very smooth, or carefully pour into a blender and purée until smooth.
5. Press sauté or brown to bring soup to a boil. Add pasta and cook per package instructions.
6. Season to taste and add extra chicken broth to thin, if desired. Serve hot with extra, extra, extra fresh cracked black pepper.
German Chocolate Cheesecake

My man loves his desserts, but only top-notch, homemade, five-star desserts. Don't offend him with ice pops, store-bought pies, packaged cookies, etc. because you're gonna get “the look” that means, “I won't make eye contact with you because I'm so bugged right now.” So, when I asked him what he wanted me to make especially for him, he immediately said German chocolate cake. Hmm . . . I don’t think I can make that in the pressure cooker. But I had been wanting to try out a cheesecake, so the ultimate pressure cooker dessert was born. And it was good, really good . . . like, I took a couple of bites and, after being sugar-free for two years, wondered if I was going back kind of good. This cheesecake has all the classic flavors of a German chocolate cake but is rich, fudgy, and completely over the top with that dark ganache spilling over the sides. This cake is gonna win me a ribbon one day, I just know it.

Prep: 30 minutes  
Pressure: 35 minutes  
Total: 4 hours (includes chill time)  
Release: 10-minute natural  
Serves: 6–8

**压力等级:** 高

**FOR CRUST**
- 1½ cups chocolate wafer cookie crumbs
- 3 tablespoons butter, melted

**FOR CHEESECAKE FILLING**
- 2 8-ounce packages "⅓ less fat" cream cheese at room temperature
- 2/3 cup sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 2 large eggs, room temperature
- 2 tablespoons cocoa powder
- 6 ounces German or bittersweet chocolate, melted and cooled until just slightly warm

**FOR COCONUT PECAN FROSTING**
- 2 egg yolks
- ½ cup sugar
- ½ cup evaporated milk
- ¼ cup butter
- 1 teaspoon vanilla extract
- 2/3 cup flaked coconut
- ½ cup chopped pecans

**FOR CHOCOLATE GANACHE**
- ¾ cup semisweet chocolate chips
- ½ cup heavy cream

**DIRECTIONS**

1. Spray a 7-inch springform pan with nonstick cooking spray. Line the bottom of the pan with parchment paper for easy removal of the cake once it's done.
2. **To make crust:** Stir cookie crumbs and melted butter together and press evenly across the bottom and halfway up the sides of the pan. Place in the freezer to set (this can be done 2–3 days in advance).
3. **To make cheesecake filling:** Cream the cream cheese with a handheld mixer on low speed until very smooth; scrape the bowl and mix again. Add sugar, salt, and vanilla; continue to scrape and mix the ingredients together on low speed until well combined and smooth. Add eggs, one at a time, continuing to mix and scrape bowl as needed. Mix in cocoa powder until well combined. Finally, add the melted and cooled chocolate and mix just until incorporated. Scrape the bowl and continue to stir by hand until smooth.
4. Remove the pan from the freezer and fill with the cheesecake mixture.
5. Add 1 cup of water to the pressure cooker pot and place trivet inside. Carefully lower the prepared pan onto the trivet. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 35 minutes.
6. **To make Coconut Pecan Frosting:** While cheesecake is cooking, prepare the frosting by combining egg yolks, sugar, evaporated milk, butter, and vanilla in a small saucepan. Cook and stir over medium heat until thickened. This will take 12–15 minutes. Remove from heat, add coconut and pecans, and stir vigorously until well incorporated and silky.
7. When pressure cooking is complete, use a 10-minute natural release and then release any remaining pressure.

23
8. Remove pan from pressure cooker and let cool for 10 minutes. Slowly remove the springform ring, being careful not to break the crust. Place cheesecake in the refrigerator for at least 4 hours to chill all the way through.
9. When chilled, top with Coconut Pecan Frosting (there's likely to be leftover frosting). Return cheesecake to fridge.
10. **To make chocolate ganache:** Place chocolate chips in a small, heat-safe bowl and set aside. Pour heavy cream into a small saucepan over medium heat and bring to a light simmer. Pour hot cream over the chocolate chips and cover. After 5 minutes, uncover and whisk the chocolate mixture vigorously until smooth and shiny. Let cool and thicken slightly, then drizzle over the Coconut Pecan Frosting on the cake. Can be served immediately or chilled a bit longer to set ganache. This cake is also delicious made one day in advance.
Marinara Sauce

Whenever I see a bottle of marinara sauce, I have flashbacks of my twin pregnancy. I don’t know which nutrient I was lacking, but for several weeks, nothing sounded better than eating marinara sauce straight out of the jar, with a long spoon or a smoothie straw. Trust me, I know how gross that sounds, but this homemade pressure cooker marinara sauce . . . it’s deep, rich tomato flavor is dreamy on pasta, meatball subs, spaghetti, breadsticks, basically everything. Totally smoothie straw–worthy.

**Prep:** 2 minutes  
**Total:** 25 minutes  
**Pressure:** 15 minutes  
**Pressure Level:** High  
**Release:** Natural  
**Makes:** 3–4 cups

Use for everything from pasta to pizza. This recipe also doubles in the pressure cooker very well.

### INGREDIENTS

- 1 teaspoon olive oil  
- 2 roasted garlic cloves, finely chopped  
- 28-ounce can crushed tomatoes  
- 1 small bay leaf  
- 1 teaspoon dried oregano  
- kosher salt and freshly ground black pepper  
- 2 tablespoons chopped fresh basil

### DIRECTIONS

1. Select sauté and add olive oil. Add garlic and sauté until golden. Turn off pressure cooker, add crushed tomatoes, bay leaf, oregano, and a big pinch of kosher salt and pepper; stir. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.

2. When cooking is complete, use a natural release.

3. Stir in fresh basil. Sauce can be stored in a container in the fridge for up to 2 weeks or in the freezer in a freezer-safe resealable bag for several months.
Easy Pumpkin Butter

It seems everyone has their secret to what makes marriage work. My husband and I are VERY different (for example, I wake up at 3, he goes to bed at 3; he watches black-and-white movies, I watch reality TV cooking competitions). So here’s my secret—make those opposites work for you! Especially when it comes to food. He eats the chicken from my curry; I get his veggies. I eat the salad toppings; he finishes off my lettuce. I eat the pizza toppings; he eats my crust. He eats the ice cream; I get his last bite of cone (which is basically saint status right there). He eats the pumpkin pie filling and leaves me the crust . . . until I met pumpkin butter—a.k.a. warm heaven in a jar. I’ve splattered pumpkin butter all over my stove top many, many times to have this goodness in my life, but no more! Making it in the pressure cooker infuses all the wonderful spices into the pumpkin puree so nicely and makes the dates so soft and puree-able. I’ll say it again: pure warm heaven in a jar. Which brings me to tip number two for making marriage work: make pumpkin butter daily, then top it with crumbled pie crust and a dollop of cream . . who can bicker with that on the table?! You are welcome.

**Prep:** 10 minutes  
**Pressure:** 15 minutes  
**Total:** 25 minutes  
**Pressure Level:** High  
**Release:** Quick  
**Makes:** About 4 cups

Stir pumpkin butter into unsweetened or vanilla yogurt, sprinkle with cinnamon, and use as a fruit dip.

**INGREDIENTS**

- 29 ounces canned pumpkin  
- 1 tablespoon vanilla extract  
- ¾ cup apple cider or apple juice  
- 8 pitted dates or ¾ cup brown sugar  
- 3 cinnamon sticks  
- 2 teaspoons pumpkin pie spice

**DIRECTIONS**

1. To a heat-safe bowl, add pumpkin, vanilla, apple cider (or juice), dates (or brown sugar), cinnamon sticks, and pumpkin pie spice; stir, making sure the dates are immersed in the mixture. Set aside.
2. Add 1 cup of water to the pressure cooker pot and place trivet inside. Place bowl with pumpkin mixture on the trivet. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When cooking is complete, use a quick release.
4. Carefully remove bowl. Using a fork, remove cinnamon sticks from the hot pumpkin butter. Pour mixture into a blender and puree until completely smooth. This step can also be done directly in the bowl with an immersion blender. The dates will be moist and soft and will puree easily. If using brown sugar instead of dates, there is no need to puree; just stir until smooth.
5. Serve hot or cold on muffins, rolls, pancakes, etc. Store in an airtight container in the fridge for up to a week. Freezes very well.
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