

# M Cooking Times

Use this cheat sheet to make meals in minutes!  
Everything on this list is meant to be cooked on High Pressure.

<b>BEEF ROAST</b>  <b>NR</b> <b>35-40 MINUTES</b>	<b>BONELESS RIBS</b>  <b>NR</b> <b>25 MINUTES</b>	<b>WHOLE CHICKEN</b>  <b>QR</b> Use sauté function to brown first with a little oil <b>6 MINUTES/LB</b>	<b>CHICKEN BREASTS</b>  <b>QR</b> <b>8 MINUTES</b>	<b>CHICKEN LEG/THIGH</b>  <b>QR</b> <b>9 MINUTES</b>
<b>PORK CHOPS</b>  <b>NR</b> Use sauté function to brown first with a little oil <b>5 MINUTES</b>	<b>PORK ROAST</b>  <b>NR</b> Use sauté function to brown first with a little oil <b>45-55 MINUTES</b>	<b>STEW</b>  <b>QR</b> <b>25 MINUTES</b>	<b>DRY BEANS</b>  <b>QR</b> <b>COVER WITH WATER</b> <b>55-70 MINUTES</b>	<b>PASTA &amp; NOODLES</b>  <b>QR</b> <b>COVER WITH WATER</b> <b>4 MINUTES</b>
<b>BROWN RICE</b>  <b>QR</b> <b>1 RICE : 1 WATER</b> <b>25 MINUTES</b>	<b>WHITE RICE</b>  <b>QR</b> <b>1 RICE : 1 WATER</b> <b>10 MINUTES</b>	<b>WILD RICE</b>  <b>QR</b> <b>1 RICE : 1.3 WATER</b> <b>27 MINUTES</b>	<b>QUICK OATS</b>  <b>QR</b> <b>1 OATS : 1.6 WATER</b> <b>5 MINUTES</b>	<b>STEEL CUT OATS</b>  <b>QR</b> <b>1 OATS : 2.25 WATER</b> <b>10 MINUTES</b>
<b>HARD-BOILED EGGS</b>  <b>QR</b> Add 1 cup water and use steamer basket or rack <b>4 MINUTES</b>	<b>CAKE</b>  <b>QR</b> Add 1 cup water and use steamer basket <b>25 MINUTES</b>	<b>WHOLE POTATOES</b>  <b>QR</b> Add 1 cup water and use metal rack <b>12-15 MINUTES</b>	<b>CORN ON THE COB</b>  <b>QR</b> Add 1 cup water and use metal rack <b>3-4 MINUTES</b>	<b>VEGGIES</b>  <b>QR</b> Add 1 cup water and use steamer basket or rack <b>1-5 MINUTES</b>

QR = Quick Release

NR = Natural Release

What are those ratios under rice and oats? They are the "parts" of each you'll need to cook! For example, for each 1 cup brown rice you'll need 1 cup water, or for each 1 cup steel cut oats you'll need 2 1/4 cups water. Multiply according to your needs!



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# M Cheat Sheet

GOT QUESTIONS?  
WE'RE HERE FOR YOU!

1-800-281-0146  
support@mealthy.com

OFF

MultiPot is plugged in;  
no programs are running

On

MultiPot is preheating

00:00

Time Indicator displays  
**Cook Time**, **Delay Start** time,  
and **Keep Warm** elapsed time.

Hot

**Sauté** preheating is  
complete

Yogurt

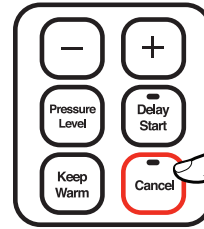
**Yogurt** program is  
complete

boil

Pasteurizing

Lid

Lid is not locked in  
place



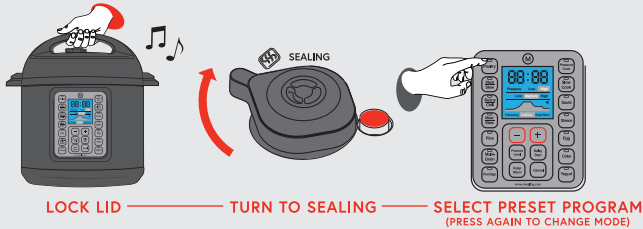
Press **Cancel** to  
stop a program at  
any time

## ▼ WHAT YOU'LL DO

⌚ WAIT 10 SECONDS

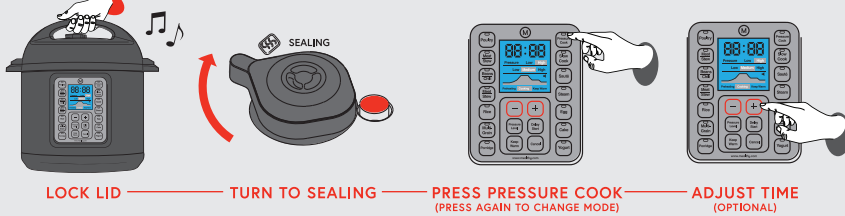
## ▼ WHAT DISPLAYS

PRESET  
PRESSURE  
COOK



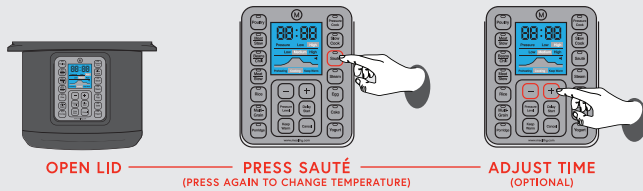
On → 00:00 → 00:00  
PREHEATING COOK TIME INDICATOR (DISPLAYS SELECTED TIME) KEEP WARM ELAPSED TIME INDICATOR (COOKING COMPLETE)

MANUAL  
PRESSURE  
COOK



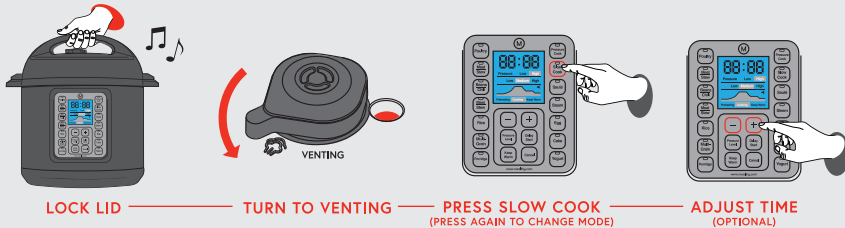
On → 00:00 → 00:00  
PREHEATING COOK TIME INDICATOR (DISPLAYS SELECTED TIME) KEEP WARM ELAPSED TIME INDICATOR (COOKING COMPLETE)

SAUTÉ



On → Hot → OFF  
PREHEATING PREHEATING COMPLETE NO PROGRAMS RUNNING

SLOW  
COOK



00:00 → 00:00  
COOK TIME INDICATOR (DISPLAYS SELECTED TIME) KEEP WARM ELAPSED TIME INDICATOR (COOKING COMPLETE)

PASTEURIZE  
YOGURT STEP 1



boil → Yogurt  
PASTEURIZING PASTEURIZING COMPLETE

112°  
YOGURT  
YOGURT STEP 2



08:00 → Yogurt  
COOK TIME INDICATOR (DISPLAYS SELECTED TIME) YOGURT PROGRAM COMPLETE