





Pressure Cooker Thai Chicken & Vegetables with Rice

4 servings
40 minutes

Ingredients

- 1 cup Brown Rice
- 1 cup Organic Coconut Milk (full fat, from the can)
- 1 cup Organic Chicken Broth
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Ginger (fresh, minced)
- 2 Garlic (clove, minced)
- 1 lb Chicken Breast
- 1 Red Bell Pepper (sliced)
- 1/2 Yellow Onion (sliced)
- 1 1/2 cups Green Beans
- 1 cup Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	463
Fat	16g
Saturated	11g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	47g
Fiber	4g
Protein	32g
Vitamin A	2978IU
Vitamin C	49mg
Iron	2mg
Vitamin D	1IU
Vitamin E	2mg
Vitamin B6	1.3mg
Folate	50µg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 4 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 5 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
- 6 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

No Brown Rice, Omit or use jasmine rice, quinoa or cauliflower rice instead.

No Chicken Breast, Use chicken thighs instead.

No Fresh Green Beans, Use frozen or choose another vegetable like snap peas or broccoli.

Vitamin B12

0.3µg

No Kale, Use spinach or bok choy instead.



Pressure Cooker Roast Beef & Vegetables

6 servings

1 hour 45 minutes

Ingredients

- 2 1/4 lbs Top Sirloin Beef Roast
- 1 tsp Sea Salt
- 1 tbsp Avocado Oil
- 1 Yellow Onion (chopped)
- 4 Garlic (clove, minced)
- 1 1/2 cups Beef Broth
- 1 tbsp Coconut Aminos
- 4 Carrot (peeled, chopped)
- 3 cups Celery Root (peeled, cut into cubes)
- 2 tsps Arrowroot Powder
- 1 1/3 tsps Water

Nutrition

Amount per serving	
Calories	364
Fat	11g
Saturated	3g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	15g
Fiber	3g
Protein	51g
Vitamin A	6806IU
Vitamin C	9mg
Iron	6mg
Vitamin D	5IU
Vitamin E	1mg
Vitamin B6	1.1mg
Folate	27µg
Vitamin B12	7.3µg

Directions

- 1 Cut the roast into 4 to 5 equal size pieces and season all sides with the salt.
- 2 Turn your pressure cooker to sauté mode and add the avocado oil. Sear the beef 2 to 3 minutes per side, working in batches if needed. Transfer the beef to a plate and set aside.
- 3 Add the onions and garlic to the pot along with a splash of the beef broth. Cook the onions and garlic for 3 to 5 minutes until the onions have softened. Add the remaining beef broth and the coconut aminos and stir to combine. Place the beef in the pot in a single even layer. Close the lid.
- 4 Set to "sealing", then press manual/pressure cooker and cook for 40 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 5 Add the carrots and celery root to the pot. Close the lid. Set to "sealing", then press manual/pressure cooker and continue to cook for another 15 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Using a slotted spoon, remove the beef and vegetables to a plate and keep warm.
- 6 In a small bowl combine the arrowroot powder and water until a slurry forms. Turn the pressure cooker to sauté mode. Bring the sauce to a simmer then add in the arrowroot powder mixture and stir well to combine. Let the sauce simmer for 3 to 5 minutes or until glossy and thickened slightly. Season with additional salt if needed.
- 7 To serve, shred the beef with a fork. Divide the meat and vegetables between plates and top generously with the sauce. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Additional Toppings, Season with black pepper or add fresh herbs like rosemary or thyme.

No Coconut Aminos, Use tamari instead.

No Celery Root, Use yellow potatoes instead.

No Top Sirloin Roast, Use another cut of beef instead.



Pressure Cooker Beef & Veggie Stew

4 servings

1 hour

Ingredients

- 1 tsp Avocado Oil
- 1 lb Stewing Beef (diced into cubes)
- 16 fl ozs Bone Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 1 tbsp Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 2 Parsnip (peeled, chopped)
- 5 White Button Mushrooms (halved)
- 1 Yellow Onion (medium, sliced in large chunks)
- 1 tsp Thyme (dried)

Nutrition

Amount per serving	
Calories	305
Fat	11g
Saturated	3g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	23g
Fiber	5g
Protein	31g
Vitamin A	5156IU
Vitamin C	16mg
Iron	5mg
Vitamin D	6IU
Vitamin E	1mg
Vitamin B6	0.8mg
Folate	57µg
Vitamin B12	2.6µg

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 2 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 2 cups.

Want it Thicker, After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin, Use butternut squash purée instead.

Crunchy Veggies, Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Pressure Cooker Balsamic Chicken with Potatoes & Brussels Sprouts

3 servings
40 minutes

Ingredients

- 1 lb Chicken Thighs with Skin (boneless)
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 tsp Avocado Oil (divided)
- 2 Garlic (cloves, minced)
- 2 tsps Lemon Juice
- 2 tsps Balsamic Vinegar
- 1/2 cup Organic Chicken Broth
- 1 1/2 cups Mini Potatoes (halved)
- 1 1/2 cups Brussels Sprouts (halved)

Nutrition

Amount per serving	
Calories	442
Fat	27g
Saturated	7g
Polyunsaturated	6g
Monounsaturated	12g
Carbs	21g
Fiber	3g
Protein	28g
Vitamin A	453IU
Vitamin C	57mg
Iron	2mg
Vitamin D	5IU
Vitamin E	1mg
Vitamin B6	0.9mg
Folate	45µg
Vitamin B12	0.9µg

Directions

- 1 Season the chicken with Italian seasoning, sea salt and pepper.
- 2 Using the sauté function on your pressure cooker, add half the avocado oil and sear the chicken for 3 to 4 minutes per side. Remove and set aside. Add the remaining avocado oil and garlic. Sauté for one minute. Add the lemon juice, balsamic vinegar, and chicken broth to deglaze the pot.
- 3 Add the potatoes, Brussels sprouts and chicken back in. Cook on high pressure for 4 minutes. Allow the pressure to naturally release which can take up to 15 minutes. Carefully remove the lid, serve and enjoy!

Notes

No Potatoes, Use sweet potato or carrots instead.

No Brussels Sprouts, Use green beans or asparagus instead.

No Italian Seasoning, Use a mix of garlic powder, thyme, oregano and rosemary.

More Crispy, After the vegetables are done cooking, add them to a cast iron pan and broil in the oven for a crispy finish.



Pressure Cooker Cashew Chicken

2 servings

25 minutes

Ingredients

- 2 tsps Avocado Oil (divided)
- 2 tbsps Coconut Aminos
- 1 tbsp Sugar Free Ketchup
- 1 tbsp Rice Vinegar
- 1 1/2 tbsps Orange Juice
- 1 Garlic (clove, minced)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 2 tsps Arrowroot Powder (divided)
- 2 tsps Water
- 1/2 cup Cashews
- 1 stalk Green Onion (optional, sliced)

Nutrition

Amount per serving	
Calories	413
Fat	24g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	13g
Carbs	20g
Fiber	1g
Protein	31g
Vitamin A	297IU
Vitamin C	7mg
Iron	3mg
Vitamin D	1IU
Vitamin E	1mg
Vitamin B6	1.0mg
Folate	39µg
Vitamin B12	0.2µg

Directions

- 1 In a small bowl, add half the avocado oil, coconut aminos, ketchup, rice vinegar, orange juice and garlic. Whisk to combine.
- 2 Toss the cubed chicken breast with half the arrowroot powder. Turn on the pressure cooker to sauté mode. Add the remaining avocado oil and the chicken then sear for 1 to 2 minutes. Press cancel and then pour the sauce on top. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, manually release the pressure.
- 3 While the chicken is cooking, whisk the remaining arrowroot powder and water in a small bowl. Remove the lid carefully on the pressure cooker and whisk to combine the arrowroot/water mixture. Add the cashews and stir.
- 4 Divide onto plates and garnish with green onion (optional). Enjoy!

Notes

Serve it With, A side of rice, couscous, quinoa or cauliflower rice.

Likes it Spicy, Garnish with red pepper flakes.

Leftovers, Keeps well in the fridge for up to three days.



Pressure Cooker Thai Red Curry Beef

4 servings

1 hour

Ingredients

- 2 tps Coconut Oil (divided)
- 1 lb Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (small, thinly sliced)
- 1 tsp Ginger (minced)
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Tomato Paste
- 1 tbsp Fish Sauce
- 1 tbsp Coconut Sugar
- 1 Carrot (large, chopped)
- 2 heads Cauliflower (sliced into florets)
- 3/4 cup Organic Coconut Milk (from the can)
- 1 Lime (juiced)
- 1/2 cup Brown Rice (optional, dry/uncooked)
- 2 stalks Green Onion (optional, chopped)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	453
Fat	18g
Saturated	12g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	45g
Fiber	8g
Protein	34g

Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker, Make it in the slow cooker on low for about 5 hours.

No Fish Sauce, Use soy sauce or tamari instead.

No Coconut Sugar, Use cane sugar instead.

Vegetable Modifications, Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

Crunchy Veggies, Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

Vitamin A	4490IU
Vitamin C	149mg
Iron	5mg
Vitamin D	5IU
Vitamin E	1mg
Vitamin B6	1.4mg
Folate	186µg
Vitamin B12	2.6µg



Pressure Cooker Thai Chicken & Vegetables

4 servings
40 minutes

Ingredients

- 1 cup Organic Coconut Milk (full fat, from the can)
- 1 cup Organic Chicken Broth
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Ginger (fresh, minced)
- 2 Garlic (clove, minced)
- 1 lb Chicken Breast
- 1 Red Bell Pepper (sliced)
- 1/2 Yellow Onion (sliced)
- 1 1/2 cups Green Beans
- 1 cup Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	293
Fat	14g
Saturated	11g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	12g
Fiber	2g
Protein	28g
Vitamin A	2978IU
Vitamin C	49mg
Iron	2mg
Vitamin D	1IU
Vitamin E	1mg
Vitamin B6	1.1mg
Folate	40µg
Vitamin B12	0.3µg

Directions

- 1 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 3 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 4 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

Serve it With, Brown rice, jasmine rice, quinoa, cauliflower rice or naan.

No Chicken Breast, Use chicken thighs instead.

No Green Beans, Use another vegetable like snap peas or broccoli.

No Kale, Use spinach or bok choy instead.



Pressure Cooker Chicken Curry

4 servings
40 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tbsps Curry Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 1/2 cups Organic Chicken Broth
- 1 1/2 lbs Chicken Thighs (bone-in, skinless)
- 1 cup Organic Coconut Milk (full fat, from the can)
- 1/2 cup Cilantro (chopped)
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	378
Fat	22g
Saturated	15g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	8g
Fiber	3g
Protein	36g
Vitamin A	189IU
Vitamin C	3mg
Iron	4mg
Vitamin D	2IU
Vitamin E	1mg
Vitamin B6	0.8mg

Directions

- 1 Turn the pressure cooker to sauté mode and heat the coconut oil. Cook the onion for 3 to 4 minutes then add the garlic, ginger, curry powder, cumin and salt and continue to cook for 1 minute more. Add the chicken broth and stir to combine being sure to scrape any brown bits from the bottom of the pan. Add the chicken thighs and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 3 Turn the pressure cooker to sauté mode and stir in the coconut milk. Stir frequently for 12 to 15 minutes, allowing the sauce to reduce by half, until it is thick and creamy. Stir in the cilantro and lemon juice and season with additional salt if needed.
- 4 Divide the chicken between plates and top generously with the curry sauce. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, For a spicier curry add red pepper flakes or hot sauce. For a sweeter curry add a drizzle of honey.

Make it a Meal, Serve with brown rice, cauliflower rice, roasted potatoes or veggies.

Folate	11µg
Vitamin B12	1.1µg



Pressure Cooker Chicken Curry with Rice

4 servings
40 minutes

Ingredients

- 1 cup Brown Rice (uncooked)
- 1 tbsp Coconut Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced)
- 2 tbsps Curry Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 1/2 cups Organic Chicken Broth
- 1 lb Chicken Thighs (bone-in, skin removed)
- 1 cup Organic Coconut Milk (full fat, from the can)
- 1/2 cup Cilantro (chopped)
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	479
Fat	21g
Saturated	14g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	43g
Fiber	4g
Protein	28g
Vitamin A	175IU
Vitamin C	3mg
Iron	4mg
Vitamin D	1IU
Vitamin E	1mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, turn the pressure cooker to sauté mode and heat the coconut oil. Cook the onion for 3 to 4 minutes then add the garlic, ginger, curry powder, cumin and salt and continue to cook for 1 minute more. Add the chicken broth and stir to combine being sure to scrape any brown bits from the bottom of the pan. Add the chicken thighs and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 4 Turn the pressure cooker to sauté mode and stir in the coconut milk. Stir frequently for 12 to 15 minutes, allowing the sauce to reduce by half until it is thick and creamy. Stir in the cilantro and lemon juice and season with additional salt if needed.
- 5 Divide the rice and chicken between plates and top generously with the curry sauce. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, For a spicier curry add red pepper flakes or hot sauce. For a sweeter curry add a drizzle of honey.

No Brown Rice, Serve with cauliflower rice instead.

Vitamin B6	0.8mg
Folate	19µg
Vitamin B12	0.7µg