

# The Glenwood-Lynwood Public Library District presents

## INSTANT POT RECIPES

### Beef Stroganoff, Serves 8

#### Ingredients

- 2 TB olive oil
- 1 onion, chopped
- 7 cloves garlic, peeled and chopped
- 2 1/2 lbs beef chuck, trimmed and cut into 1-inch pieces
- kosher salt and freshly ground black pepper
- 2 TB Worcestershire sauce
- 2 TB soy sauce
- 4 cups regular strength beef broth
- 2/3 cup water
- 3 TB flour
- 16 oz dry wide egg noodles
- 8 oz sliced mushrooms
- 1 cup whole plain Greek yogurt or sour cream



#### Directions

1. Turn your Instant Pot onto sauté function. Heat olive oil until hot and immediately add onion and garlic. Add 1/2 tsp kosher salt and 1/4 tsp freshly ground black pepper. Stir 2-3 min.
2. Add the beef to the onion mixture inside Instant Pot. Brown beef on all sides, 2-3 min. Pour in the Worcestershire, soy sauce, and beef broth. Pour in 2/3 cup water. Stir the flour into the liquid, dissolving it. Stir 1/2 tsp kosher salt and 1/4 tsp black pepper. Cover pot with lid and lock. Set Instant Pot to high pressure for 20 minutes.
3. If using 8qt opt, gently use quick release method to release pressure, according to Instant Pot instructions. If using 6qt pot, use natural release method for about 10 minutes and then very slowly/gently release remaining pressure with quick release.
4. Stir in the egg noodles to immerse into liquid. Add mushrooms. Lock on the lid and cook another 5 minutes on high pressure. Once 5 minutes is up, let Instant Pot automatically go into natural release mode for 5 minutes. Then, use quick release to finish pressure release. Gently fold in yogurt or sour cream and serve immediately. Leftovers keep well in airtight container.

### Buttery Lemon Chicken, Serves 4

#### Ingredients

- 2 pounds chicken breast or thighs
- 2 tablespoons of butter
- 1 onion diced
- 3/4 cup organic chicken broth
- 4 cloves minced garlic
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 teaspoon dried parsley
- 1/2 cup lemon juice 2 lemons
- 4 teaspoon arrowroot\* flour



## **Buttery Lemon Chicken *(Continued)***

### **Ingredients**

*\*If you don't have arrowroot flour, cornstarch is a popular substitute. For 2 teaspoons of arrowroot flour, 1 tablespoon of cornstarch should be used.*

### **Directions**

1. Set the Instant Pot to sauté mode. When it's hot, melt butter.
2. Add onion, garlic, paprika, parsley, and pepper to melted butter and sauté until onions soften.
3. With your Instant Pot still set to sauté, sear the chicken on each side for about 3-5 minutes. The chicken should be a caramelized brown color.
4. Pour chicken broth, lemon juice, and salt over chicken and stir.
5. Lock lid into place and close steam valve. Set Instant Pot to High Pressure setting and cook for 7-8 mins if chicken is thawed and 12-15 minutes if it's frozen.
6. Remove the chicken from the Instant Pot, but leave the sauce in the pan. Gradually stir in arrowroot flour (or cornstarch) to thicken sauce.

## **Apple Crisp, Serves 4 to 6**

### **Ingredients**

- 8 apples small green apples are great, cored and peeled, sliced thick or cubed
- 1 c brown sugar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp vanilla extract
- 1 c water
- 1/2 c old fashioned oats not instant, for topping
- 1/4 tsp cinnamon for topping
- 3 tbsp butter melted, for topping
- 1/4 c flour for topping
- 1/2 c brown sugar for topping

### **Directions**

1. Remove skins from apples and cut them into slices or cubes
2. Put sliced/cubed apples into your Instant Pot. Then add your 1 tsp. cinnamon, a pinch of nutmeg, vanilla, 1 c. brown sugar, and water into your pot and stir together.
3. Put lid on and close steam valve. Set to manual, pressure, high for 1 minute.
4. While that's cooking mix together your old fashioned oats, 1/4 tsp cinnamon, 3 tbsp melted butter, 1/4 c. flour and 1/2 c brown sugar until combined well.
5. Do a quick release, then lift lid.
6. Set your Instant Pot to saute and sprinkle your crumble mixture into your pot, gently push down into liquid allowing it to bubble and thicken with the addition of the flour and other ingredients (about 1 min).
7. Stir very gently maybe 2 times during the 1-2 minutes it begins to bubble on saute
8. After that time turn pot off immediately so apples don't continue to cook.



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