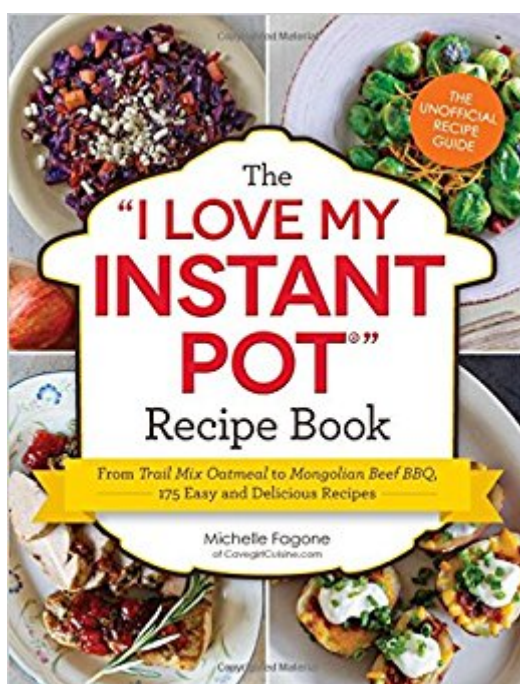


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# The I Love My Instant Pot Recipe Book: From Trail Mix Oatmeal To Mongolian Beef BBQ, 175 Easy And Delicious Recipes ("I Love My" Series)



## Synopsis

This is the must-have cookbook for the must-have appliance – the Instant Pot! The Instant Pot has been taking the culinary world by storm – and for good reason. It can speed up cooking by almost six times while using seventy percent less energy than traditional cooking methods. The “I Love My Instant Pot” Recipe Book features delicious and healthy recipes for the Instant Pot, including Bacony Poblano Hashbrowns, Moroccan Lamb Stew, Bourbon Barbeque Chicken Thighs, and Double Chocolate Cheesecake. The Instant Pot is the only gadget that can replace a slow cooker, rice cooker, and stockpot, and this is the only cookbook with 175 recipes, including more than 30 paleo and gluten-free recipes, for this device. You will love this collection of breakfasts, sides, soups, appetizers, main dishes, and desserts – instantly!

## Book Information

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## Customer Reviews

“Making risotto in the Instant Pot or slow cooker is a game changer for risotto lovers. You can have risotto without a lot of fuss. I’ve already tried a few of the recipes and they are super easy to follow and understand. The cookbook is at an affordable price point and if you’re looking for some new and exciting Instant Pot recipes I think you’ll really enjoy this cookbook! (365DaysofCrockpot.com)” If you haven’t heard of the Instant Pot, you’re living under a rock! Pick up your favorite new piece of kitchen equipment and a copy of food blogger Michelle Fagone’s handy book and start instant-cooking everything!” (Food Republic) “The cookbook offers a simple primer in the beginning about how to cook with

the Instant Pot and each setting. The format is very easy to follow. The collection of recipe options in the newly released I Love My Instant Pot Recipe Book offer so many quick options for every meal." (Boulder Locavore)"The I Love My Instant Pot® Recipe Book is about more than just dinner recipes and it really opened my eyes to the variety of dishes that I can make [and] has some really awesome recipes. Michelle's clear instructions on how to use the settings eliminates any guesswork with her recipes." (Almost Practical)"This book has so many wonderful recipes, some of them I had no idea I could even make in my instant pot. Some of the recipes have bright colorful pictures that make you want to make the recipe. This is now my go to book for all things instant pot." (My Silly Little Gang)"I can totally relate to the title as I've completely fallen for the easy and efficient way a meal comes together in the Instant Pot. Check out Michelle's Instant Pot recipe book for even more great vegetarian, paleo and gluten free recipes." (The Tasting Page)"These incredible recipes make cooking a piece of cake. Most of them you just throw in the Instant Pot and out comes a fabulous meal for your family." (A Fork's Tale)"This book certainly made me think a little more outside of the box when it came to new ways to utilize my Instant Pot." (Good Food Revolution)"A real, no-nonsense book. It starts out with a short introduction that explains why you should cook with an Instant Pot. Michelle then goes on to explain the different settings on Instant Pots, the different cooking methods, Instant Pot accessories, and how to clean your Instant Pot. I am looking forward to putting it to good use this summer and it should help keep the heat in the kitchen down compared to using my oven." (SouthernKissed.com)"This book is the perfect companion piece for my Instant Pot with 175 easy-to-follow recipes that are both quick to pull together and tasty. Not only does Fagone cover Paleo and gluten-free meals, but also vegetarian and gluten-laden options such as mushroom risotto and macaroni and cheese. My absolute favorite recipe is the Sweet Potato Morning Hash it's the perfect meal to have after a good workout session. It's a nice combination of savory and sweet and is incredibly easy to prepare." (Fit Bottomed Eats)

Michelle Fagone is a recipe developer and food blogger. On her site, CavegirlCuisine.com she shares recipes and knowledge about the health benefits of cooking with local, fresh, non-contaminated foods. Cavegirl Cuisine was named one of the Top 50 Paleo Blogs of 2012 by the Institute for the Psychology of Eating. She lives in Louisville, Kentucky. She is the author of The I Love My Instant Pot Paleo Recipe Book.

The I Love My Instant Pot Recipe Book: From Trail Mix Oatmeal to Mongolian Beef BBQ, 175 Easy and Delicious Recipes I'm Pinned many recipes; I belong to multiple IP Facebook groups; I have recipe sites bookmarked. The result: I'm overwhelmed with possibilities to the point of inertia. This is a wonderfully basic cookbook with suggested variations for tuning recipes to specific palates. If you're overwhelmed by where your InstantPot can take you, then this is where you should start.

I pre-ordered this book and am so glad I did. There is a wide range of recipes, most of which I would try to make. It includes recipes for things I was making in the Instant Pot anyway, as I have had it almost 3 years, but everything so clearly written and easy to follow for either someone who is a newbie, or an old hand, like I am. I have made three recipes so far, the broccoli cheese soup, the spicy chicken chili, and the chocolate peanut butter cheesecake. They have all been a hit and easy to prepare. Especially the spicy chicken chili, which might be most easy to prepare chili I have ever made. It has a good introduction to all the settings of the pot, a rundown of helpful accessories, and a good index so recipes are easy to find. It has some really great pictures, but some people might wish there were more as so many recent cookbooks have illustrations of every recipe. That is the only negative thing I can find to say so far. I will be trying a LOT of the other recipes as I get a chance.

great resource

I DO love my Instant Pot. and this book is just what I needed to get me cooking without fear! The recipes are healthy and delicious, uncomplicated. I like it so much I have gifted it more than once!

Great recipes

The book is very easy to follow even for two old folks. The ingredients were familiar and basic which we enjoyed. The final straw was how delicious the recipes were. An altogether excellent cookbooks for all.

Some good recipes but I guess I was expecting more day-to-day reference recipes and this just didn't have them. It's not a waste of money though depending on what you're looking for in a IP cookbook.

I recently purchased an Instant Pot and have been trying to figure it out and find recipes to try in it. I got this cookbook and was instantly excited to see what recipes were possible to make in the IP. There are lots of oldies but goodies like roast and mac and cheese but if you're one for trying new and different cuisines then this may just be the Instant Pot cookbook for you. For example some of the recipes are salsa verde, soy sauce eggs, spinach feta risotto, chocolate banana french toast casserole and turnip and carrot puree. One thing that I really appreciated as a new user to the IP was the introduction. I read it through completely and by the time I'd finished the chapter I felt confident that I could use my new pressure cooker with success. The only thing I would change about this book is the inclusion of more photos.

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