



Instant Pots Scott Presents: **It's Soup Season**

Traverse Area District Library
November 11, 2025



My name is Scott and I love instant pots...



- I also love my dog, Sam
- I work at the library. Not affiliated with the Instant Pot company in anyway.
- Food makes people feel happy, so I like making food
- Soup is the best
- Instant pots make cooking easy
- This is my third time presenting on instant pots at the library
- I'm a computer dude, not a performer. Have mercy 😊

Special thanks to Jennifer!



- She is helping us out tonight!
- Sample lady
- Come see her present this Sunday, November 16th, 2:00-4:00
- History of Traverse City Zoo and Miniature City

Raise your hand if you have an instant
pot at home?

Raise your hand if you use it on a
regular basis?

Raise your hand if you love soup?

Raise your hand if you love broccoli
cheddar soup?



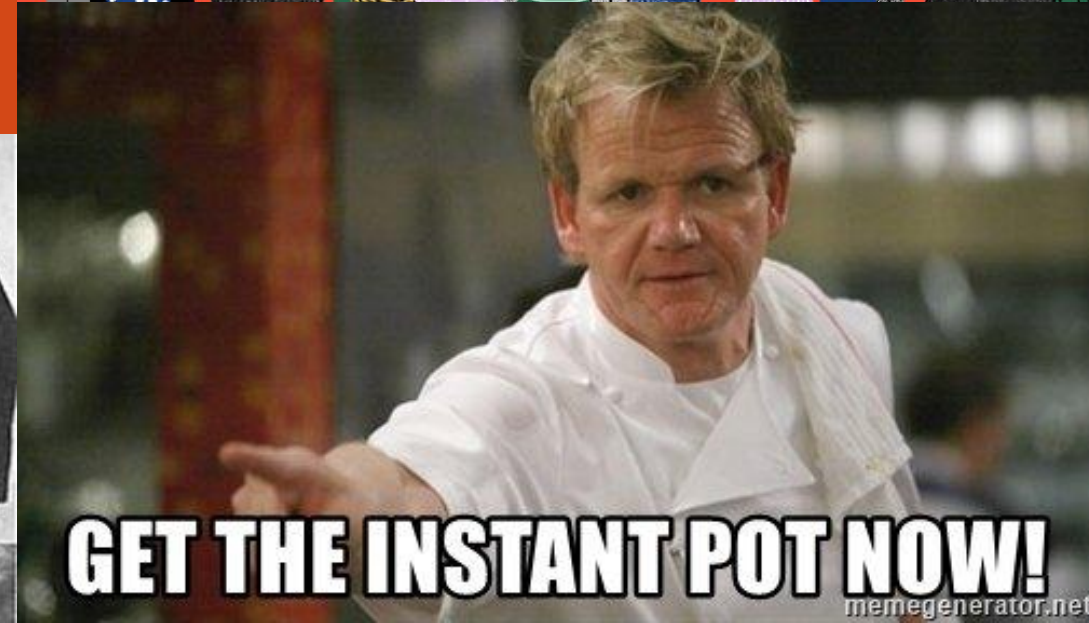
Agenda

- Instant Pot 101
- Cooking Demo – Part 1
- Tips & Tricks!
- 3 Amazing Recipes
 - **WITH 2 SAMPLES!**
- Cooking Demo – Part 2
- Where to learn more
- Time for Questions at End
- Enjoy the Soup We Made Together



Instant Pot 101

Unlock the POWER of the Pot



GET THE INSTANT POT NOW!

memegenerator.net

Instant Pot 101:

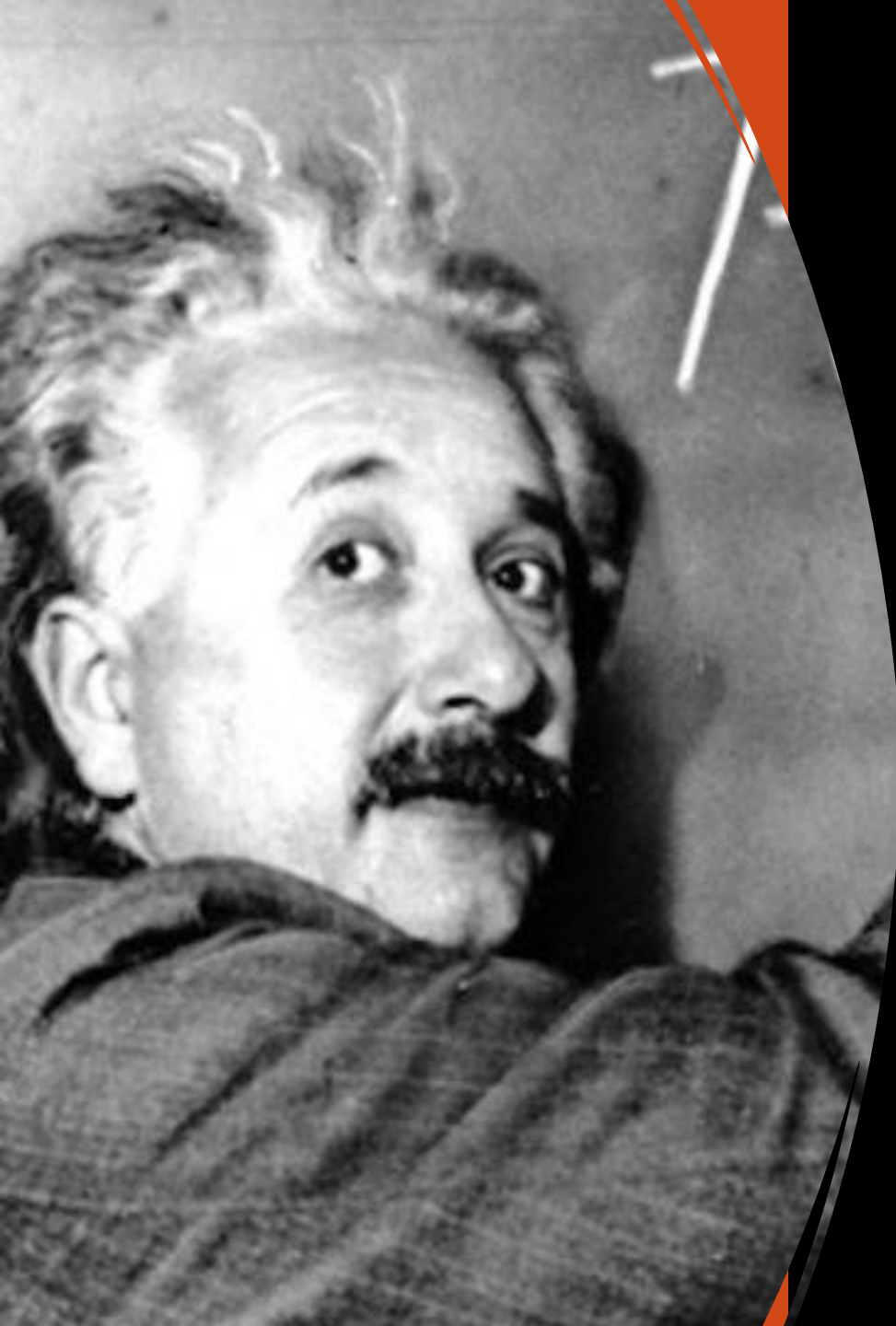
Don't fear the buttons

- There are many buttons on the front of the Instant Pot. Do not be afraid. You can safely ignore most of them.
- We are going to focus on where the Instant Pot really shines: PRESSURE COOKING
- The Sauté function can help unlock flavor before pressure cooking and/or help finish dishes.
- These two function will allow you to follow 95.8675309% of recipes you find online
- Note: There are many different version of the instant pot. The one you have may look slightly different.



Instant Pot 101: The Anatomy of a Pot





Instant Pot 101: Science of Pressure

- The first pressure cooker was designed by a French physicist named Denis Papin in 1679. He called this cooker the "steam digester".
- Water is a better conductor of heat than air. However, water can only be heated to 212 degrees before it turns to steam.
- However, if water is heated in a contained environment the steam cannot escape and pressure and heat inside the pot will increase.
- The End Result: An extremely energy / time efficient way to cook.
- Release the pressure: manual release vs. natural release

Instant Pot 101: Safety Dance

- Instant pots have built in safety features that make them much safer to use than older pressure cookers.
- Once the instant pot comes to pressure, the lid locks in place until pressure is released. **DO NOT TRY TO FORCE THE LID OPEN** when device is under pressure.
- Always release pressure before opening and wait until the float valve sinks before attempting to remove the lid.
- If you feel resistance when removing the lid, allow the pot to sit for a while longer so more pressure can be released.
- Never fill beyond on the fill line. Never block the release valve when steam is being released.
- For liquid heavy dishes like soups and chilis, I like to shake the pot a bit to make sure there aren't any bubbles that are lurking under the surface.



Cooking Demo – Part 1

Dump & Go Chicken Taco Soup

- Can I please get a couple volunteers?
- Round of applause for our brave new instant pot chefs.
- This is a VERY simple recipe. Perfect for a last-minute meal.
- Dump and go!
- Think of all the time you will save!



Cooking Demo – Part 1

Dump & Go Chicken Taco Soup

- **Ingredients:**
 - 1-1.5lbs Chicken Breast
 - 2 cans Rotel Diced Tomatoes
 - 1 can of corn
 - 1 can of black bean
 - 32 oz Chicken broth
 - Garlic (or Jarlic)
 - 1 packet taco seasoning
 - Olive Oil



Cooking Demo – Part 1

Dump & Go Chicken Taco Soup

- Put a little oil in the bottom of the pot.
- In goes corn and black bean
- Next tomatoes
- Now garlic
- And chicken!



Cooking Demo – Part 1

Dump & Go Chicken Taco Soup

- Carefully sprinkle the taco spice packet over the chicken
- Dump in the Chicken Broth
- Stir it up a little
- You did it!!!
- Now time for...



Cooking Demo – Part 1

Dump & Go Chicken Taco Soup

- Flight Check
 - Double check recipe
 - Examine sealing ring
 - Test float valve
 - Words of affirmation
 - Make sure the steam release is set to seal



Cooking Demo – Part 1

Dump & Go Chicken Taco Soup

- Let's get it started
- Pressure cook for 10 minutes
- It will take ~10 minutes to reach pressure
- After 10 minutes under pressure, we will let it sit for 5 minutes (“natural release”).
- Then a “quick release”
- Thanks to our chefs!
- While we are waiting...



Scott's Tips & Tricks

Become the Master of the Pot



Liquid is Key

- Having the right amount of liquid is very important. Not enough water and the instant pot won't come to pressure. Too much water can result in mushy food.
- A six-quart Instant Pot will need at least one cup of liquid to reach pressure.
- Some ingredients like tomatoes contain lots of water on their own.
- Follow the recipe and when in doubt more liquid is always a safer option.
- Without enough water you may get a burn warning. Do not panic. You may be able to save the dish by releasing pressure and then sautéing



Scott's Tips
& Tricks



Scott's Tips & Tricks

Sauté Function

- Sautéing ingredients before pressure cooking can really enhance a dish by adding flavor and aromatics.
- Many recipes start with sautéing vegetables / spices and/or browning meats. These steps are often optional, but if you have the time, it will enhance the flavor.
- When you sauté, you might get some caramelization and bits of ingredients may get stuck to the bottom on the pot.
- Always make sure to deglaze the bottom of the pot by adding liquid and then using a wooden utensil to thoroughly scrape. Not doing this step could result in a burn warning error.

No Pot is an Island

- You can make many dishes 100% in the Instant Pot, but some dishes can be enhanced by using other kitchen tools.
- For example, Instant Pot ribs are simply amazing. However, using the broiler function of an oven can help make the exterior a little crispy which is especially nice when coated with BBQ sauce.
- Note: Instant Pot does make an air fryer lid, but I haven't heard good things about.
- Sometimes it is best to sauté meats outside the pot as it makes draining grease much easier.
- Just because you can make something in an instant pot doesn't mean you should. Right tool for the job.
- Speaking of tools, immersion blenders are great!



Scott's Tips
& Tricks

Misc. Tips



Scott's Tips & Tricks

- If you release pressure and liquid shoots out, close your release valve and let it sit for awhile.
- Use different sealing rings for different dishes (one for savory and one for sweet).
- Remember that it takes time for the instant pot to come pressure. Often recipes claim a dish only takes X minutes to cook, but don't include the time it takes to reach pressure in that total.
- Always check your sealing ring and float valve before sealing the pot.
- Be kind to yourself. Mistakes happen. You can usually rescue most dishes if something goes wrong.

**HE THINKS I SLAVED
ALL DAY OVER THE STOVE**

GLAD I HID THE INSTANT POT

imgflip.com



THREE MORE AMAZING RECIPES

A classic stew, a surprising soup, and the best chili ever

Time for a confession...

About meat...

About lentils...

Sunshine Lentil Soup

Ingredients:

- 1 cup dried red lentils
- Minced Garlic (or Jarlic)
- 1 tablespoon tomato paste
- 1 can diced tomatoes
- 1 quart veggie broth
- ½ Lemon
- 1 Onion
- Spices
 - 1 teaspoon cumin
 - ½ teaspoon salt
 - ½ teaspoon turmeric
 - ½ teaspoon black pepper
 - Pinch of cayenne pepper



Sunshine Lentil Soup

- Use sauté function on Instant Pot to heat ~3 tablespoons of oil
- Add diced onion to pot and sauté until golden-ish (~4 minutes)
- Add garlic and stir (~2 minutes)
- Add spices & 1 tablespoon tomato paste
- Stir! Enjoy the smells! Life is good!
- Turn off sauté mode
- Add some vegetable broth, deglaze bottom of the pot.
- Add diced tomatoes
- Add lentils
- Put in rest of chicken stock
- Stir



Sunshine Lentil Soup

- Seal up the pot!
- Pressure cook for 6 minutes
- Once it is complete, let natural release for 10 minutes
- Manual release remaining pressure
- Remove lid
- Add lemon juice
- Use immersion blender if you got one
- Sample. Add more salt or lemon juice as needed
- Top with parsley or mint or follow your heart.



Beef Stew

Ingredients:

- 3lbs chuck roast cut into chunks
- 1 yellow onion cut into chunky slices
- 2 carrots, peeled & cut into chunky chunks
 - NO BABIES
- ~12 Yukon gold or red skin potatoes
 - halved or quartered
- Minced Garlic (or Jarlic)
- 3 cups beef broth
- ¼ cup tomato paste



Beef Stew

Ingredients:

- 1 Bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon Worcestershire sauce
- 1 cup frozen green peas
- 3 tablespoons corn starch



Beef Stew

- Use sauté function on Instant Pot to heat ~3 tablespoons of oil
- Add beef to pot
 - Goal: brown the meat
 - May need to do in batches
 - Remove when done
- After meat is browned, add some beef broth to deglaze bottom of the pot
- Add back beef
- Add carrots, potatoes, spices
- Pour in rest of beef broth



Beef Stew

- Seal up the pot
- Pressure cook for 35 minutes
- After 35 minutes do a manual release
- Hunt for and extract bay leaf
- Set pot to sauté mode
- Add frozen peas
- Mix corn starch with $\frac{1}{4}$ cup warm water
 - Stir well!
 - Mix in with stew to thicken
- Sauté until you are happy with consistency
- Remember it will thicken with time



Now for the star of the show...

Blue Ribbon BBQ Rib Chili

- First place 2023 TADL Chili Cook Off
- Some say best chili ever...
- Is it spicy?
 - Your call
- Is it easy to make?
 - Moderate
- Can you share this recipe?
 - Please do!
- Let's get started!



Blue Ribbon BBQ Rib Chili Ingredients

- ~3lbs baby back pork ribs
- 1.5 cups beef broth
- 2 cans diced rotel tomatoes
- 1 can tomato paste
- 2 cans black beans
- 2 cans kidney beans
- 1 cup BBQ sauce
- ¼ cup apple cider vinegar



Blue Ribbon BBQ Rib Chili Ingredients

- 1 onion diced
- Chopped peppers
 - Your call
 - 2 large plabano
 - 3 medium jalapeno
- 2 tablespoons of garlic



Blue Ribbon BBQ Rib Chili Ingredients

- 4 tablespoons coco powder
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon smoked paprika
- 1 tablespoon salt
- Liquid smoke (~2 caps)



Blue Ribbon BBQ Rib Chili Instructions

- Remove membrane from ribs, cut into 3 chunks and cover in rib seasoning.
- Set the instant pot to sauté mode and wait to heat up
- Put a little oil in the pot and brown the ribs one chunk at a time
- Remove ribs from pot and set aside when done



Blue Ribbon BBQ Rib Chili Instructions

- Add onions
- Use wooden spoon to deglaze the bottom of the pot
- Add garlic
- Sauté until caramelized
- Turn off sauté
- Add ½ cup of beef broth
- **IMPORTANT:** deglaze one more time



Blue Ribbon BBQ Rib Chili Instructions

- Add ribs!
- Cover ribs in BBQ sauce
- Add peppers
- Add 1 can of each type of beans
- Add diced tomatoes
- Add apple cider vinegar
- Add spices
- Add 1 cup of beef broth
- Pat down spices into liquid
- Do not stir!



Blue Ribbon BBQ Rib Chili Instructions

- Add 2 caps of liquid smoke.
- Pressure cook for 24 minutes
- Let naturally release for 15 minutes
- Release pressure
- Remove ribs from pot



Blue Ribbon BBQ Rib Chili Instructions

- Set instant pot to sauté mode (low or medium)
- Mix in one can of each bean and a can of tomato paste
- Remove bones from rib meat
- Shred and put ribs back into pot
- Stir! Sautee until chili has thickened. Taste and then season further as needed.



Cooking Demo – Part 1

Dump & Go Chicken Taco Soup

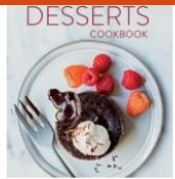
- Release the pressure!
- Give it a shake
- Remove chicken breast
- Shred the chicken! Wolverine time!
- Mix chicken back into pot
- Stir it up!
- A little splash of lime!
- Done!



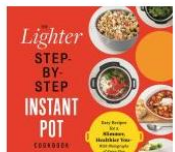
Where to Learn More



2 available in district



The lighter step-by-step instant pot cookbook



The complete Indian Instant Pot cookbook : 130 traditional & modern recipes



Mediterranean Instant Pot : easy, inspired meals for eating well



The vegan Instant Pot cookbook : wholesome, indulgent plant-based recipes



1 available in district

Instant Pot bible : copycat recipes : 175 original ways to remake your favorite restaurant recipes in your Instant Pot



2 available in district

The simple comforts step-by-step Instant Pot cookbook



YouTube



Where to Learn More

YouTube

- You can find a ton of great Instant Pot Cooking Videos on YouTube.
- [Jeffery Eisner's "Pressure Luck"](#) channel is by far my favorite. Also excellent cookbook series.
- [Amy & Jacky](#) also have an excellent channel.
- If you are looking for more information about using the Instant Pot for meal prepping or cooking for a large family, [Six Sister's Stuff](#) is channel with a lot of great content on that front.
- [Reddit.com/r/instantpot](#) – 528,000 members



Your Library!

- Go to <https://catalog.tadl.org> and do a search for “instant pot” to see the library’s full collection.



Where to
Learn More

Questions?

Comments?

Thank you!

Thanks to Jen!