

# PALEO INSTANT POT RECIPES

CHANGE YOUR LIFE AND TRANSFORM YOUR  
COOKING WITH 20 TIME-SAVING RECIPES  
(PLUS: FOUR PALEO BREADS FOR DIPPING, SOPPING & STUFFING!)



MEAL *Genius*™  
SMART MEAL PLANS



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Dear Health-Conscious Food Lover,

What if I told you that there is a way to cook your food with the following results:

- ✓ Up to 90 percent less cooking time
- ✓ 90 percent nutrient retention
- ✓ Greater digestibility
- ✓ Fewer harmful cooking byproducts

And what if I told you that this method will also produce some of the most succulent, flavorful and easy-to-make meals that you have ever set on the table?

Sound too good to be true? Well, it's not!

In fact, this unique way of cooking has been around for more than 300 years, since its invention by a French physician in 1679.

*What is this cooking method? Pressure cooking!*

You've probably tasted foods prepared in a pressure cooker before, perhaps from your mother or grandmother. But you may have shied away due to their "dangerous" reputation.

The truth is that while there are some stories about "exploding" pressure cookers, these stories almost invariably relate to the early-generation models of the 1940s and 50s.

Today's pressure cookers are virtually foolproof and as safe as any other kitchen tool when used properly.

So, let's look at the benefits of pressure cooking:

### **#1 - Using a Pressure Cooker Provides Superior Nutrient Retention and Bioavailability**

Researchers estimate the nutrients in our foods have declined dramatically, due to depletion of nutrients in the soil. In some cases, nutrients are 50 percent lower than average levels from decades ago!

When you combine this with cooking methods which destroy or drain nutrients away, many of today's meals just don't provide the nutritional value your body needs.



A pressure cooker can greatly reduce the time it takes to cook your food. This directly correlates with the loss of fewer heat-sensitive nutrients. Let's take a look at the research:

In *Plant Foods for Human Nutrition*, researchers found that pressure cooking was the best method for retaining both vitamin C and beta-carotene in spinach and amaranth.

A study published in *The Journal of Food Science* found that pressure-cooked broccoli retained 90 percent of its vitamin C content. Compare this to boiling (66 percent retention) or steaming (78 percent).



A study published in the *Journal of Food Science and Technology* found that pressure cooking increased the amount of beneficial phenolics in bananas.

Of course, there's a good chance you'll never cook bananas in a pressure cooker. However, researchers believe the nutrient boost was due to pressure breaking the cell walls of the banana... and this would apply to the bioavailability of other foods as well.

But using a pressure cooker won't just help boost nutrients... it can also reduce health harming compounds, as well.

## #2 – Use a Pressure Cooker Reduces Health-Harming Compounds

A pressure cooker literally bathes your food in high pressure steam. This keeps food moist and translates to juicier and better-tasting food. It also helps eliminate two cancer-causing compounds, often produced by other high-heat cooking methods:

**acrylamide and heterocyclic amines.**

And if you're concerned about **lectins** and **phytic acid** found in grains, legumes and pseudograins (like quinoa), the pressure cooker can help there too. These compounds are known as **anti-nutrients** because they bind to minerals and make them indigestible.

A study published in *Plant Foods for Human Nutrition* showed that when peas were soaked overnight and then boiled, their phytic acid content was reduced by 29 percent. On the other hand, when they were soaked overnight and then pressure cooked, the reduction in this unhealthy anti-nutrient was almost double (54 percent).

Similar results were found with lectins in the *Journal of the Science of Food and Agriculture*.

## #3 – Pressure Cooking Helps Boost Digestibility

As you may have heard before, you're not what you eat... but rather, what you absorb.

Boosting the digestibility of your food is a key to maximizing the potential nutritional value of every bite.

And the pressure cooker can help there too.

The combination of steam and pressure can make even the toughest meats succulent and tender. And tenderness is a key sign that a food is easy for your body to digest. In the case of the hard-to-break-down protein in legumes, pressure cooking has been found to increase digestibility by as much as 84 percent!

#### **#4 – Save Time and Money with a Pressure Cooker**

If all of these benefits aren't enough, consider this: You'll also save time and money!

Using a pressure cooker, you can:

- Cook a whole chicken to fall-off-the-bone tender in just half an hour...
- Make shredded pork or beef in less than 2 hours (then cut it with a butter knife)...
- Make gelatin-rich bone broth in 30 minutes...
- Cook a large winter squash in 10 minutes...
- As well as Brussels sprouts and most other veggies in less than five minutes!

You'll see just how easy it is and how delicious results are when you start making the recipes in this book!

And by saving cooking time, you'll also save money on your electric bill.

If you don't have a pressure cooker yet, there are many high-quality, inexpensive options available. But hands down, **the BEST pressure cooker on the market today is the Instant Pot.**

The vessel is made of stainless steel, which is another benefit if you are concerned about the leaching that can occur in ceramic slow-cookers or the chemicals in non-stick coatings. The cost is about \$100 and it comes with a variety of safety features and ease-of-use benefits.

The Instant Pot also does much more than pressure cooking. You can also use it to sauté. You can use it as a food warmer. And you can even use it as a traditional slow cooker. Once you start cooking these fast, nutrient-rich, fork-tender meals with your Instant Pot, you may never want to use anything else!

We hope you enjoy each and every time-saving, budget-friendly, ultra-nourishing recipe in this book.

**And to take meal preparation to a whole 'nother level, we hope you'll consider joining us at *Meal Genius* (launching Spring of 2017).** In only minutes, you can create a completely personalized meal plan for you and your family that suits your taste preferences, food allergies and intolerances, appetites, budget and more. [Learn more and sign up for the announcement update here.](#)

*Kelley Herring*

Founder & Creator  
Meal Genius



P.S. In the recipes below, you'll see a few ingredients linked directly to our friends at Thrive Market. And if you don't know about Thrive, I would be remiss not to tell you about it...

Thrive Market is an online company that has negotiated deep discounts with **nearly 500 natural brands, representing over 4,000 different products... everything from organic and GMO-free foods... non-toxic cleaning supplies... home goods... beauty essentials... baby products and much more.**

Instead of adding a typical retail markup, Thrive passes their wholesale discounts to you (and you don't have to buy in bulk). That means you save **25% to 50% across the board – and they even ship your entire order FREE!**

Thrive can offer such discounts because they are membership based, like Costco or Sam's Club. The annual cost is \$59.95. That's less than \$5 a month.

**To put that in perspective, I've saved over \$1,500 in just over a year: screenshot ----->**

[If you're not already a member, this link gets your first month free – PLUS 20% off your first order!](#)

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Lifetime Savings: **\$1,532.20** | Projected Annual Savings: **\$961.39**

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# THE RECIPES



## INSTANT POT PALEO HUMMUS

Prep Time: 5 minutes

Total Time: 20 minutes

Serves: 8

### INGREDIENTS

- ✓ 18 oz. frozen cauliflower
- ✓ ½ cup water or organic chicken broth
- ✓ 2 tsp. ground cumin
- ✓ ½ tsp. sea salt
- ✓ ¼ tsp. ground coriander
- ✓ Juice of 1 lemon
- ✓ 2 tsp. extra virgin olive oil
- ✓ ½ cup organic tahini
- ✓ 3 cloves garlic, pressed

### INSTRUCTIONS

1. Add the frozen cauliflower florets and broth or water to your Instant Pot. Cook on high for 8 minutes.
2. Drain any excess liquid from the cauliflower. Add the florets to a medium sized bowl. Add in the tahini, salt, olive oil, fresh garlic, cumin, coriander and lemon juice.
3. Using an immersion blender or food processor, blend all ingredients to smooth, creamy consistency.
4. Dip or spread, and enjoy. Keep refrigerated in an airtight container for up to 1 week.





## INSTANT POT INDIAN BUTTER CHICKEN

Prep Time: 15 minutes

Total Time: 45 minutes

Serves: 8

### INGREDIENTS

- ✓ 2 lbs. organic, free-range chicken breast, cubed
- ✓ 1 yellow onion, diced
- ✓ 4 Tbsp. grass-fed ghee or butter (for dairy free, use coconut oil)
- ✓ 4 cloves garlic, minced
- ✓ 1 Tbsp. garam masala
- ✓ 1 tsp. coriander
- ✓ ¼ tsp. cumin
- ✓ 1 tsp. turmeric
- ✓ ¼ tsp. cayenne pepper
- ✓ 1 Tbsp. coconut sugar or 20 drops stevia extract
- ✓ 1 tsp. sea salt
- ✓ 2 inches ginger, minced
- ✓ 15 oz. thick tomato sauce
- ✓ 1 cup coconut cream\*
- ✓ 4 Tbsp. chopped cilantro, for garnish

### INSTRUCTIONS

1. Press the “Sauté” button on the Instant Pot. Add the ghee and onions. Cook, stirring, for 5-6 minutes to golden.
2. Add the garlic and ginger, cook, stirring for 30 seconds.
3. Stir in the spices, coconut sugar or stevia and salt. Add the chicken and stir to coat. Cook, stirring for 5 minutes.
4. Add the tomato sauce; cover and lock the lid and close the steam valve. Press the “Keep Warm/Cancel” button, then press the “Poultry” button. The Instant Pot will be set for 15 minutes.
5. When the time is up, quick release or allow the pressure to release naturally.
6. Unlock the lid, stir in the coconut cream. If the mixture seems thin, you can use the “Sauté” function to allow it to simmer off some of the water. (This can happen with thin tomato sauces).
7. Serve with cauliflower rice and garnish with cilantro.

\*Coconut cream can either be purchased as “Coconut Cream” or you can use the cream from the top of a can of (unshaken) coconut milk.



## INSTANT POT 3-INGREDIENT POT ROAST

Prep Time: 10 minutes

Total Time: 1.5 hours

Serves: 12

### INGREDIENTS

- ✓ 48 ounces grass-fed beef chuck roast
- ✓ 1 large white onion, sliced
- ✓ 2 tsp. sea salt
- ✓ 2 Tbsp. coconut oil
- ✓ 2 cups filtered water

### INSTRUCTIONS

1. Turn Instant Pot to "Sauté". Add the oil.
2. When shimmering, add the pot roast. Cook 2-3 minutes to golden, then flip to sear other side.
3. Sprinkle on the sea salt. Top with sliced onion. Pour in the water or beef bone broth.
4. Close and lock the lid. Press the "Keep Warm/Cancel" button, then press "Manual" and program for 70 minutes.
5. You may do quick release or natural release.



## INSTANT POT WHOLE CHICKEN

Prep Time: 15 minutes

Total Time: 70 minutes

Serves: 10

### INGREDIENTS

- ✓ 1 whole 4lb. organic chicken
- ✓ 1/2 tsp. sea salt
- ✓ 1 tsp. organic dried thyme
- ✓ 1/4 tsp. black pepper
- ✓ 1 tsp. paprika
- ✓ 1 Tbsp. coconut oil
- ✓ 1 1/2 cups bone broth
- ✓ 6 cloves garlic, peeled
- ✓ 2 Tbsp. lemon juice

### INSTRUCTIONS

1. In a small bowl, combine paprika, thyme, salt, and pepper. Rub seasoning over outside of bird.
2. Set the Instant Pot to "Sauté." Heat oil in the pressure cooker to shimmering. Add chicken, breast side down and cook 6-7 minutes.
3. Flip the chicken and add broth, lemon juice and garlic cloves.
4. Lock pressure cooker lid and press the "Keep Warm/Cancel" button, then select "Manual" for 25 minutes on high.
5. Let the pressure cooker release naturally.
6. Remove from pressure cooker and let stand for 5 minutes before serving.



## **INSTANT POT PULLED PORK**

**Prep Time: 10 minutes**

**Total Time: 2 hours**

**Serves: 8**

### **INGREDIENTS**

- ✓ 1 Tbsp. virgin coconut oil
- ✓ 4 lbs pork sirloin roast
- ✓ 1 tsp. garlic powder
- ✓ 2 tsp. sea salt
- ✓ 1 1/2 cups organic broth
- ✓ 2 Tbsp. organic apple cider vinegar
- ✓ 1 small organic onion, quartered

### **INSTRUCTIONS**

1. Heat coconut oil in pressure cooker vessel on “Sauté.”
2. Cut pork into slices roughly 2 inches thick. In a small bowl, combine garlic powder and salt. Rub spice mix over all sides of pork, coating well.
3. Add pork chunks to pressure cooker pot and brown on each side. Add chicken stock, onions, and vinegar to cooker and lock.
4. Press the “Keep Warm/Cancel” button on the Instant Pot, then press “Manual.” Set on HIGH for 100 minutes.
5. Let pressure release for 10 minutes, then do a quick release for remaining pressure.
6. Remove onions and serve.





## INSTANT POT BUTTERNUT SQUASH

Prep Time: 5 minutes

Total Time: 30 minutes

Serves: 8

### INGREDIENTS

- ✓ 1 medium butternut squash
- ✓ 1/2 cup filtered water

### INSTRUCTIONS

1. Wash the outside of the squash. Place steamer basket in the bottom of the Instant Pot.
2. Add the water to the bottom of the pot and place the squash in the steamer basket. Cut in half if it does not fit.
3. Cover, lock the lid and set to "Manual." Cook 10 minutes on HIGH.
4. Quick release and let cool 5 minutes.
5. Remove from pot, scrape out seeds, scoop out squash flesh.
6. Serve.



## INSTANT POT SPAGHETTI SQUASH

Prep Time: 5 minutes

Total Time: 25 minutes

Serves: 4

### Ingredients

- ✓ 1 medium spaghetti squash (about 2 lbs)
- ✓ 1 cup water

### INSTRUCTIONS

1. Place spaghetti squash on its side and slice vertically down the middle (crosswise).
2. Scoop out the seeds and discard.
3. With the steamer basket in the Instant Pot, add water and squash halves so they both fit easily.
4. Lock the lid on and set the Instant Pot to "Manual." Set the timer for 7 minutes on HIGH.
5. Once the time is up, quick release and let cool for 5 minutes.
6. Use a fork to scrape "spaghetti" strands into a bowl.
7. Serve.



## INSTANT POT CASHEW CHICKEN

Prep Time: 15 minutes

Total Time: 45 minutes

Serves: 8

### INGREDIENTS

- ✓ 2 lbs. chicken breast, cubed
- ✓ ¼ cup arrowroot flour
- ✓ ¼ tsp. black pepper
- ✓ 1 tsp. sea salt
- ✓ 3 Tbsp. coconut oil
- ✓ 1 inch ginger, minced
- ✓ 3 garlic cloves, minced
- ✓ ¼ cup coconut aminos
- ✓ 2 Tbsp. coconut vinegar
- ✓ 1 Tbsp. coconut sugar
- ✓ 2 Tbsp. organic tomato paste
- ✓ ½ cup raw cashews
- ✓ 1 tsp. red pepper flakes (optional)

### INSTRUCTIONS

1. Add the chicken to a large bowl. Pour in the salt, pepper and arrowroot. Stir to coat.
2. Press the “Sauté” button on the Instant Pot. Add the coconut oil.
3. When hot, add the chicken in batches and brown on all sides. Transfer seared chicken to a plate and cover to keep warm. (Be VERY careful with this – oil can splatter. Do not crowd the pan – this will cause the coating to steam, not sear)
4. In a small bowl, whisk together the garlic, ginger, coconut aminos, coconut sugar, tomato paste, coconut sugar and coconut vinegar. Return the chicken to the pot and pour the tomato-aminos over. Stir to coat.
5. Close and lock the lid. Press the “Keep Warm/Cancel” button, then press the “Poultry” button. The Instant Pot will be set for 15 minutes.
6. When the time is up, quick release or allow the pressure to release naturally.
7. Unlock the lid, stir in the cashews.
8. Serve over cauliflower rice or stir-fried cabbage and garnish with red pepper flakes, if desired.





# MEAL *Genius*™

SMART MEAL PLANS

## INSTANT POT FAUXTATOES

Prep Time: 10 minutes

Total Time: 25 minutes

Serves: 4

### INGREDIENTS

- ✓ 1 cup water
- ✓ 4 cups organic cauliflower florets
- ✓ 1 Tbsp. organic, grass-fed salted butter, ghee or coconut oil
- ✓ 1/2 tsp. sea salt
- ✓ 1/2 tsp. freshly ground black pepper
- ✓ 1/4 cup organic buttermilk or coconut buttermilk\*

### INSTRUCTIONS

1. Place steamer basket in the bottom of the Instant Pot.
2. Add the water to the bottom of the pot and place the cauliflower on top.
3. Lock the lid and press "Manual." Cook on HIGH for 3 minutes for a firm mash "fauxtatoes" or 5 minutes for a softer mash.
4. Quick release and open the lid when pressure has decreased.
5. Carefully lift the steamer basket to remove cauliflower from the excess water. Transfer to a bowl.
6. Add remaining ingredients and blend with an immersion blender. Taste to adjust seasoning to your liking.
7. Serve.



\*For Coconut Buttermilk, combine ¼ cup coconut milk with 2 tsp. organic apple cider vinegar.



## INSTANT POT THAI FISH CURRY

Prep Time: 10 minutes

Total Time: 20 minutes

Serves: 4

### INGREDIENTS

- ✓ 1 Tbsp. coconut oil
- ✓ 3 bay leaves
- ✓ 1 yellow onion, cut into strips
- ✓ 1 Tbsp. grated ginger
- ✓ 3 garlic cloves, pressed
- ✓ 3 Tbsp. [Thrive Market Organic Curry Powder](#)
- ✓ 1 tsp. sea salt
- ✓ 1 tsp. hot pepper flakes
- ✓ 2 cups coconut milk
- ✓ 1 organic tomato, diced
- ✓ 1 organic bell pepper, diced
- ✓ 1.5 pounds mahi mahi, cut into 1" cubes
- ✓ 2 Tbsp. fresh lime juice
- ✓ ½ cup chopped cilantro

### INSTRUCTIONS

1. Press the "Sauté" button on the Instant Pot. Add the coconut oil and bay leaves. Cook for 1 minute.
2. Add the garlic, onion and ginger. Stir fry 3-5 minutes until soft.
3. Add the curry powder, hot pepper flakes and salt. Sauté with the ginger-onion mixture for 2 minutes.
4. Pour in the coconut milk and deglaze the pan, ensuring nothing is sticking to the bottom.
5. Add the fish, tomatoes and peppers. Stir to coat.
6. Close and lock the lid. Press the "Keep Warm/Cancel" button, then press the "Manual" button. Set the pressure to "Low." Set the time for 5 minutes. When the time is up, quick release.
7. Unlock the lid, stir in the lime juice.
8. Serve over cauliflower rice and garnish cilantro.



## INSTANT POT THAI SHRIMP CURRY

Prep Time: 5 minutes

Total Time: 20 minutes

Serves: 4

### INGREDIENTS

- ✓ 1 Tbsp. [Thai Kitchen Red Curry Paste](#)
- ✓ 1 cup vegetable broth or homemade fish stock
- ✓ 3 Tbsp. [Red Boat Fish Sauce](#)
- ✓ 2 cloves garlic, minced
- ✓ 1 stalk lemon grass, cut lengthwise
- ✓ 1 inch fresh ginger, grated
- ✓ 1 large carrot, chopped
- ✓ 1 large onion, cut into strips
- ✓ 1 organic red bell pepper, diced
- ✓ 1 15 oz. can coconut milk
- ✓ 20 ounces wild-caught shrimp, peeled
- ✓ 1 lime, sliced
- ✓ 2 Tbsp. chopped cilantro

### INSTRUCTIONS

1. Add broth or stock, coconut milk, garlic, curry paste, fish sauce, garlic, lemongrass, ginger, carrot, onion, and bell pepper to the Instant Pot.
2. Stir to combine and add the shrimp.
3. Close and lock the lid. Press the “Keep Warm/Cancel” button, then press the “Manual” button. Set the pressure to “Low.” Set the time for 5 minutes. When the time is up, quick release.
4. Serve with lime wedges and cilantro.



## INSTANT POT CHICKEN MARSALA

Prep Time: 10 minutes

Total Time: 30 minutes

Serves: 4

### INGREDIENTS

- ✓ 1 Tbsp. coconut oil
- ✓ ¼ tsp. sea salt
- ✓ 1/8 tsp. pepper
- ✓ 20 oz organic, free-range chicken breasts
- ✓ 2 cloves minced garlic
- ✓ 1 cup baby bella mushrooms, sliced
- ✓ 1 cup marsala wine\*
- ✓ ½ cup chicken stock
- ✓ 1 Tbsp. arrowroot
- ✓ Fresh parsley, roughly chopped

### INSTRUCTIONS

1. Add half the coconut oil to the bottom of the Instant Pot and set to “Sauté.”
2. Rub chicken with salt and pepper.
3. Place chicken in hot oil and sear for 2 minutes on each side. Do not crowd the pan. Repeat with remaining oil and chicken in batches.
4. Add marsala wine, garlic and mushrooms and lock the lid. Press the “Keep Warm/Cancel” button on the Instant Pot, then press “Manual” and cook on HIGH for 7 minutes.
5. Meanwhile, in a small pot, heat the chicken stock to simmering. Sprinkle in the arrowroot and whisk well to incorporate. Remove from heat.
6. When cooking in the Instant Pot is complete, quick release the pressure. Using tongs, transfer chicken to a plate and turn setting back to “Sauté.”
7. Bring marsala and mushrooms to a simmer and add the chicken stock-arrowroot mixture. Stir well.
8. Add the chicken back to the pot and stir to combine.
9. Serve over zoodles, Fauxtatoes or [Cappello's Fettuccine \(our favorite grain-free pasta\)](#).



**NOTE:** Marsala cooking wine contains preservatives. Opt instead for high quality marsala wine from the liquor store.



## INSTANT POT BEEF GOULASH

Prep Time: 15 minutes

Total Time: 45 minutes

Serves: 8

### INGREDIENTS

- ✓ 2 Tbsp. paprika
- ✓ 1 tsp. thyme
- ✓ ¼ tsp. cayenne pepper
- ✓ 1 tsp. sea salt
- ✓ ¼ tsp. black pepper
- ✓ 2 ¼ lbs grass-fed beef stew meat, cubed
- ✓ ¼ cup coconut oil
- ✓ 1 lb organic onions, diced
- ✓ 4 Tbsp. organic tomato paste
- ✓ ¾ cup grass-fed bone broth
- ✓ ¾ cup dry red wine

### INSTRUCTIONS

1. Mix salt and spices together in a small bowl and set aside. Rub half the spice mixture over the meat.
2. Set Instant Pot to “Sauté” and add half the coconut oil. Sear the meat in batches - do not over-crowd the pot. Set browned meat aside and repeat with remaining oil and meat.
3. Pour a little bit of bone broth to deglaze the bottom and add the onions. Sauté for 3 minutes, or until slightly browned.
4. Stir in tomato paste and remaining spices.
5. Return seared meat along with remaining bone broth and wine.
6. Add the lid and lock the Instant Pot. Press the “Keep Warm/Cancel” button adjust the setting to “Manual” and cook for 20 minutes on HIGH.
7. Let the pressure release naturally.
8. Serve.





## INSTANT POT PEPPER STEAK

Prep Time: 10 minutes

Total Time: 40 minutes

Serves: 8

### INGREDIENTS

- ✓ 2 pounds boneless grass-fed beef chuck
- ✓ 2 Tbsp. coconut oil
- ✓ 2 medium onions, sliced
- ✓ 1 ½ cup sliced celery
- ✓ 2 cloves garlic, minced
- ✓ 1 tsp. salt
- ✓ 1/8 tsp. black pepper
- ✓ 1 cup organic beef broth
- ✓ 3 large red bell peppers, sliced into strips
- ✓ 3 large green bell peppers, sliced into strips
- ✓ 1 Tbsp. arrowroot
- ✓ 1/4 cup cold water
- ✓ 1 Tbsp. coconut aminos

### INSTRUCTIONS

1. Slice meat into inch wide strips. Slice strips in half. Set aside.
2. Turn the Instant Pot to “Sauté” and add the coconut oil. Swirl to coat. Once melted, place the beef strips evenly around to sear each side.
3. After about 3 minutes, add the sliced onions and stir until meat is brown.
4. Add the celery, garlic, salt, black pepper and beef broth.
5. Lock the lid on and press the “Keep Warm/Cancel” button to reset. Then press “Manual” and adjust settings to cook on HIGH for 3 minutes. Allow the pressure to release naturally.
6. Meanwhile, whisk the arrowroot with the water in a small bowl. Set aside.
7. Adjust the setting back to “Sauté” and remove the lid.
8. Add the bell peppers and simmer the mixture for 5 minutes. Stir in the whisked arrowroot and coconut aminos.
9. Simmer until mixture thickens, about 3 minutes.
10. Serve.



## INSTANT POT CHICKEN PICCATA

Prep Time: 10 minutes

Total Time: 40 minutes

Serves: 8

### INGREDIENTS

- ✓ 2 boneless, skinless chicken breast, pounded to 1" thick
- ✓ ¼ cup arrowroot flour
- ✓ 1/2 tsp. sea salt
- ✓ 3 Tbsp. avocado oil
- ✓ 1 shallot, diced
- ✓ ½ cup dry white wine
- ✓ 1 cup organic chicken broth
- ✓ 3 Tbsp. capers
- ✓ 1 organic lemon, juiced and zested

### PREPARATION

1. Add the arrowroot and chicken to a large bowl and stir to coat well.
2. Press the "Sauté" button on the Instant Pot. Add the avocado oil.
3. When hot, add the chicken, one piece at a time, and brown to golden on both sides (about 2 minutes). Transfer seared chicken to a plate and cover to keep warm. (Do not crowd the pan – this will cause the coating to steam, not sear)
4. Return the seared chicken to the pot. Pour in half of the lemon juice and zest, along with the wine, broth, shallot, sea salt and capers.
5. Close and lock the lid. Press the "Keep Warm/Cancel" button on the Instant Pot, then press the "Poultry" button. The Instant Pot will be set for 15 minutes.
6. When the time is up, quick release or allow the pressure to release naturally.
7. Unlock the lid, stir in the remaining lemon juice.
8. Serve over zoodles or [Cappello's Fettuccine \(our favorite grain-free pasta\)](#).



## INSTANT POT BACON BRUSSELS SPROUTS

Prep Time: 5 minutes

Total Time: 30 minutes

Serves: 4

### INGREDIENTS

- ✓ ½ cup bacon, diced very small
- ✓ 1 lb Brussels sprouts, trimmed and cut in half
- ✓ 1 Tbsp. Dijon mustard
- ✓ 1 cup chicken or vegetable broth
- ✓ 2 Tbsp. fresh chopped dill (optional)
- ✓ 1 Tbsp. organic, grass-fed butter, ghee or coconut oil
- ✓ ¼ tsp. salt
- ✓ 1/8 tsp. pepper

### INSTRUCTIONS

1. Set the Instant Pot to “Sauté” and add the bacon. Cook for 2 minutes, or until bacon starts to brown.
2. Add the Brussels sprouts, chicken stock and mustard.
3. Close and lock the lid and press the “Keep Warm/Cancel” button to reset. Then press “Manual” and cook on HIGH for 4 minutes.
4. Quick release the pressure cooker and add the butter and dill (if using) and stir well.
5. Season with salt and pepper.
6. Serve.





## INSTANT POT PALEO MEATLOAF

Prep Time: 15 minutes

Total Time: 1 hour

Serves: 8

### INGREDIENTS

- ✓ 2 lbs. grass fed ground beef or pastured turkey
- ✓ 1 tsp. onion powder
- ✓ 1 tsp. garlic powder
- ✓ 1 tsp. sea salt
- ✓ ½ tsp. black pepper
- ✓ 1 tsp. smoked paprika
- ✓ 2 tsp. dried thyme
- ✓ 2 tsp. dried oregano
- ✓ 1 egg
- ✓ 1 yellow onion, diced
- ✓ 2 cloves garlic, crushed
- ✓ ¼ cup arrowroot, cassava flour or almond flour
- ✓ 1 ¼ cup tomato sauce
- ✓ 2 tsp. molasses
- ✓ 1 Tbsp. coconut aminos
- ✓ 1 Tbsp. coconut oil



### INSTRUCTIONS

1. In a large bowl, gently combine the ground meat, dried spices, salt, garlic, onion, egg and “flour”. In a small bowl, combine the tomato sauce, amino and molasses. Pour ¼ cup of the sauce into the meatloaf and gently work in and form a “loaf”
2. Set the Instant Pot to “Sauté” and add the oil. When melted, place your uncooked meatloaf into the Instant Pot.
3. Pour remaining sauce over the top.
4. Close and lock the lid and press the “Keep Warm/Cancel” button to reset. Then press “Meat/Stew”, set to 35 minutes and “Normal” pressure.
5. When done, quick release the pressure cooker and open the lid. Transfer meatloaf to a serving platter and serve.



## INSTANT POT PALEO MEATBALLS

Prep Time: 5 minutes

Total Time: 30 minutes

Serves: 4

### INGREDIENTS

- ✓ 1 lb. grass fed ground beef or pastured turkey
- ✓ 1 cup [Thrive Market Organic Marinara Sauce](#)
- ✓ 1 tsp. garlic powder
- ✓ 1 tsp. Italian herb mix
- ✓ ¼ tsp. sea salt
- ✓ 1 egg
- ✓ ¼ cup cassava flour or almond flour

### INSTRUCTIONS

1. In a large bowl, gently combine the ground meat, dried spices, salt, garlic, egg and “flour”.
2. Form into meatballs, roughly 1 ½ inches in diameter.
3. Place meatballs in the Instant Pot and pour marinara over.
4. Close and lock the lid and press the “Keep Warm/Cancel” button to reset. Then press “Manual”, LOW pressure and set to 30 minutes.
5. Let the pressure release naturally or do a quick release.
6. Serve with zoodles, spaghetti squash or [Cappello's Fettuccine](#).



## INSTANT POT PALEO FAUX PHO

Prep Time: 10 minutes

Total Time: 45 minutes

Serves: 8

### INGREDIENTS

- ✓ 1 Tbsp. coriander seeds
- ✓ 4 pastured chicken legs
- ✓ 3 green cardamom pods
- ✓ 1 cinnamon stick
- ✓ 4 whole cloves
- ✓ 1 stalk lemongrass, cut into 2 inch pieces
- ✓ 2 small yellow onions, quartered
- ✓ 3 Tbsp. [Red Boat Fish Sauce](#)
- ✓ 1 cup cilantro
- ✓ 1 large head bok choy, chopped
- ✓ 2 medium zucchini, spiralized
- ✓ 2 limes, cut into wedges

### INSTRUCTIONS

1. Set the Instant Pot to “Saute”. Add the coriander seeds and toast, stirring, until fragrant and golden, about 3 minutes.
2. Add the chicken, spices, cilantro, lemongrass, onion and fish sauce. Add filtered water to cover.
3. Close and lock the lid and press the “Keep Warm/Cancel” button to reset. Then press “Manual”, HIGH pressure and set to 30 minutes.
4. Let the pressure release naturally or do a quick release.
5. Remove the chicken pieces and shred. Strain the broth and return strained broth to pressure cooker. Add salt, if needed. Press “Saute” and bring the broth to a simmer. Add the bok choy and simmer 2 minutes. Add the spiralized zucchini and cook 2 minutes more.
6. Serve with lime wedges.



## INSTANT POT COQ AU VIN

Prep Time: 20 minutes

Total Time: 45 minutes

Serves: 8

### INGREDIENTS

- ✓ 3 slices pastured bacon, diced
- ✓ 1 Tbsp. butter, ghee, duck fat or coconut oil
- ✓ 1 whole 4 lb. chicken, cut into pieces (breasts, thighs, legs, wings)
- ✓ 2 tsp. sea salt
- ✓ ½ tsp. black pepper
- ✓ ½ pound baby bella mushrooms, quartered
- ✓ 1 cup dry red wine
- ✓ 16 pearl onions, peeled
- ✓ 2 cup organic beef broth
- ✓ 2 bay leaves
- ✓ 2 cloves garlic, chopped
- ✓ 1 tsp. dried thyme
- ✓ 1 Tbsp. tomato paste
- ✓ 1 Tbsp. arrowroot
- ✓ 3 Tbsp. cold water



### INSTRUCTIONS

1. Set the Instant Pot to “Sauté”. Add the bacon and cook until crisp. Add the butter.
2. Season chicken with salt and pepper. Add to the pot and brown on all sides. Transfer to a plate.
3. Add the mushrooms and garlic to the pot. Cook until golden.
4. Pour in the wine and deglaze the pot. Use a wooden spoon to scrape up all of the brown bits from the bottom.
5. Simmer for 5 minutes, then add the tomato paste, beef broth, bay leaves and thyme.
6. Return the chicken to the pot with the pearl onions. Close and lock the lid.
7. Set to “Manual”, “High Pressure” and cook for 15 minutes. Do a quick release.
8. In a small bowl, whisk together the arrowroot and water. Set Instant Pot to “Sauté” and whisk in the arrowroot mixture. Bring to a boil and allow sauce to thicken.
9. Serve with Fauxtatoes or Cauliflower Rice.



# BONUS RECIPES



## PALEO NAAN

Prep Time: 5 minutes | Total Time: 25 minutes | Serves: 8

### INGREDIENTS

- ✓ 6 Tbsp. coconut flour
- ✓ 1/2 tsp. sea salt
- ✓ 2 Tbsp. [Yerba Prima Psyllium Husk Powder](#) (not whole husk)
- ✓ 1 cup boiling water
- ✓ 2 ½ Tbsp. melted coconut oil or ghee
- ✓ 1/4 tsp. baking soda

### INSTRUCTIONS

1. Prepare a baking sheet or counter top with parchment. Prepare a heavy skillet over low heat and add half the oil to melt.
2. In a small bowl, combine the dry ingredients.
3. Pour in the boiling water and mix well to form a thick batter. Let the dough stand for 5 minutes.
4. Divide the dough into 8 balls. Place on parchment paper and flatten to ¼ inch thickness.
5. Increase skillet heat to medium high and add the naan. Fry for 2-3 minutes or to golden, then flip. Continue with remaining dough.



## PALEO PITA

Prep Time: 5 minutes | Total Time: 25 minutes | Serves: 4

### INGREDIENTS

- ✓ 1 Tbsp. coconut flour
- ✓ 1/8 tsp. sea salt
- ✓ 1/4 cup almond flour
- ✓ 1/4 Tbsp. [Yerba Prima Psyllium Husk Powder](#) (optional, helps hold together)
- ✓ 1/4 cup filtered water
- ✓ 1 large pastured eggs
- ✓ 1 Tbsp. organic extra virgin olive oil
- ✓ 1/8 tsp. baking soda

### INSTRUCTIONS

1. Preheat oven to 350 F. Prepare a baking sheet with parchment.
2. In a small bowl, combine the dry ingredients.
3. In a medium bowl, combine the wet ingredients, whisking well.
4. Add dry ingredients to wet and mix using a wooden spoon to form a thick batter.
5. Use a ladle to scoop batter by ¼ cup and pour onto parchment-lined pan in circles.
6. Transfer to oven and bake 17-19 minutes.
7. Let cool on a wire rack, then cut each circle in half and slice a slit to make a pocket.
8. Store cooled pitas in an airtight container.





## PALEO BUNS

Prep Time: 10 minutes | Total Time: 1 hour | Serves: 4

### INGREDIENTS

- ✓ 1/2 tsp. sea salt
- ✓ 1 1/4 cup almond flour
- ✓ 1 Tbsp. [Yerba Prima Psyllium Husk Powder](#) (not whole husk)
- ✓ 2/3 cup filtered boiling water
- ✓ 3 large egg whites
- ✓ 1/4 Tbsp. organic apple cider vinegar
- ✓ 1 tsp. baking soda

### INSTRUCTIONS

1. Preheat oven to 350 F. Prepare a baking sheet with parchment.
2. In a medium bowl, combine the dry ingredients.
3. In a small bowl whisk together the egg whites and apple cider vinegar.
4. Add wet ingredients to dry and mix using a handheld mixer or silicone spatula to form a thick batter.
5. Pour in hot water and quickly mix to incorporate. You will notice the dough becomes more sticky and pliable.
6. Divide into four equal-sized balls and place on prepared sheet. Flatten to roughly 1-inch thickness. The buns will double to triple in size.
7. Sprinkle with flaky sea salt or sesame seeds, if desired.
8. Transfer to oven and bake 40-50 minutes.
9. Let cool on a wire rack and store cooled buns and sub rolls in an airtight container.



## PALEO FOCACCIA

Prep time: 10 mins | Total time: 50 mins | Serves: 12

### INGREDIENTS

- ✓ 7 Tbsp. [Let's Do Organic Creamed Coconut](#) or coconut butter
- ✓ 4 Tbsp. organic virgin coconut oil
- ✓ 1/2 Tbsp. organic dried basil
- ✓ 1/2 tsp. sea salt
- ✓ 3/4 tsp. baking soda
- ✓ 5 large pastured eggs
- ✓ 2 tsp. garlic powder
- ✓ 5 pieces **Mediterranean Organic Sundried Tomatoes**

### INSTRUCTIONS

1. Soften creamed coconut by placing packet in a bowl of warm water. Work with your hands to create a pourable consistency.
2. Preheat oven to 300 F and lightly grease a 9" round cake pan (preferably stoneware).
3. Add eggs, melted coconut oil, creamed coconut, sea salt and baking soda to a blender. Blend until very smooth (no lumps!).
4. Pour batter into a medium mixing bowl and fold in herbs. Pour into greased pan. Top with sliced sun-dried tomatoes.
5. Transfer to oven and bake 40-50 minutes until golden brown and firm. Serve with a dipping oil made with high quality organic extra virgin olive oil, and fresh minced garlic .