Tomato Sauce
Cooking time: 55m – Serves 10

Ingredients

- 2 400g cans whole peeled tomatoes (no salt added
- 4 tbs extra-virgin olive oil
- 1 small onion, chopped
- 4 cloves garlic, crushed
- 1 tsp dried oregano
- ½ cup dry red wine
- 2 medium carrots, cut into 10cm chunks
- ¾ tsp salt
- ½ tsp ground pepper
- ½ cup chopped fresh basil
- 1 tsp sugar (optional)

Method

1. Drain the liquid from 1 can of tomatoes (discard or reserve for another use). Transfer the tomatoes to a medium bowl. Pour the second can of tomatoes (and their juices) into the bowl and break the tomatoes into chunks with a spatula or by hand.
2. Heat 2 tbs oil in a pressure cooker using sauté mode. Add onion, garlic and oregano. Cook, stirring until slightly softened and fragrant, for about 2 minutes.
3. Add wine and bring to a boil. Cook, stirring occasionally, until the wine has mostly evaporated. Turn off the heat.
4. Stir in the tomatoes, carrots, salt and pepper. Close and lock the lid. Cook at high pressure for 20 minutes.
5. Release the pressure. Remove the carrots. Puree the sauce to the desired consistency using an immersion blender or let cool slightly and puree (in batches) in a food processor or blender (use caution when pureeing hot liquids). Return to the pot, if necessary and stir in basil, the remaining 2 tbs oil and sugar (if using).
Cranberry Sauce
Cooking time: 10m   –   Serves 16

Ingredients
- 450g fresh or frozen cranberries
- ¾ cup sugar
- 2pcs of 3” strips orange peel
- ½ cup orange juice
- ½ cup water
- Pinch of salt

Method
1. Combine cranberries, sugar, orange peel, orange juice, water and salt in a pressure cooker. Close and lock the lid. Cook on high pressure for 5 minutes. Let pressure release naturally.

2. Remove the lid and switch to sauté mode. Cook, stirring occasionally, until thickened for about 7 to 10 minutes. Let cool (the sauce will continue to thicken as it cools). Remove the orange peel before serving.

Tip
- Refrigerate for up to 2 weeks.
Mashed Potatoes
Cooking time: 30m - Serves 12

Ingredients
- 1.35kg Yukon Gold potatoes, scrubbed and cut into 3-5cm pieces
- 4 tbs butter, cut into pieces
- 1 tsp salt
- ½ tsp ground pepper
- ½ cup low-fat buttermilk

Method
1. Place a trivet, handles up, in a pressure cooker. Pour in 1 cup of water and add potatoes. Close and lock the lid.
2. Cook at high pressure for 10 minutes. Release the pressure and carefully remove the trivet.
3. Return the potatoes to the pressure cooker and add butter, salt and pepper. Mash with a potato masher until the butter is melted. Add buttermilk and continue mashing until desired consistency.

Holiday Cooking
- Making mashed potato in your pressure cooker frees up valuable room on your stove.
Spaghetti Squash
Cooking time: 20m – Serves 4

Ingredients
- 1 (1.15 - to 1.35kg) spaghetti squash, halved lengthwise and seeded
- ¼ tsp salt
- ¼ tsp pepper

Method
1. Pour 1 cup water into a pressure cooker. Season squash with salt and pepper and place in the pressure-cooker. Close and lock the lid.
2. Cook at high pressure for 7 minutes. Release the pressure and remove the squash from the cooker to cool slightly.
3. When cooled enough to handle, gently scrape out the squash flesh with a fork.
Potato Soup
Cooking time: 40m   –   Serves 5

Ingredients

- 1 tbs butter
- 2 rashers bacon, halved
- ½ onion, chopped
- 2 large potatoes (around 650-700g), peeled and diced
- 2 cups low-salt chicken broth
- ½ cup sour cream
- ½ cup shredded extra-sharp cheddar cheese, divided
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup chopped scallion greens or chives

Method

1. Place butter in a pressure cooker and heat on sauté mode until melted.

2. Add bacon and cook, turning occasionally, until crisp. Place on a paper towel to drain, leaving the butter and bacon drippings in the pot. Add onion to the pressure cooker and cook, stirring, until it softens. Add potatoes and broth. Turn off the heat. Close and lock the lid. Cook at high pressure for 10 minutes.

3. Release the pressure. Puree the soup with an immersion blender until almost smooth, but still a little chunky. The soup can be pureed in a food processor or blender if you don’t have an immersion blender.

4. Add sour cream and stir until smooth. Stir in ¼ cup cheese, salt and pepper. Stir until the cheese has melted. Serve, garnished with the crumbled bacon, the remaining ¼ cup cheese and scallion greens (or chives).
Vegetable Soup
Cooking time: 30m  –  Serves 5

Ingredients
- 2 tbs extra-virgin olive oil
- ½ cup chopped onion
- ½ cup chopped green capsicum
- 2 cloves garlic, minced
- 1½ cups chopped green cabbage
- 1½ cups small cauliflower florets
- 1 cup chopped carrots
- ½ cup green beans cut into 1” pieces
- 4 cups low-sodium vegetable broth
- 1 (397gm) can no salt-added diced tomatoes
- 1 bay leaf
- ½ tsp salt
- 4 cups chopped fresh spinach
- 1 (425gm) can cannellini beans, rinsed
- ¼ cup chopped fresh basil

Method
1. Place 2 tbs oil in a pressure cooker. Heat on sauté mode until hot.
2. Add onion, capsicum and garlic. Cook, stirring often, until starting to soften, about 2 to 3 minutes.
3. Add cabbage, cauliflower, carrots and green beans and continue cooking, stirring often, until starting to soften and for 4 to 6 minutes more.
4. Add broth, tomatoes, bay leaf and salt. Turn off the heat. Close and lock the lid. Cook at high pressure for 5 minutes.
5. Release the pressure. Remove the bay leaf and then stir in spinach, beans and basil. Serve with a drizzle of oil if desired.

Flavour Tip
- Top it with a little Parmesan cheese or pesto to add even more flavour.
Split PEA & HAM Soup - Freezer Pack
Cooking time: 1.25 Hours – Serves 8

Ingredients

- 2 medium carrots, sliced (about ¾ cup)
- 2 stalks celery, diced
- 1 large onion, chopped
- 3 garlic cloves, minced
- ¼ tsp ground pepper
- ¼ tsp salt
- 115g ham, diced
- 1¼ cup dry split peas
- 3 cup low-sodium chicken broth
- 3 cup water
- Splash of wine or sherry vinegar (optional)

Method

- Prepare and freeze all the ingredients and it will be ready to cook and serve any night of the week.

1. To prepare and freeze: Combine carrots, celery, onion, garlic, pepper and salt in a 2L round, freezer-safe container. Layer the ham on top, then the split peas. Seal and freeze until ready to use (up to 3 months).

TIP: Freezing the ingredients in a round container creates the perfect fit for an easy transfer into your pressure cooker without having to thaw first.

2. To cook: Let the soup mix stand at room temperature for 10 minutes.

3. Invert the frozen soup mixture into a pressure cooker (the split peas should be at the bottom of the pot). Add broth and water, lock lid in place and cook at high pressure for 30 minutes. Allow the pressure to release naturally.

4. Stir in the vinegar, if using. Serve immediately.
Chicken Enchilada Soup
Cooking time: 45m – Serves 6

Ingredients

- 1 tbs olive oil
- 1 medium onion, chopped
- 1 large chili pepper, seeded and chopped
- 450g skinless chicken breast or thigh, cut into 1cm pieces
- 3 cloves garlic, minced
- 2 tbs chilli powder
- 1 tsp salt
- 4 cups low-salt chicken broth
- 1 (425g) can low sodium black beans, rinsed
- 1 (400g) can no-salt added fire-roasted diced tomatoes
- Juice of 1 lime
- ½ cup fresh parsley, plus more to garnish
- ¾ cup shredded Mexican-style cheese blend
- Tortilla chips to garnish

Method

1. Heat oil on high heat using the sauté function. Add onion, chili, chicken, garlic, chilli powder and salt. Cook, stirring occasionally, until the vegetables have softened and the chicken is no longer pink on the outside, for about 5 minutes.
2. Turn off the heat. Stir in broth, beans and tomatoes. Close and lock the lid. Cook at high pressure for 10 minutes.
3. Release the pressure carefully. Stir in lime juice and parsley. Top each serving with 2 tbs cheese and more parsley if desired. Garnish with tortilla chips.
**Chicken & Rice**

Cooking time: 1.25 Hours – Serves 4

**Ingredients**

- 2 tbs extra-virgin olive oil
- 1 cup chopped red capsicum
- 1 cup chopped onion
- 1 tbs chilli powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- ¾ tsp salt
- 450g chicken thighs, trimmed and cut into 2cm pieces
- 1 cup long grain brown rice
- ¾ cup low-salt chicken broth
- ½ cup tomato sauce
- 1 cup frozen green peas
- ¼ cup chopped fresh parsley
- ¼ cup sour cream
- 4 lime wedges for serving

**Method**

1. Heat oil on sauté mode in a pressure cooker. Add capsicum, onion, chilli powder, cumin, oregano and salt. Cook, stirring often, until the vegetables have softened, about 5 minutes.
2. Turn off the heat. Stir in chicken, rice, broth and tomato sauce.
3. Close and lock the lid. Cook at high pressure for 35 minutes.
4. Release the pressure. Stir in peas, replace the cover and let stand for 5 minutes.
5. Serve topped with parsley and sour cream with a lime wedge.
**Budhha Bowl**

Cooking time: 40m  –  Serves 4

**Ingredients**

- 4 tbs extra-virgin olive oil, divided
- 1 large sweet potato, peeled and cut into 3cm pieces
- 1 cup quinoa, preferably red
- 2 tbs harissa or hot sauce, divided
- 1 large clove garlic, minced
- ½ tsp salt
- 4 cups chopped kale
- 2 cups water
- 1 tbs lime juice
- 1 can (400g) chickpeas, rinsed, warmed if desired
- ¼ cup sliced scallions
- ¼ cup chopped unsalted pistachios

**Method**

1. Heat 2 tbs oil on sauté mode in the electric pressure cooker. Add sweet potato, quinoa, 1 tbs harissa (or hot sauce), garlic and salt. Cook, stirring, until the garlic is fragrant.

2. Turn off the heat. Stir in kale and water. Close and lock the lid. Cook at high pressure for 8 minutes.

3. Release the pressure. Remove the lid and let stand for 5 minutes.

4. Meanwhile, combine the remaining 2 tbs oil, the remaining 1 tbs harissa (or hot sauce) and lime juice in a small bowl.

5. Divide the quinoa mixture among 4 bowls. Top each portion with chickpeas, scallion and pistachios. Drizzle with the sauce.
Chicken Tikka Masala
Cooking time: 50m – Serves 4

Ingredients
- 1 ½ tsp garam masala
- 1 tsp salt
- 1 tsp paprika
- 1 tsp cumin
- ¼ tsp ground turmeric
- ¼ tsp cayenne pepper
- 2 skinless chicken breasts, cut diagonally into thirds
- 2 tbs avocado oil
- 1 medium carrot, finely chopped
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 tbs minced fresh ginger
- 1 can crushed tomatoes
- ¼ cup heavy cream
- ¼ cup chopped fresh parsley
- 2 cups cooked brown rice

Method
1. Combine garam masala, salt, paprika, cumin, turmeric and cayenne in a small bowl. Rub chicken with half of the spice mixture.
2. Heat 1 tbs oil on sauté mode in a pressure cooker. Add the chicken and cook, turning once, until it starts to brown on both sides, about 2 minutes per side.
3. Transfer the chicken to a plate. Add the remaining oil, carrot, onion, garlic and ginger. Cook, stirring, until fragrant and it begins to soften (about 2 to 3 minutes). Stir in crushed tomatoes and the remaining spice mixture.
4. Turn off the heat. Place the chicken on top of the tomato mixture. Close and lock the lid and cook at high pressure for 10 minutes.
5. Release the pressure manually. Remove the chicken from the pot. Stir cream into the sauce. When cooled, cut or tear the chicken into smaller pieces and return to the sauce. Sprinkle with parsley and serve with brown rice.
## Chicken, Potatoes & Peppers

**Cooking time: 50m  –  Serves 4**

### Ingredients

- 250g boneless, skinless chicken thighs, trimmed
- 1 tsp smoked paprika
- 1 tsp dried rosemary
- ¾ tsp salt, divided
- ¼ tsp ground pepper
- 2 tbs extra-virgin olive oil
- 1 red capsicum, sliced
- 2 cloves garlic, sliced
- ½ cup low-sodium chicken broth
- 250g baby potatoes, scrubbed
- 2 tsp sherry vinegar or red-wine vinegar
- 1 scallion, thinly sliced

### Method

1. Sprinkle chicken with paprika, rosemary, ½ tsp salt and pepper. Heat oil on sauté mode in a pressure cooker. Work in batches.

2. Add the chicken and cook, turning once, until lightly browned on both sides, about 2 to 3 minutes per side. Transfer the chicken to a plate.

3. Add capsicum and garlic to the pot and cook, stir, until fragrant and it begins to soften (about 2 minutes).

4. Turn off the heat. Add broth and potatoes. Place the chicken on top of the potatoes. Close and lock the lid. Cook at high pressure for 8 minutes.

5. Release the pressure. Stir in vinegar and the remaining ¼ tsp salt. Serve topped with scallion.