



20 Instant Pot Dorm Room Recipes

easy recipes + shopping lists for college students



Taco Casserole

Ingredients

- 1 lb ground beef
- 2 tbsp olive oil
- 1/2 onion diced
- 1.5 tsp seasoned salt I use Lawry's (if using 1 taco seasoning packet then skip these seasonings and just add that)
- 1.5 garlic salt
- 1-2 tsp chili powder depending on spice level
- 14.5 diced tomatoes petite diced is best
- 8 oz tomato sauce
- 1 3/4 c beef broth
- 2 c noodles small, we used rotini
- 1.5-2 c cheese Mexican blend shredded is best
- 1/2 c sour cream optional

Instructions

1. Put your Instant Pot on saute and add your olive oil, ground beef, spices (or taco seasoning packet) and diced onions. Brown meat until pink is gone. Turn pressure cooker off. Can drain if you desire, or not.
2. Pour in tomato sauce, diced tomatoes, and beef broth, do not stir.
3. Pour in uncooked noodles and gently press down so they are submerged into the liquid, do not stir.
4. Put lid on Instant Pot and close steam valve.
5. Set to pressure high for 3 minutes.
6. Do a quick release.
7. Sprinkle 1.5 c cheese on top and put lid back on to warm cheese and allow to melt for at least 5 minutes, 10 is better to allow sauce to thicken as well.
8. Serve with a dollop of sour cream on top or put 1/2 c. sour cream into pot and stir for a creamy taco casserole style meal! Will thicken more upon standing.

Shopping List

1 pound ground beef

14.5 oz. can diced tomatoes

Olive oil

8 oz. can tomato sauce

1 Onion

16 oz. small noodles

Spaghetti

Ingredients

- 1 lb ground beef or leave out if you wish
- 1/4 c onion diced
- 1 tsp garlic minced
- 1 jar spaghetti sauce (24 oz)
- 2 c water
- 8 oz spaghetti noodles
- 2 tbsp olive oil
- 1 tsp salt optional, to taste

Instructions

1. Put Instant Pot on saute.
2. Add olive oil, onions, and garlic and cook until onions are softened a bit.
3. Add ground beef and cook until pink is gone. Drain grease or leave in, your choice.
4. Turn IP or pressure cooker to manual, high pressure.
5. Add jar of spaghetti sauce, water, break noodles into 3rds and push noodles into liquid until they are covered. (do not stir)
6. Secure lid, close steam valve and set to 10 minutes (if you want more al dente set for a bit less time).
7. Quick release when it beeps, stir and serve. Done!
8. ** Do not recommend doubling this recipe as it will not turn out properly. Make two batches separately if you want more.

Shopping list

1 box spaghetti noodles

1 pound ground beef

Olive oil

1 Onion

Chicken legs

Ingredients

- 8 chicken legs medium size legs
- 1 can enchilada sauce we prefer mild, 28 oz. can
- 1/2 onion

Instructions

1. Spray the inside of your Instant Pot with non stick spray and pour half your can of enchilada sauce inside.
2. Put 4 legs down staggering them so they aren't overlapping.
3. Make a second row of drumsticks trying not to overlap them.
4. Cut onion into large pieces and put on top of chicken.
5. Pour remainder of enchilada sauce over everything and put lid on your pressure cooker, close steam valve too.
6. Set to pressure high for 10 minutes.
7. Allow to naturally release pressure for 5-10 minutes. 10 is ideal if you have time to do that but will make them fall off the bone so if you want them a bit more in tact then do 5 minutes.
8. Serve....or if you want to crisp the outside a bit put them on a baking sheet and under your broiler on high for 3-4 minutes until they brown on the top, pour some more sauce on top when serving, and then enjoy!

* Can substitute 1 bottle bbq sauce + 3/4 c. water for can of enchilada sauce if you prefer.

Shopping list

8 chicken legs

28 oz. can enchilada sauce

OR.....

1 bottle bbq sauce (not honey style)

1 onion - optional

How to Cook Frozen Meatballs - Snack

Ingredients

- 24 oz frozen meatballs
- 1/3 c orange marmelade jam
- 1/4 c brown sugar
- 1/2 c apple cider vinegar
- 1/2 c barbecue sauce we chose sweet and spicy, try to avoid just honey style as it may trigger burn message
- 1/2 c water
- 1-3 tbsp Sriracha optional, for heat

Instructions

1. Combine sauce ingredients into a bowl and mix.
2. Add half into pressure cooker, then frozen meatballs, then remaining sauce.
3. Gently toss meatballs so they are all coated.
4. Close lid and steam valve and set to manual, high, for 6 minutes.
5. Do a quick release and serve with toothpicks on the side to lift them out, great appetizer.

Shopping list

1 bag frozen meatballs

1 bottle bbq sauce - not honey style

1 jar orange marmelade

Brown sugar

Apple cider vinegar

Instant Pot Taco Soup

Ingredients

- 1 lb ground beef or ground turkey
- 1 c onion diced
- 1 can kidney beans drained
- 1 can pinto beans drained
- 1 c canned or frozen corn
- 1 can stewed tomatoes
- 1 can petite diced tomatoes
- 1 can diced chiles 4 oz.
- 1 can sliced olives 2.25 oz.
- 2 tbsp taco seasoning
- 1 tbsp ranch dressing seasoning
- 1 can tomato sauce 8 oz
- 1 c sour cream for a topping
- 2 tbsp olive oil
- 1 avocado (topping if desired)

Instructions

1. Put your Instant Pot on saute and start to brown your ground beef.
2. Add your olive oil, onions, taco seasoning, powdered ranch dressing mix, to your ground beef.
3. Continue to brown until no pink remains and onions have become a bit softened.
4. Drain both cans of beans and add into your IP with all other ingredients except the sour cream.
5. Stir together.
6. Put lid on IP and set to manual, pressure, high, for 6 minutes (can do longer if you want beans to be really soft - up to 10 min).
7. Close steam valve. When done carefully do a slow release on steam valve and then carefully lift lid.
8. Stir and serve topped with sour cream, avocado, and a side of tortilla chips!

Shopping list

1 pound ground beef

1 onion

1 can kidney beans

1 can pinto beans

1 cup corn

1 can stewed tomatoes

1 can diced tomatoes

1 can chiles - optional

1 can olives

1 taco season packet

1 small can tomato sauce

6

Instant Pot Cream

Cheese Chicken Casserole

Ingredients

- 2 lbs chicken thighs boneless skinless, cubed - can use chicken breasts if preferred
- 8 oz cream cheese softened, room temp.
- 3 strips bacon diced
- 3 tbsp olive oil
- 1 packet ranch seasoning dry mix in packet
- 2 c chicken broth
- 5 c egg noodles use measuring cup to measure 5 cups uncooked into pot
- 1/2 c peas frozen, optional
- 1/2 onion diced, optional

Instructions

1. Set Instant Pot to saute and add olive oil and bacon.
2. Cook for a few minutes until bacon is consistently sizzling and almost done. (add onion now if you want to add it)
3. Add cubed chicken thigh pieces and cook until outsides of chicken are no longer pink. Turn Instant Pot off/cancel so it can cool a bit before turning it to high pressure. Scrape remaining bits of meat off bottom of pot.
4. Sprinkle ranch seasoning packet on top of bacon and chicken and mix gently.
5. Cut softened cream cheese into clumps and put on top of chicken mixture, followed by 1/2 cup of chicken broth.
6. Close lid and steam valve and set to high pressure for 5 minutes.
7. Do a quick release, stir contents gently allowing cream cheese bits to become creamy and no longer clumped up.
8. Add your frozen peas, then 5 measuring cups full of uncooked small egg noodles, and then your remaining 1.5 c. of chicken broth on top of your noodles.
9. Gently stir just a bit.
10. Close lid and steam valve and set to high pressure for 3 minutes.
11. Do a quick release, stir and serve!!
12. If you want sauce a bit thicker turn IP to saute again to have liquid bubble for 1-2 minutes and stir gently while bubbling. Allow to sit and the longer it sits the thicker it will get.

Shopping list

6 chicken thighs or 3 breasts

Chicken broth

1 block cream cheese

Egg noodles

Olive oil

Onion

1 ranch season packet

bacon/peas optional

Lasagna Casserole

Ingredients

- 2 c water
- 2 c pasta uncooked, we use Barilla penne pasta
- 1 c ricotta cheese we use Galbani
- 2 c mozzarella cheese we use Galbani with whole milk
- 1 jar spaghetti sauce 25.5 oz., we use Barilla Traditional
- 1 tsp garlic salt
- 1/2 tsp basil
- 1/4 tsp white pepper
- 1 lb ground beef
- 2 tbsp olive oil
- 1 small onion diced
- 1 can diced tomatoes optional, makes the casserole chunkier

Instructions

1. Set your Instant Pot to saute. If using a pressure cooker just brown ground beef on stovetop and follow directions below once beef and onions are done.
2. Add your olive oil and ground beef and cook until about 3/4 of the way done or until there is just a little bit of pink. Drain grease.
3. Put back into Instant Pot for a few minutes with onions and spices and allow to cook just until beef is done and onions soften just a bit.
4. Turn Instant Pot off. Make sure ground beef mixture is spread evenly on the bottom of your pot.
5. Add spaghetti sauce on top evenly, then water, then uncooked noodles. Do NOT stir.
6. Gently push down noodles so they are submerged.
7. Put lid on and set to manual, pressure, high, for 5 minutes.
8. Do a slow release (move steam valve just slightly so steam comes out slowly).
9. You can stir in 1/2 c. ricotta cheese and 1.5 c. mozzarella cheese at this time or just the mozzarella and top with a dollop of ricotta, your choice. Stir until cheese is melted and ooey gooey.
10. Serve in bowls with a dollop of ricotta and mozzarella on top if desired too.

Shopping list

1 box small noodles

1 pound ground beef

1 container ricotta cheese

1 onion

mozzarella cheese

1 can diced tomatoes

1 jar spaghetti sauce

garlic salt/basil/pepper

Instant Pot Rice Pudding

Ingredients

- 1 c uncooked rice
- 1/2 c sugar
- 1 c water
- 1.5 tbsp butter
- 2 c milk 2% or whole is best
- 1 egg
- 1/4 c evaporated milk
- 1/2 tsp vanilla
- 1/2 tsp almond extract - optional
- pinch of nutmeg - optional
- pinch of cinnamon - optional

Instructions

1. Put Instant Pot on saute and add butter until melted.
2. Add rice and stir so rice is coated.
3. Add milk, water, vanilla, cinnamon, almond extract if desired and sugar. Stir until combined.
4. Put lid on IP and close steam valve.
5. Set to manual, pressure, high, for 14 minutes (if you like your rice more turgid set it for 12).
6. When done do a slow release on the steam valve and carefully lift lid. (it will not look done, that is okay)
7. In a small bowl whisk egg and evaporated milk together.
8. Spoon a spoonful of rice pudding mixture into egg mixture and stir, add another warm spoonful of rice mixture and stir.
9. Then add bowl full of egg mixture into your IP or pressure cooker and set to saute.
10. Allow to get hot enough where it bubbles for about 30-60 seconds, stir slowly when it starts to bubble so it doesn't stick to bottom.
11. It will begin to thicken. Serve warm or chilled, top with cinnamon or nutmeg.

Shopping list

White rice

Sugar

Butter

Milk - not non fat

Egg

1 can evaporated milk

Vanilla extract

Cinnamon