Easy Everyday Instant Pot Mediterranean Recipes

Minestrone Soup

Serves 8 | Prep. time 10 minutes | Cooking time 8–10 minutes

Ingredients
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 carrot, diced
- 1 cup green beans, cut into ½-inch pieces
- 2 stalks celery, sliced thinly
- 2 tablespoons olive oil
- 4 tomatoes, chopped
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 (14-ounce) can crushed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1½ quarts chicken broth
- 1 cup elbow pasta
- 1 (15-ounce) can kidney beans
- 1 cup parmesan cheese, grated

Directions
1. Open the top lid of your Instant Pot and press SAUTÉ.
2. Add the olive oil to the pot and heat it.
3. Add the onions and stir-cook until soft and translucent.
4. Add remaining ingredients except for the parmesan. Stir to combine with a wooden spatula.
5. Close the lid and make sure that the valve is sealed properly.
6. Press MANUAL and set timer to 5 minutes.
7. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
8. When the timer reads zero, press NPR for natural pressure release. It will take 8–10 minutes to release the pressure.
9. Open the lid and take out the prepared recipe. Serve warm with the parmesan cheese on top.

Nutrition (per serving)
Calories 226, fat 7 g, carbs 36 g, protein 14 g, sodium 1221 mg

Chicken Lemon Rotisserie

Serves 6 | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients
- 1 (2½-pound) whole chicken
- 1½ teaspoons salt
- 1 teaspoon garlic powder
- 1 lemon, cut into 4 wedges
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 cup chicken broth
- ½ teaspoon pepper

Directions
1. Stuff the lemon wedges into the chicken cavity.
2. Combine the olive oil, pepper, salt, garlic powder and paprika in a mixing bowl. Rub the top of the chicken with half of this spice mixture.
3. Open the top lid of your Instant Pot and press SAUTÉ.
4. Add the chicken to the pot breast side down; stir-cook for 3–4 minutes.
5. Rub the bottom of chicken the with the remaining spice mixture.
6. Flip the chicken and cook for 1 more minute. Take out the chicken.
7. Arrange the trivet inside and place the chicken on it breast side down.
8. Close the lid and make sure that the valve is sealed properly.
9. Press MANUAL and set timer to 20 minutes.
10. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
11. When the timer reads zero, press NPR for natural pressure release. It will take 8–10 minutes to release the pressure.
12. Open the lid and take out the prepared recipe. Serve warm.

Nutrition (per serving)
Calories 284, fat 18.5 g, carbs 3 g, protein 25.5 g, sodium 853 mg

Cacciatore Black Olive Chicken

Serves 4–6 | Prep. time 10 minutes | Cooking time 15 minutes

Ingredients
- 6–8 bone-in chicken drumsticks or mixed drumsticks and thighs
- 1 cup chicken stock
- 1 bay leaf
- ½ cup black olives, pitted
- 1 medium yellow onion, roughly chopped
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 (28-ounce) can stewed tomato puree

Directions
1. Open the top lid of your Instant Pot.
2. Add the stock, bay leaf and salt; stir to combine with a wooden spatula.
3. Add the chicken, tomato puree, onion, garlic powder and oregano; stir again.
4. Close the lid and make sure that the valve is sealed properly.
5. Press MANUAL and set timer to 15 minutes.
6. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
7. When the timer reads zero, press NPR for natural pressure release. It will take 8–10 minutes to release the pressure.
8. Open the lid and remove the bay leaf.
9. Serve warm with the black olives on top.

Nutrition (per serving)
Calories 309, fat 16.5 g, carbs 9 g, protein 30.5 g, sodium 833 mg

Beef Red Wine Stew

Serves 4–5 | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients
- 1 tablespoon extra-virgin olive oil
- 1½ pounds stew beef, cut into bite sized pieces
- 1½ cups water
- 1½ cups red wine
- ½ teaspoon sage
- 1 teaspoon thyme
- ½ teaspoon salt
- 1 teaspoon pepper
- 1 red pepper, chopped
- 2 zucchinis, sliced thin
- 4 small potatoes or 2 large potatoes, cubed
- 10 ounces mushrooms

Directions
1. Open the top lid of your Instant Pot and press SAUTÉ.
2. Add the olive oil to the pot and heat it.
3. Add the beef pieces; stir-cook on each side to evenly brown.
4. Add the rest of ingredients. Stir well.
5. Close the lid and make sure that the valve is sealed properly.
6. Press MANUAL and set timer to 20 minutes.
7. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
8. When the timer reads zero, press QPR for quick pressure release.
9. Open the lid and take out the prepared recipe.
10. Serve warm.

Nutrition (per serving)
Calories 384, fat 11 g, carbs 9 g, protein 32 g, sodium 417 mg

Classic Salmon Asparagus

Serves 4 | Prep. time 10 minutes | Cooking time 4 minutes

Ingredients
- 1 pound Alaskan salmon, cut into 4 fillets
- 1 cup water
- Salt and pepper to taste

Asparagus:
- 1 cup cold water
- 1 pound asparagus
- Salt and pepper to taste

Directions
Salmon:
1. Open the top lid of your Instant Pot.
2. Add the water to the cooking pot; arrange the trivet/steamer basket.
3. Place the salmon fillets on the steamer basket/trivet. Season to taste with salt and pepper.
4. Close the lid and make sure that the valve is sealed properly.
5. Press MANUAL and set timer to 3 minutes.
6. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
7. When the timer reads zero, press QPR for quick pressure release.
8. Open the lid and transfer the salmon to a serving plate.

Asparagus:
1. Add the cold water to the cooking pot; arrange the trivet/steamer basket.
2. Place the asparagus on the steamer basket/trivet. Season to taste with salt and pepper.
3. Close the lid and make sure that the valve is sealed properly.
4. Press MANUAL and set timer to 1 minute.
5. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
6. When the timer reads zero, press QPR for quick pressure release.
7. Open the lid and arrange the asparagus around the salmon. Season to taste with salt and pepper. Serve warm.

Nutrition (per serving)
Calories 183, fat 8 g, carbs 5 g,
protein 24 g, sodium 58 mg

Lentil Whole Wheat Burgers

Serves 4 | Prep. time 10 minutes | Cooking time 35 minutes

Ingredients
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 cup dry brown lentils
- 1 yellow onion, diced
- 1 medium carrot, diced
- 2½ cups water
- 2 tablespoons blackstrap molasses
- 3 tablespoons apple cider vinegar
- 2 tablespoons applesauce
- 1 (6-ounce) can tomato paste
- 1½ teaspoons onion powder
- 1½ teaspoons garlic powder
- 1 teaspoon mustard
- ½ teaspoon paprika
- Dash of ground cayenne
- 1 teaspoon salt
- ½ teaspoon pepper
- 4 whole wheat hamburger buns
- <u>Optional toppings:</u> lettuce, avocado, red cabbage, red onion, mustard and ketchup

Directions
1. Open the top lid of your Instant Pot and press SAUTÉ.
2. Add the olive oil to the pot and heat it.
3. Add the onions and stir-cook for 4–5 minutes until soft and translucent.
4. Add the garlic; stir-cook for 1–2 minutes until fragrant.
5. Add the carrot; stir-cook for 7–8 minutes until tender.
6. Add the other ingredients except for the buns and toppings. Stir to combine.
7. Close the lid and make sure that the valve is sealed properly.
8. Press MANUAL and set timer to 20 minutes.
9. The Instant Pot will start building pressure; allow the mixture to cook for the set time.
10. When the timer reads zero, press QPR for quick pressure release.
11. Open the lid and take out the prepared recipe.
12. Add the mixture over the buns and add toppings to make burgers. Serve warm.

Nutrition (per serving)
Calories 259, fat 3.5 g, carbs 26 g, protein 11 g, sodium 682 mg

These recipes and more are found in Madison Miller's *Effortless Mediterranean Diet Instant Pot Cookbook: Easy Everyday Pressure Cooker Mediterranean Recipes for a Healthy Lifestyle*. To get your copy, click on the cover below or click [here](#).