

Suggestions for adjusting recipes and instructions for microwaves with wattages over 900W.
 For recipes with a timing range, choose the lowest number in the range. For example, with a range of 12-15 minutes, microwave for 12 minutes.
 For recipes with an exact number of minutes, the indicated timing should still be a good guide.
 Results will vary based on wattage and on the individual microwaves themselves.



Microwave Pressure Cooker

Use this handy guide to reference cooking times for many staples. Every microwave is a little different so you may need to make adjustments as you make your favorites again and again.

	FOOD	QUANTITY & BASIC INSTRUCTION	TIMING (based on 900 watt microwave)	LIQUID
BEANS, PASTA & RICE	Arborio rice	1 cup; rinsed	12-20 minutes	2¼ cup
	Dried beans	12-16 oz./350-455 g; soak overnight	30 minutes	max fill line
	Lentils	1½ cups; rinsed	18-25 minutes	2 cups
	Pasta, elbow or bowtie	8 oz./225 g	10-20 minutes*	3-4 cups
	Quinoa	1 cup; rinsed	10-15 minutes	2½ cup
	White rice converted, parboiled	2 cups	15 minutes	3½ cups
BEEF	Beef short ribs	2 lbs./1 kg	30 minutes	3-4 cups
	Chuck roast	1½-2 lbs./680 g-1 kg	25-30 minutes	2-3 cups
	Eye round or rump roast	3 lbs./1.3 kg; trim as necessary to fully submerge	15-30 minutes depending on size of the cut*	3 cups
	Flank steak	1½-2 lbs./680 g-1 kg	30 minutes	2-3 cups
	Ground beef	1 lb./455 g	10-15 minutes	2 cups
FRUIT & VEGETABLES	Artichoke	1; trimmed	12-18 minutes	4-6 cups; until food fully submerged
	Beets	2-3; peeled & thick slice	10 minutes	2-3 cups; until food fully submerged
	Butternut squash	1 each; peeled & large chunks	15-20 minutes	4-5 cups
	Carrots	4-5; peeled & cut into 2"/5 cm pieces	5-10 minutes	until food fully submerged
	Corn on the cob	4 ears; shucked	8-10 minutes	1 cup; until food fully submerged
	Pears	2; peeled & halved	10 minutes	1-2 cups
	Red potatoes	1-2 lbs./455 g-1 kg ; unpeeled, medium, whole	15-25 minutes*	3-4 cups
	Russet potatoes	4-5; peeled	15-25 minutes	2-3 cups
Sweet potatoes	3-4; peeled	15-20 minutes	3-4 cups	
PORK	Ground pork	1 lb./455 g	10-15 minutes	2 cups
	Pork butt	2-3 lbs./1-1.3 kg; boneless, cut in half	30 minutes	2-4 cups
	Pork loin	3-4 lbs./1.3-1.8 kg	12-18 minutes	3-4 cups
	Pork tenderloin	2-3 lbs./1-1.3 kg	10-15 minutes	2-3 cups
	Sausage links	4-5 links	10-15 minutes	2-3 cups
POULTRY	Chicken breasts	2 lbs./1 kg; boneless, skinless	12-20 minutes	2-3 cups
	Chicken, whole	3-4 lbs./1.3-1.8 kg	20-30 minutes	3-4 cups; until food fully submerged
	Chicken thighs	2 lbs./1 kg, boneless	10-15 minutes	until food fully submerged
	Chicken wings	1 lb./455 g; to make crispy; broil in oven afterwards	10-15 minutes	until food fully submerged
	Ground chicken & turkey	1 lb./455 g	10-15 minutes	2 cups
	Turkey breast	3½ lbs./1.6 kg; boneless	15-20 minutes	3-4 cups
	Salmon	2 6-oz./175 g filets	6-10 minutes	1-2 cups; until food fully submerged

FOOD NEEDS TO BE SUBMERGED IN LIQUID; BOTH FOOD AND LIQUID SHOULD NOT EXCEED THE MAX FILL LINE

*depending on desired doneness