

# PRESSURE COOKER MEAT COOK TIME CHEAT SHEET



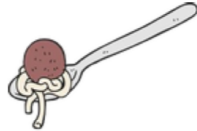
## Beef Ribs

20-25 min



## Meatballs (Beef)

3 min



## Stew Meat/Roast

20 min/lb



## Ham Slices

9-12 min



## Whole Chicken

8 min/lb



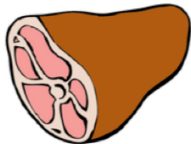
## Chicken Breasts

6-8 min



## Ham Shoulder

8 min/lb



## Pork Butt

15 min/lb



## Pork Loin

20 min/lb



## Pork Ribs

15-20 min



## Turkey Breast (Boneless)

7-9 min



## Turkey Breast (whole)

25-25 min



## Turkey Leg

15-20 min



## Shrimp

1-3 min



## Whole Crab

2-3 min



## Lobster

2-3 min



## Fish Fillet

2-3 min



## Whole Fish

4-5 min

