5 Night One Pot Instant Pot Dinner Plan

Five simple dinners, one pot, no extra pans. Print it and stick it on the fridge.

Day	Dinner	Pressure Cook Time
Monday	Beef Stew with Carrots and Potatoes	About 35 minutes
Tuesday	Chicken and Rice	About 10 minutes
Wednesday	Lentil Soup	About 15 minutes
Thursday	Pulled Pork	About 60 minutes
Friday	Beef and Bean Chili	About 20 minutes

Cook times are pressure cook times. Allow extra time for the pot to come up to pressure and to release pressure. Use natural release for meat and quick release for vegetables and pasta. Check that meat is cooked through before serving.