

Top 80 Keto Pressure Cooker Recipes

Ellen Branson

All rights Reserved. No part of this publication or the information in it may be quoted from or reproduced in any form by means such as printing, scanning, photocopying or otherwise without prior written permission of the copyright holder.

Disclaimer and Terms of Use: Effort has been made to ensure that the information in this book is accurate and complete, however, the author and the publisher do not warrant the accuracy of the information, text and graphics contained within the book due to the rapidly changing nature of science, research, known and unknown facts and internet. The Author and the publisher do not hold any responsibility for errors, omissions or contrary interpretation of the subject matter herein. This book is presented solely for motivational and informational purposes only.

Contents

Introduction: Why Do You Need This Book?	1
Keto Diet Basics	2
What is the Ketogenic Diet?.....	2
Foods to Eat	2
Foods to Avoid.....	2
Benefits of Keto Diet - Is it for Everyone?.....	2
Pressure cooker (for ex. Instant Pot)	4
What is Instant Pot?.....	4
How to Use it?.....	4
Benefits of Using Instant Pot/ Pressure Cooker	5
Breakfast Recipes	7
Coconut Porridge.....	8
Bacon & Egg Cups.....	10
Veggie Muffins.....	12
Scallion Omelet.....	14
Mushroom Omelet.....	16
Ingredients:.....	16
Chiles Quiche.....	18
Spinach Quiche.....	20
Bacon & Kale Casserole.....	22
Sweet Potato Casserole.....	24
Veggie Casserole.....	26
Starter & Snack Recipes	29
Scotch Eggs.....	30
Bacon Wrapped Asparagus.....	32

Top 80 Keto Pressure Cooker recipes

Buffalo Chicken Dip	34
Boiled Peanuts.....	36
Roasted Pecans.....	38
Soup Recipes.....	41
Onion Soup	42
Pumpkin Soup.....	44
Broccoli Soup.....	46
Carrot Soup	48
Cauliflower Soup	50
Bacon & Veggie Soup	52
Cheeseburger Soup.....	54
Chicken Soup	56
Creamy Chicken Soup.....	58
Meatballs Soup.....	60
Meat Recipes	63
Shredded Chuck Roast.....	64
Braised Chuck Roast	66
Beef Short Ribs	68
Beef Curry.....	70
Beef with Mushroom Sauce	72
Beef with Broccoli.....	74
Beef with Bell Peppers.....	76
Ground Beef Curry	78
Meatballs in Gravy.....	80
Herbed Meatloaf.....	82
BBQ Pork Ribs	84
Pork Chops.....	86

Leg of Lamb.....	88
Lamb Shanks.....	90
Lamb Curry	92
Seafood Recipes	95
Steamed Salmon	96
Feta Salmon.....	98
Cod with Tomatoes	100
Fish Curry.....	102
Shrimp Curry.....	104
Creamy Shrimp	106
Creamy Lobster	108
Lemony Mussels	110
Mussels in Tomato Gravy.....	112
Buttered Crab Legs	114
Vegetarian Recipes	117
Beet Salad	118
Creamy Cauliflower Rice.....	120
Cheesy Zucchini Noodles	122
Buttered Asparagus	124
Buttered Brussels Sprout.....	126
Garlicky Broccoli.....	128
Feta Green Beans	130
Cheesy Cauliflower.....	132
Creamy Mushrooms.....	134
Spinach with Cottage Cheese	136
Spiced Kale.....	138
Zucchini with Tomatoes	140

Top 80 Keto Pressure Cooker recipes

Mixed Greens Curry.....	142
Eggplant Curry.....	144
Mixed Veggies.....	146
Poultry Recipes	149
Roasted Cornish Hens.....	150
Roasted Chicken.....	152
Stuffed Chicken Breast.....	154
BBQ Chicken Thighs.....	156
Chicken Legs.....	158
Butter Chicken.....	160
Chicken Curry.....	162
Cheesy Chicken.....	164
Roasted Duck.....	166
Roasted Quails.....	168
Dessert Recipes	171
Yogurt Custard.....	172
Chocolate Mousse.....	174
Crème Brûlée.....	176
Lemon Cheesecake.....	178
Chocolate Cakes.....	180
Conclusion	183

Your Free Gift

I wanted to show my appreciation that you support my work, so I've put together a free gift for you:

[Get 10 more Keto recipes for your pressure cooker](#)

Just visit the link above to download it

I am sure you will love it!

Thank you!

Ellen Branson

Introduction: Why Do You Need This Book?

This cookbook contains all the recipes that can be cooked in the pressure cooker and are ketogenic as well. Diet that comprises low carbohydrates, adequate protein, and high amounts of fat is referred to as the ketogenic diet. It is much easier to grab and eat ready-made food rather than cook food all from scratch. Our health has been badly influenced by our busy life schedules. For this reason, people try to find convenient and easier ways to stay healthy and eat healthy. The solution to all these problems is this cookbook, which has all these ketogenic recipes cooked in an Instant Pot. I will discuss the details about the ketogenic diet and the specialty of the Instant Pot in this cookbook.

Keto Diet Basics

What is the Ketogenic Diet?

The ketogenic diet plays an essential role in the field of medicine as it is used to treat epilepsy in children. High carb intake leads to the production of glucose and insulin. They compel the body to utilize glucose as a central form of energy, which causes the fats to be stored in the body. In this case, the diet has very little carbohydrate, fat is converted into fatty acids, and ketone bodies by the liver. The ketone bodies serve the function of passing into the brain and substituting glucose as an energy source.

Foods to Eat

- Leafy Green foods like spinach, etc.
- Dairy products like cheese, butter, etc.
- Fruits like raspberries, etc.

Foods to Avoid

- Grains like corn, rice, etc.
- Sugary foods like honey, etc.

Benefits of Keto Diet - Is it for Everyone?

The ketogenic diet is full of benefits, which are listed below.

1. Increases Mental Focus

On lowering carb intake, the blood sugar is lowered, and ketones are in action, which collectively enhances mental concentration by improving brain function.

2. Helps in Weight Loss

As the body fats are utilized in the ketogenic diet, so an obvious weight loss is observed.

3. Treats Epilepsy

Epilepsy was previously treated in the children by the keto diet, but now, adults are also being treated by this diet.

4. Improves Blood Pressure and Cholesterol

The ketogenic diet helps in improving triglyceride and cholesterol levels. Many blood pressure issues are due to increased weight, so the keto diet helps in losing weight.

5. Normalizes Hunger and Increases Energy

The most effective molecule to burn as a fuel is fat, so the ketogenic diet enhances our energy as it burns fat.

6. Optimizes Insulin

The ketogenic diet helps in regulating the insulin levels, which prohibits diabetes.

7. Treats Acne

The ketogenic diet improves skin problems by reducing skin inflammation and lesions.

8. Controls Blood Sugar

The ketogenic diet is important in controlling blood sugar levels. It also controls diabetes this way.

Pressure cooker (for ex. Instant Pot)

What is Instant Pot?

This wonderful Instant Pot has been designed by Canadians and is a marvelous addition to your kitchen. Basically, the Instant Pot is a programmable pressure cooker that is quite safe, convenient, and dependable. Almost 70 percent less energy than the normal pressure cooker is utilized by the Instant Pot. The speed of cooking is enhanced by the Instant Pot by two to six times. The Instant Pot is a wise and smart substitute for the pressure cooker, slow cooker, and rice cooker. More nutrients are preserved by the Instant Pot because it takes a lot less time to cook healthy foods compared to a slow cooker.

How to Use it?

First

In order to know your Instant Pot well, you must first conduct a water test by filling it just with water. Follow the steps below for a water test.

- Put one or two cups of water in the inner pot of the Instant Pot.
- Lock the lid of the pot.
- Ensure that the valve is in the sealing position.
- Select a button on the Instant Pot with a short cook time, for example “Rice” or “Fish” button for five minutes.
- The water in the Instant Pot will take about five minutes to heat up and develop pressure. The time will begin to count down as soon as the pressure is reached.

Second

The second main thing is to know completely how to release pressure from the Instant Pot after it has ended cooking. The easiest option is to allow the pressure to naturally release, for which you don't have to do anything. The other option is to release the pressure quickly if you are cooking something that is quickly cooked.

Third

Another important thing to remember while cooking is not to confuse all the buttons. All the buttons have the difference of timings programmed for different ingredients. So you do not need to worry about using different buttons.

Benefits of Using Instant Pot/ Pressure Cooker

○ Preserves Vitamins and Minerals

As little water is required to keep the Instant Pot packed with steam, so vitamins and minerals are not percolated away in the water.

○ Saves Energy

The Instant Pot saves energy smartly by up to 70 percent.

○ Dependable and Safe to Use

Due to certified safety protection of the Instant Pot, it is highly dependable and safe to use even by novice cooks.

○ Clean and Convenient Cooking

As Instant Pot has an exclusive, fully-sealed cooking mechanism, no smells and steams are spread in the kitchen.

○ Can be Cleaned Easily

Instant Pot is very pleasant to use and very easy to clean.

○ Eliminates Harmful Microorganisms

Top 80 Keto Pressure Cooker recipes

As the temperature at which the food is cooked inside the Instant Pot is higher than the boiling point, so all the harmful microorganisms are killed in the cooked food.

○ **Multi-purpose Cooking**

Instant Pot is a seven-in-one multi-cooker that works as a slow cooker, yogurt maker, rice cooker, electric pressure cooker, warmer, steamer, and sauté pan all in one.

Breakfast Recipes

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

