

The Keto Instant Pot COOKBOOK

**KETOGENIC DIET PRESSURE COOKER
RECIPES MADE EASY & FAST**

Urvashi Pitre

bestselling author of *Indian Instant Pot Cookbook*

Authorized by
**Instant
Pot®**



Urvashi Pitre

**The Keto Instant Pot Cookbook: Ketogenic Diet Pressure Cooker Recipes
Made Easy and Fast**



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The Keto Quick Pot® Cookbook may be the just authorized ketogenic diet Quick Pot® cookbook for tried-and-true recipes that are ridiculously easy and fast to make. Over 65 Satisfyingly Simple Instant Pot® Cookbook Recipes that want only 45 a few minutes to make from start to finish for most recipes Nutritional Information for each and every Recipe without recipe exceeding 12g net carbs per serving, and the vast majority of recipes containing significantly less than 10g net carbs per serving Eliminate the stress of sticking with the ketogenic diet with Urvashi Pitre and The Keto Quick Pot® Cookbook: the go-to Quick Pot® cookbook to create keto speedy, easy, and good. On a mission to create keto convenient, Urvashi Pitre?the bestselling writer behind Two Sleepers and The Indian Quick Pot® Cookbook?combines delicious low-carb quality recipes with the busy home cook's favorite appliance: THE MOMENT Pot®.The ONLY OFFICIAL Quick Pot® cookbook with fast and easy recipes for keeping up with the ketogenic diet.The ultimate Instant Pot® cookbook for keto-friendly recipes, The Keto Instant Pot® Cookbook includes:An Intro to Keto that explains the basic guidelines of the dietary plan, and teaches you how exactly to set the proper macros to meet your weight reduction goals Instant Pot® Cookbook 101 with step-by-step instructions and useful strategies for using this Instant Pot® cookbook among others!Home prepared meals that assist you to match the ketogenic diet plan don't need to be challenging or time consuming.



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This cookbook literally has something for everybody! Keto, non-Keto, Dairy-Free, Gluten-Free, Soy-Free, Vegan, Vegetarian & more This cookbook literally has something for everyone! Unfortunately, I'm returning it.) like "diet food". So forget that this book's says "keto" on the cover. Easy, simple and delish. Certainly recommend getting this book ok Being upon the keto diet and having an Instapot this recipe book is about the only specific one I've found. (I'll include lists below of everything in each category. The recipes are well laid-out, very clear and easy to read. Frankly, I was afraid to go close to my new Instant Pot Ultra. For the physical cookbook, it is a sturdy paperback, with pages of a good nice thickness building them very easy to turn.) Of the 75 total recipes, 36 of them (almost half! (and/or use regular sugar in the desserts) if preferred, but people who have additional dietary limitations won't need to miss out either. And the "Total Period" listed is in fact the REAL total period, helpfully accounting for the time had a need to both come-to-pressure also to release-pressure. So even if you're sluggish in the "prep" step like I am, you'll still be able to sit back and eat within an hour for nearly half of the dishes in this cookbook. Plus, her dishes have a proven background (through both her previous cookbook and her blog) of being both basic and delicious. Up to now I've produced 26 of the 75 recipes that are included in this cookbook! I can't wait to try each and every recipe. Every one of them has received nothing but yums from individuals I've shared them with. And the regular Index is exceptional -- allowing you to easily research recipes for a specific ingredient, or by recipe "classification" -- such as for example Dairy-Free, and quickly and easily get a list of every recipe that meets that criteria. The Recipe Index included in the print version helps it be super-easy to look up a recipe by name (assuming you remember the name), rather than trying to find it by visually searching through the table of contents. Of everything I've been able to make up to now, my Top Three dinner dishes are: 3-2-2-1 and the Now, Later Butter Chicken, and Savory Shrimp with Tomatoes and Feta. Not merely can the non-keto eaters simply add breads, rice, pasta, potatoes, etc.) The desk of contents for the print book is as follows:

Chapter 1: Keto Made Easy* Keto Essentials* * Macronutrients* * Setting the proper Macros for You* * Low-Carb Food Alternatives* Keto Myths* Instant Pot and Keto* Instant Pot 101* Cooking from Frozen* Necessary Ingredients* Instant Pot Problems Shooting* This Book's Recipes

Chapter 2: Eggs and Vegetables* Broccoli, Ham, and Pepper Frittata* On-the-Go Egg Cups* Poblano and Cheese Frittata* Egg Loaf* Cauliflower Mac and Cheese* Mexican-Style Zucchini and Poblanos* Baba Ganoush* Green Beans with Bacon* Quick Indian Creamy Eggplant* Palak Paneer* Creamy Poblano Peppers and Nice Corn

Chapter 3: Soups* Summer Vegetable Soup* Hamburger Stew* Vietnamese Bo Kho* Sichuan Pork Soup* Chicken Curry Soup* Poblano and Poultry Soup* Hot and Sour Soup* Poultry Tortilla Soup* Creamy Chicken and Vegetable Soup* Spicy and Creamy Chicken Soup* Thai Yellowish Curry Coconut Soup* Poultry and Kale Soup* Savory Poultry and Mushroom Soup

Chapter 4: Seafood and Poultry* Creamy Shrimp Scampi* Chinese-Style Steamed Ginger Scallion Fish* Easy Lobster Bisque* Sesame-Ginger Chicken* Savory Shrimp with Tomatoes and Feta* Chicken Bratwurst Meatballs with Cabbage* Shortcut Dan Dan-Style Poultry* West African Peanut Stew* Now and Afterwards Butter Chicken* Nice and Spicy Chicken Tinga* Mexican-Style Poultry with Red Salsa* Thai Green Curry* Chicken Tikka Masala* Poultry Vindaloo* Chicken Schwarma

Chapter 5: Beef and Pork* Easy Taco Dip* Surface Beef Shawarma* Corned Beef and Cabbage* Ropa Vieja* Beef Curry* Spicy Basil-Beef Bowls* Stroganoff* 3-2-2-1 Texas Chili* Korean-Style Galbijim* Carne Guisada* Braised Beef Brisket* Turkish Kebab Gyros* Bo Ssam-Style Pork* Carne Adovada* Pork Saag* Pork Carnitas* Smoky Ribs* Sausages and Kale

Chapter 6: Desserts* Keto Cheesecake* Pumpkin Pie Pudding* Lemon Ricotta Cheesecake* Thai Coconut Pandan Custard* Indian Zucchini Kheer* Coconut-Almond Cake* CHOCOLATES Cake* Almond-Carrot Cake

Chapter 7: Kitchen Staples* Smooth- and Hard-Boiled Eggs* Cauliflower Rice* Ghee* Garam Masala* Shawarma Spice Blend* Best-Ever Savory Thyme Dip* Tzatziki Sauce* Mustard Dressing* Easy Asian Peanut Dressing* Creamy Cilantro-Jalapeno Dressing

Additional Sections by the end:* Instant Pot FAQs* * "When must i use organic release versus quick release? Good Instant Pot Cookbook Great

recipes, useful details for Keto diet But none of this matters if the quality recipes don't result in delicious, satisfying meals. Thanks for the great dishes Urvashi, and the clear directions for those folks who don't yet make intuitively! To the max line?" * * "MAY I alternative proteins in the dishes?com website) and so far, everyone is a home run. (I've included a list below of each of the criteria, and the recipes that meet up with them.) are flagged as "Under 45 Mins". As-promised, listed below are the recipe classifications, and which recipes meet up with those criteria:-----Dairy-Free (37 of 75 Recipes): Baba Ghanoush, Green Beans with Bacon, Hamburger Stew, Vietnamese Bo Kho, Sichuan Pork Soup, Chicken Curry Soup, Popular and Sour Soup, Spicy and Creamy Chicken Soup, Thai Yellow Curry Coconut Soup, Chicken and Kale Soup, Chinese-Style Steamed Ginger Scallion Fish, Sesame-Ginger Chicken, Shortcut Dan Dan-Style Chicken, West African Peanut Stew, Thai Green Curry, Chicken Vindaloo, Ground Beef Shawarma, Corned Beef and Cabbage, Ropa Vieja, Beef Curry, Spicy Basil-Beef Bowls, 3-2-2-1 Texas Chili, Korean-Style Galbijjim, Carne Guisada, Braised Beef Brisket, Bo Ssam-Style Pork, Carne Adovada, Smoky Ribs, Sausages and Kale, Thai Coconut Pandan Custard, Soft- and Hard-Boiled Eggs, Cauliflower Rice, Garam Masala, Shawarma Spice Mix, Best-Ever Savory Thyme Dip, Mustard Dressing, and Easy Asian Peanut Dressing. Those just won't work for my family; As you can see by the photos I am including -- none of the looks (or tastes! Full waste, returning ASAP. Sad to say, this won't function for my needs. Thanks for the great recipes Urvashi! We ordered the hard copy that is due out afterwards this month and then learned that I possibly could get the digital duplicate early at a lower price. It arrived yesterday and I already made one of the recipes. It smelled delicious! That is my second cook-publication by Urvashi (plus I've tried dishes from her Twosleever.)* * Quick Pot Pressure Cooking Time Charts* * Meat* * Poultry* * Seafood* * Vegetables* Measurement Transformation Charts* Recipe Index* Index-----This cookbook literally does have something for everyone. I can't wait for the hard copy to turn out also!" * * "How full may i fill the pot? Very tasty. The best thing about this reserve may be the recipes don't taste "low carbohydrate" and are not just for those following a Ketogenic diet, so my "non-keto" husband has been equally delighted. The Best Keto Quick Pot Cookbook Out There. Nothing in the description stated it had been primarily Indian quality recipes. You've got your Instant Pot. Not thrilled No pictures Not bad Shows several options but nothing at all super original. The device panel can be relatively intimidating, and you also haven't eliminated near a pressure cooker in this whole century. What to do? Enter Urvashi Pitre. Not merely will she understand the Ketogenic diet plan, but she also understands how to translate the Instant Pot instructions into easy-to-understand dishes that will save you time, and maintain you on the right track to stay Keto. She actually is a minimal carber herself, and that means you won't find faux low carb recipes in this book." * * "How much liquid do I want for each recipe? That she accomplishes in spades. The super-helpful sidebar offers you both the macro details, along with the recipe's relevant classifications: Dairy-Free, Gluten-Free, Pour and Make, Soy-Free, Vegan, Vegetarian, 5 Ingredients or Much less, Under 45 Mins.. Urvashi walked me through beef stroganoff, which was delicious, and I tried her beef curry. Despite utilizing a rather hard (and inexpensive) trim of meat, the beef was tender, and the flavor of the spices was sublime. Yesterday I produced my initial corned beef and cabbage in the Instant Pot, and it was delicious. My husband stated it was the very best he ever had. If all the Keto Instant Pot cookbooks out there, this is by far the best. What are you waiting for.... I didn't know what to cook, how exactly to cook it, as well as how to set finished ...Just cook it! New to Keto and just the intro only will give you a wide idea about the diet/method of eating. I have already been poring over the book, will be cooking food some dishes this weekend, can't wait. This is simply not your basic American dump recipes. But hey I think we are able to all agree "diets" can be boring. You certainly have a fan. I discover there are a few key ingredients plus some unique ingredients. However they aren't hard either! This doesn't actually remind me of my objective to lose weight. I've cooked previous recipes of hers. It is simply a cookbook of easy, amazingly yummy meals -- from a variety of areas -- created by a reliable recipe author. It had been too late to bring it up to pressure and cook again, so we'd to

re-plan dinner. Title ought to be: Indian kinda-Keto Instant Pot recipes. OK.-----Gluten-Free of charge (56 of 75 Recipes):Broccoli, Ham, and Pepper Frittata, On-the-Go Egg Cups, Poblano and Cheese Frittata, Egg Loaf, Cauliflower Mac and Cheese, Mexican-Style Zucchini and Poblanos, Baba Ganoush, Green Beans with Bacon, Quick Indian Creamy Eggplant, Palak Paneer, Summer Vegetable Soup, Vietnamese Bo Kho, Chicken Curry Soup, Poblano and Chicken Soup, Creamy Chicken and Vegetable Soup, Spicy and Creamy Chicken Soup, Chicken and Kale Soup, Savory Chicken and Mushroom Soup, Creamy Shrimp Scampi, Easy Lobster Bisque, Savory Shrimp with Tomatoes and Feta, Chicken Bratwurst Meatballs with Cabbage, West African Peanut Stew, Now and Later Butter Chicken, Mexican-Style Chicken with Red Salsa, Chicken Tikka Masala, Chicken Vindaloo, Chicken Shawarma, Easy Taco Dip, Ground Beef Shawarma, Corned Beef and Cabbage, Ropa Vieja, Stroganoff, 3-2-2-1 Texas Chili, Carne Guisada, Braised Beef Brisket, Turkish Kebab Gyros, Pork Saag, Pork Carnitas, Sausages and Kale, Keto Cheesecake, Pumpkin Pie Pudding, Lemon Ricotta Cheesecake, Thai Coconut Pandan Custard, Indian Zucchini Kheer, Coconut-Almond Cake, Dark Chocolate Cake, Almond-Carrot Cake, Soft- and Hard-Boiled Eggs, Cauliflower Rice, Ghee, Garam Masala, Shawarma Spice Mix, Best-Ever Savory Thyme Dip, Tzatziki Sauce, Creamy Cilantro-Jalapeno Dressing-----Pour and Cook (9 of 75 Recipes):Egg Loaf, Hamburger Stew, Vietnamese Bo Kho, Sichuan Pork Soup, Creamy Chicken and Vegetable Soup, Chicken and Kale Soup, West African Peanut Stew, Indian Zucchini Kheer, Soft- and Hard-Boiled Eggs-----Soy-Free (52 of 75 Recipes):Broccoli, Ham, and Pepper Frittata, On-the-Go Egg Cups, Poblano and Cheese Frittata, Egg Loaf, Cauliflower Mac and Cheese, Mexican-Style Zucchini and Poblanos, Baba Ganoush, Green Beans with Bacon, Quick Indian Creamy Eggplant, Palak Paneer, Creamy Poblano Peppers and Sweet Corn, Summer Vegetable Soup, Vietnamese Bo Kho, Chicken Curry Soup, Poblano and Chicken Soup, Chicken Tortilla Soup, Creamy Chicken and Vegetable Soup, Spicy and Creamy Chicken Soup, Savory Chicken and Mushroom Soup, Creamy Shrimp Scampi, Easy Lobster Bisque, Savory Shrimp with Tomatoes and Feta, West African Peanut Stew, Mexican-Style Chicken with Red Salsa, Chicken Tikka Masala, Chicken Vindaloo, Chicken Shawarma, Easy Taco Dip, Ground Beef Shawarma, Corned Beef and Cabbage, Ropa Vieja, Beef Curry, 3-2-2-1 Texas Chili, Carne Guisada, Turkish Kebab Gyros, Pork Saag, Pork Carnitas, Keto Cheesecake, Pumpkin Pie Pudding, Lemon Ricotta Cheesecake, Thai Coconut Pandan Custard, Indian Zucchini Kheer, Coconut-Almond Cake, Dark Chocolate Cake, Almond-Carrot Cake, Soft- and Hard-Boiled Eggs, Cauliflower Rice, Ghee, Garam Masala, Shawarma Spice Mix, Tzatziki Sauce, Creamy Cilantro-Jalapeno Dressing-----Vegan (5 of 75 Recipes):Baba Ganoush, Cauliflower Rice, Garam Masala, Shawarma Spice Mix, Easy Asian Peanut Dressing-----Vegetarian (21 of 75 Recipes):On-the-Go Egg Cups, Poblano and Cheese Frittata, Egg Loaf, Cauliflower Mac and Cheese, Quick Indian Creamy Eggplant, Palak Paneer, Creamy Poblano Peppers and Sweet Corn, Keto Cheesecake, Pumpkin Pie Pudding, Lemon Ricotta Cheesecake, Thai Coconut Pandan Custard, Indian Zucchini Kheer, Coconut-Almond Cake, Dark Chocolate Cake, Almond-Carrot Cake, Soft- and Hard-Boiled Eggs, Ghee, Best-Ever Savory Thyme Dip, Tzatziki Sauce, Mustard Dressing, Creamy Cilantro-Jalapeno Dressing-----5 Ingredients or Less (15 of 75 Recipes):Egg Loaf, Cauliflower Mac and Cheese, Green Beans with Bacon, Ground Beef Shawarma, Corned Beef and Cabbage, Smoky Ribs, Sausages and Kale, Thai Coconut Pandan Custard, Indian Zucchini Kheer, Soft- and Hard-Boiled Eggs, Cauliflower Rice, Ghee, Best-Ever Savory Thyme Dip, Tzatziki Sauce, Creamy Cilantro-Jalapeno Dressing-----Under 45 Minutes (36 of 75 Recipes):On-the-Go Egg Cups, Egg Loaf, Cauliflower Mac and Cheese, Mexican-Style Zucchini and Poblanos, Baba Ganoush, Green Beans with Bacon, Quick Indian Creamy Eggplant, Palak Paneer, Creamy Poblano Peppers and Sweet Corn, Summer Vegetable Soup, Hamburger Stew, Creamy Chicken and Vegetable Soup, Spicy and Creamy Chicken Soup, Thai Yellow Curry Coconut Soup, Chicken and Kale Soup, Savory Chicken and Mushroom Soup, Creamy Shrimp Scampi, Easy Lobster Bisque, Sesame-Ginger Chicken, Savory Shrimp with Tomatoes and Feta,

Easy Taco Dip, Ground Beef Shawarma, Spicy Basil-Beef Bowls, Carne Guisada, Bo Ssam-Style Pork, Sausages and Kale, Indian Zucchini Kheer, Soft- and Hard-Boiled Eggs, Cauliflower Rice, Ghee, Garam Masala, Shawarma Spice Mix, Tzatziki Sauce, Mustard Dressing, Easy Asian Peanut Dressing, Creamy Cilantro-Jalapeno Dressing Not Keto I love this authors Indian instant pot cookbook and since I actually follow a keto diet plan I was super excited to pre-order this cookbook. not enough information on configurations and recipes were blah Not Keto ingredients Too many of the ingredients are not Keto, soy sauce, evaporated milk, half and half, corn amd corn tortillas.The rest of the sound good, but only if I overlook that they aren't true Keto. It generally does not follow the keto recommendations and the net carb counts are extremely high on most of the meals. When I visited stir the poultry, it was raw in the center. I love this cookbook! Even though you aren't keto/low carb it's still an excellent book. I've made the red salsa chicken, poultry tikka masala,butter poultry, beef curry, west African peanut stew and the Thai coconut poultry soup and they are so dang delicious!!Poblano and Cheese Frittata (pg 24), Egg Loaf (pg 26), Cauliflower Mac and Cheese (pg 28), Mexican-Style Zucchini and Poblanos (pg 30), Green Beans with Bacon (pg 34), Palak Paneer (pg 38), Chicken Tortilla Soup (pg 56), Spicy and Creamy Chicken Soup (pg 60), Sesame-Ginger Chicken (pg 72), Savory Shrimp with Tomatoes and Feta (pg 74), Shortcut Dan Dan-Style Chicken (pg 78), Now and Later Butter Chicken (pg 82), Chicken Tikka Masala (pg 90), Spicy Basil-Beef Bowls (pg 104), Stroganoff (pg 107), 3-2-2-1 Texas Chili (pg 108), Pumpkin Pie Pudding (pg 134), Lemon Ricotta Cheesecake (pg 136), Thai Coconut Pandan Custard (pg 138), Dark Chocolate Cake (pg 142), Soft- and Hard-Boiled Eggs (pg 148), Garam Masala (pg 151), Shawarma Spice Mix (pg 152), Mustard Dressing (pg 155), Easy Asian Peanut Dressing (pg 156), and Creamy Cilantro-Jalapeno Dressing (pg 157). All of the recipes are pretty straight forward and super easy. If you're not keto, just put in a starch and/or use regular sugar and you'll be all set. The recipes are good, and especially the charts for just how long for different foods. However, most of the recipes tend to be more ethnic than simply basic recipes and some spices were hard to find in my area. Duds I actually made the ginger sesame chicken yesterday evening. Urvashi's recipes are nearly fool-proof if you follow the directions correctly which is coming from someone who is not a "cook" in the traditional sense of the term. Great, delicious, and easy recipes! You have nil to lose and content tastebuds to gain! I also produced the peanut dressing which tasted very tangy, not like any peanut dressing I have had before. Finally, this morning I made the poblano fritata. It didn't cook in enough time given. I experienced to finish it in the microwave because I was out of options. It had been also incredibly salty. I feel like I'm wasting a lot of time and money on producing these recipes. Now what? I also wish it got more pictures of the dishes. Don't order this book Disappointed with this book; I make for multiple family who have IBS. Extremely disappointed since this got good ratings."* * "Can I double the recipe, and when so, do I have to add more time?



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