

vegan collard greens instant pot

****The Ultimate Guide to Vegan Collard Greens in the Instant Pot****

vegan collard greens instant pot recipes have become a favorite for home cooks looking to combine nutrition, flavor, and convenience. Collard greens are a powerhouse of vitamins and minerals, and cooking them in an Instant Pot not only saves time but also locks in flavor and nutrients. Whether you're new to plant-based cooking or just looking for a delicious and easy way to prepare greens, the Instant Pot method offers a simple solution that doesn't compromise on taste.

Why Choose Collard Greens for Your Vegan Diet?

Collard greens are a staple in many Southern kitchens and have gained popularity worldwide for their dense nutritional profile. They are rich in vitamins A, C, and K, calcium, fiber, and antioxidants, making them a fantastic choice for anyone aiming for a balanced and wholesome diet.

For vegans, collard greens offer a great alternative to animal-based sources of calcium and iron. Their hearty texture makes them perfect for dishes that require a bit of chew, and they absorb spices and seasonings well, making them incredibly versatile.

The Benefits of Using an Instant Pot for Cooking Collard Greens

When it comes to cooking collard greens, traditional methods involve long simmering times, often requiring hours to achieve that tender, flavorful result. The Instant Pot changes the game by drastically reducing cooking time while preserving the vibrant green color and nutritional content.

Some of the advantages of using an Instant Pot include:

- ****Speed:**** Cook collard greens in under 15 minutes compared to the hour or more on the stove.
- ****Flavor infusion:**** Pressure cooking allows spices and aromatics to penetrate deeply.
- ****Energy efficiency:**** Uses less energy than prolonged stovetop cooking.
- ****Convenience:**** One-pot cooking means fewer dishes to clean.

How to Prepare Vegan Collard Greens in the Instant Pot

Selecting and Prepping Your Greens

Start with fresh, firm collard greens. Look for dark green leaves without yellowing or wilting. Before cooking, rinse the leaves thoroughly to remove any dirt or grit. Remove the tough stems by folding the leaf in half and slicing along the stem. Chop the leaves into bite-sized pieces for even cooking.

Essential Ingredients for Flavorful Vegan Collard Greens

While collard greens can be simply seasoned, adding a few key ingredients can elevate them to a delicious side or main dish. Here are some essentials:

- **Onion and garlic:** Sautéed before pressure cooking to build a flavorful base.
- **Smoky elements:** Smoked paprika, liquid smoke, or vegan smoked sausage alternatives add depth.
- **Acid:** A splash of apple cider vinegar or lemon juice brightens the dish.
- **Vegetable broth:** Adds savory notes instead of plain water.
- **Spices:** Black pepper, red pepper flakes, and a pinch of salt enhance the greens naturally.

Step-by-Step Vegan Collard Greens Instant Pot Recipe

1. **Sauté aromatics:** Use the Instant Pot's sauté function to cook onions and garlic in a little olive oil until translucent.
2. **Add seasonings:** Stir in smoked paprika and red pepper flakes for a smoky kick.
3. **Add collard greens:** Layer the chopped greens into the pot.
4. **Pour in broth:** Add about 1 cup of vegetable broth to prevent burning and create steam.
5. **Pressure cook:** Seal the lid and cook on high pressure for 8-10 minutes.
6. **Quick release:** Use quick release to stop the cooking process and preserve the texture.
7. **Finish with acid:** Stir in apple cider vinegar or lemon juice to add brightness and balance flavors.

Tips for Perfectly Cooked Vegan Collard Greens Every Time

Collard greens can be tricky if overcooked—they become mushy and lose their vibrant color. Here are some tips to avoid that:

- **Don't overfill the pot:** Give the greens some room to cook evenly.
- **Use quick release:** This helps maintain the greens' texture and color.
- **Adjust cooking time:** If you prefer firmer greens, reduce pressure cooking by a couple of minutes.
- **Layer flavors:** Sautéing onions and garlic first adds complexity.
- **Add acid last:** Vinegar or citrus should be stirred in after cooking to keep their fresh taste.

Creative Variations for Vegan Collard Greens in the Instant Pot

Once you've mastered the basics, you can experiment with different flavor profiles to keep this dish exciting:

Southern-Style Vegan Collard Greens

Add smoked vegan sausage or liquid smoke, a bit of maple syrup for a subtle sweetness, and serve over brown rice or grits for a hearty meal.

Spicy Collard Greens

Increase the red pepper flakes or add diced jalapeños during sautéing for a fiery twist. Top with toasted nuts or seeds for texture.

Collard Greens with Coconut Milk

Swap vegetable broth for coconut milk and add curry powder for a creamy, tropical spin that pairs well with quinoa or rice.

Pairing Vegan Collard Greens with Other Dishes

Vegan collard greens cooked in the Instant Pot make a fantastic side for a variety of meals. Their earthy bitterness and robust texture complement

dishes like:

- **Vegan cornbread:** A classic Southern pairing.
- **Grilled tofu or tempeh:** Adds protein and balances the greens' flavors.
- **Hearty grain bowls:** Combine with roasted vegetables, chickpeas, and tahini dressing.
- **Vegan chili:** Collard greens add a nutrient boost and extra bite.

Storing and Reheating Vegan Collard Greens

Leftover collard greens keep well and often taste even better the next day as flavors meld. Store them in an airtight container in the refrigerator for up to 4 days. When reheating:

- Use a skillet over medium heat with a splash of water or broth to prevent drying out.
- Avoid microwaving for extended periods to keep texture intact.
- Add a little fresh lemon juice when reheating to refresh the flavors.

Cooking vegan collard greens in the Instant Pot is not only a time-saving method but also a way to enjoy a deeply flavorful and nutritious dish without much fuss. This approach is perfect for busy weeknights or meal prepping, especially for those embracing plant-based or vegan lifestyles. With just a few simple ingredients and a handy kitchen gadget, you can have a hearty, comforting dish that celebrates the humble collard green in all its glory.

Frequently Asked Questions

How do you make vegan collard greens in an Instant Pot?

To make vegan collard greens in an Instant Pot, sauté onions and garlic using the sauté function, add chopped collard greens, vegetable broth, apple cider vinegar, and seasonings, then cook on high pressure for about 10 minutes followed by a quick release.

Can I cook frozen collard greens in an Instant Pot for a vegan recipe?

Yes, you can cook frozen collard greens in an Instant Pot. Simply add them directly to the pot with your seasonings and broth, and cook on high pressure for 8-10 minutes. Adjust seasoning after cooking.

What are the best spices to use for vegan collard greens in an Instant Pot?

Common spices for vegan collard greens include smoked paprika, red pepper flakes, garlic powder, onion powder, black pepper, and a touch of apple cider vinegar to enhance flavor.

How do you keep vegan collard greens tender but not mushy in an Instant Pot?

To keep collard greens tender but not mushy, cook them on high pressure for a shorter time (around 8-10 minutes) and use a quick release to stop the cooking process immediately once done.

Is it necessary to sauté aromatics before cooking vegan collard greens in the Instant Pot?

While not strictly necessary, sautéing aromatics like onions and garlic before pressure cooking enhances the flavor and depth of your vegan collard greens significantly.

Additional Resources

****Vegan Collard Greens Instant Pot: A Modern Approach to a Classic Dish****

vegan collard greens instant pot recipes have surged in popularity among health-conscious and plant-based eaters, offering a convenient and flavorful way to enjoy this traditional leafy green. Collard greens, a staple in Southern cuisine, are known for their robust texture and nutrient density, but their preparation can be time-consuming. The Instant Pot, a multifunctional electric pressure cooker, simplifies this process, making vegan collard greens more accessible for everyday cooking. This article delves into the nuances of preparing vegan collard greens in an Instant Pot, exploring techniques, benefits, and culinary considerations.

The Nutritional and Cultural Significance of Collard Greens

Collard greens have long held a prominent place in African American and Southern U.S. food traditions, celebrated for their hearty flavor and versatility. Rich in vitamins A, C, and K, as well as calcium and fiber, collards contribute to a balanced diet and support overall wellness. For vegans, collard greens serve as a valuable ingredient—offering both texture and nutrients without relying on animal products.

Traditionally, collard greens are simmered slowly with smoked meats to infuse depth and savoriness. However, vegan adaptations necessitate alternative flavor sources, such as smoked paprika, liquid smoke, or mushrooms, to replicate that smoky richness. Using an Instant Pot to prepare vegan collard greens brings the dual advantage of preserving nutrients and reducing cooking time significantly.

Why Use the Instant Pot for Vegan Collard Greens?

The Instant Pot has revolutionized home cooking by combining pressure cooking, slow cooking, sautéing, and more in one appliance. When preparing collard greens, particularly vegan versions, the Instant Pot offers several distinct advantages:

Time Efficiency

Collard greens are notoriously fibrous and require long cooking times to become tender. Traditional stovetop methods often take upwards of an hour or more. Pressure cooking in the Instant Pot reduces this to approximately 15-20 minutes, preserving the greens' vibrant color and texture without sacrificing softness.

Flavor Development

The sealed environment of the Instant Pot enhances the melding of spices and aromatics. Ingredients like garlic, onions, smoked spices, and vegetable broth penetrate the leaves more thoroughly, intensifying the flavor profile. Additionally, sautéing aromatics directly in the Instant Pot before pressure cooking adds layers of complexity to the dish.

Consistent Results

The programmable nature of the Instant Pot ensures consistent temperature and pressure, reducing the risk of overcooking or burning. This consistency is particularly valuable for home cooks experimenting with vegan versions of traditionally meat-based recipes.

Crafting the Perfect Vegan Collard Greens in an

Instant Pot

The success of vegan collard greens in an Instant Pot hinges on ingredient selection and layering of flavors. While simple recipes might use just collards, broth, and seasoning, more sophisticated versions incorporate umami-rich components and balanced acidity.

Key Ingredients to Elevate Vegan Collard Greens

- **Collard Greens:** Fresh collard greens, thoroughly washed and chopped, form the dish's base. Removing tough stems can improve texture.
- **Vegetable Broth:** Provides moisture and a savory foundation. Using a well-seasoned broth can enhance depth.
- **Smoky Elements:** Smoked paprika, liquid smoke, or chipotle powder mimic the traditional smokiness often derived from meat.
- **Aromatics:** Onions, garlic, and shallots contribute essential flavor complexity.
- **Acidic Components:** A splash of apple cider vinegar or lemon juice brightens the dish and balances bitterness.
- **Umami Boosters:** Nutritional yeast, tamari, or dried mushrooms add savory notes that enrich the taste.

Step-by-Step Cooking Process

1. **Sauté Aromatics:** Use the Instant Pot's sauté function to cook onions and garlic in a bit of olive oil until translucent and fragrant.
2. **Add Seasonings:** Incorporate smoked paprika, salt, pepper, and any additional spices, stirring to toast briefly.
3. **Add Collard Greens:** Layer chopped collards over the aromatics, pressing down to fit as much as possible.
4. **Pour Broth and Acid:** Add vegetable broth and a small amount of apple cider vinegar or lemon juice.
5. **Pressure Cook:** Seal the Instant Pot and cook on high pressure for 15-20 minutes, depending on desired tenderness.

6. **Release Pressure:** Use natural release for 10 minutes, then quick release any remaining pressure.
7. **Final Adjustments:** Stir the greens, taste, and adjust seasoning. Optionally, add nutritional yeast or a drizzle of olive oil before serving.

Comparing Vegan Collard Greens Instant Pot Recipes

Across various vegan collard greens Instant Pot recipes, the choice of smoky flavoring and additional ingredients varies significantly. Some recipes emphasize simplicity with minimal spices, while others experiment with more complex umami profiles.

Traditional Smoky Flavor vs. Innovative Alternatives

Whereas traditional collard greens rely on smoked meats, vegan recipes often substitute with:

- **Liquid Smoke:** Offers a direct smoky flavor but must be used sparingly to avoid overpowering.
- **Smoked Paprika:** Adds mild smokiness and vibrant color.
- **Dried Mushrooms or Mushroom Powder:** Provide depth and earthy umami.
- **Chipotle Powder:** Introduces smokiness with a spicy kick, appealing to those who enjoy heat.

Texture Considerations

The Instant Pot's pressure cooking softens collard greens thoroughly, but some prefer a slight bite to avoid a mushy texture. Adjusting the cooking time by a few minutes or opting for quick pressure release can help achieve the preferred mouthfeel.

Pairing Vegan Collard Greens

In plant-based meal planning, vegan collard greens prepared in the Instant Pot serve as a versatile side. They pair well with:

- Grain bowls featuring quinoa, brown rice, or farro
- Vegan cornbread for a Southern-inspired meal
- Plant-based proteins such as tempeh, seitan, or tofu
- Hearty stews or chili for added greens and nutrition

Challenges and Potential Drawbacks

While the Instant Pot simplifies cooking vegan collard greens, some challenges persist:

Overcooking Risk

The rapid pressure cooking environment can easily overcook delicate greens if timing is not precise, resulting in a texture that is less appealing. Careful attention to cooking times and pressure release methods is essential.

Flavor Balancing

Replicating the depth and smokiness of traditional collard greens without meat can be difficult. Vegan cooks must experiment with seasoning and umami enhancers to avoid a bland result.

Ingredient Accessibility

Certain vegan substitutes like liquid smoke or specific spice blends may not be readily available in all regions, posing a barrier for some home cooks.

Final Thoughts on Vegan Collard Greens Instant

Pot Preparation

Adopting the Instant Pot for vegan collard greens introduces a practical, nutrient-preserving technique that aligns with contemporary lifestyles. It addresses the common hurdles of lengthy cooking times and complex preparation, making collards an approachable addition to vegan meal repertoires. While replicating traditional smoky flavors remains a culinary challenge, a thoughtful combination of spices and umami-rich ingredients can yield satisfying results.

As plant-based diets continue to grow in popularity, methods like Instant Pot cooking enable diverse and flavorful expressions of classic dishes. Vegan collard greens prepared in the Instant Pot are no exception, marrying tradition with innovation to deliver a wholesome and convenient culinary experience.

[Vegan Collard Greens Instant Pot](#)

vegan collard greens instant pot: The Essential Vegan Instant Pot Cookbook Coco Morante, 2019-02-26 This enticing collection of more than 75 easy, inventive, well-tested vegan recipes for the incredibly popular electric pressure cooker, the Instant Pot, is the go-to source for mouthwatering plant-based weekday meals. The best-selling Instant Pot makes cooking delicious meals a snap! But finding vegan recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Vegan Instant Pot Cookbook presents a collection of quick and easy vegan recipes that cover each meal of the day, offering tried-and-true dishes with a modern twist, such as Black Bean Tamale Casserole, Root Vegetable Tagine with Couscous, African Peanut Stew, Jerk Tofu Wraps, and more. And best of all, they're all well-tested and authorized by Instant Pot. With beautiful photography and an attractive package, this book is an indulgence for home cooks who live a plant-based lifestyle as well as healthy eaters looking to incorporate more meatless Mondays into their week.

vegan collard greens instant pot: Instant Pot Miracle Vegetarian Cookbook Urvashi Pitre, 2020 100+ all-new meatless recipes for the Instant Pot by the best-selling author of Indian Instant Pot and Instant Pot Fast & Easy Urvashi Pitre, author of best-selling cookbooks such as Indian Instant Pot Cookbook, The Keto Instant Pot Cookbook, and Instant Pot Fast & Easy, is back with her latest Instant Pot collection featuring 100 boldly flavored vegetarian and vegan recipes. Unlike with many other vegetarian cookbooks, you won't find esoteric ingredients like seitan, tempeh, and fake meats. Instead, the emphasis is on fresh, whole foods that everyone in the family will enjoy, even meat eaters, from Mexican, French, Greek, Thai, and Indian cuisines, to name just a few. The recipes have been impeccably tested, as are all of Pitre's recipes, so they will work right every time with a minimum amount of fuss. Dishes like Eggplant Parmigiana Pasta, Harissa Bean Stew, Butternut-Ginger Soup, and Hot Fudge Pudding Cake use whole, plant-based ingredients and come together for an indulgent and satisfying meal, making this an essential purchase for Instant Pot fans--vegetarian or not.

vegan collard greens instant pot: The Ultimate Vegan Cookbook for Your Instant Pot Kathy Hester, 2017-01-10 As the Instant Pot becomes increasingly affordable and popular among home cooks, who better than to teach vegans the ins and outs of this handy appliance than bestselling vegan cookbook author Kathy Hester? In The Ultimate Vegan Instant Pot Cookbook,

Kathy presents 80 new and unique recipes using the many features of the 7-appliances-in-1 Instant Pot, which includes a pressure cooker, slow cooker, yogurt maker and steamer. The Instant Pot does most of the work for less kitchen stress and mess, and it produces astoundingly delicious results. Recipes include Autumn Mushroom Bean Soup, Quinoa Chickpea Scramble, California Vegetables in Cheesy Sauce, All American Tempeh Chili, Mushroom Stroganoff Over Instant Pot Potatoes and even desserts like Vegan Cheesecake and S'mores Sweet Potatoes. Readers also save money by easily making their own staples such as vegetable stock, nondairy milk, yogurt, seitan and cheesy sauce. With plenty of introductory material, readers can learn about using the different features of their Instant Pot, nutritional benefits of each, do's and don'ts and how to care for it. This cookbook helps vegan home cooks confidently use the Instant Pot to prepare their own nourishing staples and delicious meals for their families. This book will have 80 recipes.

vegan collard greens instant pot: Vegan Pressure Cooking, Revised and Expanded JL Fields, 2018-01-16 Conquer your pressure cooking fears and make meals in minutes! Say goodbye to long cooking and preparation times. With an Instant Pot® or other pressure cooker, you can cook filling, nutritious meals in under an hour and with little mess or cleanup. It's the dinner (and breakfast, and lunch) solution you've always dreamed of. In this revised and expanded edition of the classic Vegan Pressure Cooking, you'll find: More than 30 pages of new content, including new recipes (over 120 recipes total) and new photos Information about using any type of pressure cooker or multicooker, including an Instant Pot, and how to choose which is best for you Cooking charts for beans, grains, vegetables, and more, so there's no guesswork—or mushy vegetables—involved Recipes that span all meals and tastes, from easy breakfasts such as Apple Pie Steel-Cut Oats to healthy dinners like Kale, Lentil, and Squash Chili and Jackfruit and Sweet Potato Enchiladas Perfect for novice cooks and experts alike, there's something for everyone with Vegan Pressure Cooking.

vegan collard greens instant pot: The Vegan Instant Pot Cookbook Nisha Vora, 2019-06-18 A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

vegan collard greens instant pot: The Complete Vegan Instant Pot Cookbook Barb Musick, 2019-05-14 101 scrumptious recipes — vegan healthy, Instant Pot® fast! The Complete Vegan Instant Pot Cookbook is your jam-packed, fully-authorized guide to vegan pressure cooking. Brimming with 101 mouthwatering whole food recipes meant to satisfy every palate, this book also features complete and detailed instructions to help you master vegan pressure cooking. Filled with useful tips and tricks for vegan pressure cooking, this book shows you how to keep your Instant Pot clean, why pressure cooking is great for vegans, what accessories you need in your kitchen, how to avoid common mistakes, and more. The Complete Vegan Instant Pot Cookbook includes: FRESH AND TASTY RECIPES—From Maple Morning Millet to Chickpea Kale Korma, savor 101 healthy, plant-based vegan recipes—no processed substitutes needed. EASY INSTRUCTIONS—Take the guesswork out of vegan pressure cooking with instructions that use exact Instant Pot settings, including the Porridge, Slow Cooker, and Sauté functions. MASTER YOUR PRESSURE COOKER—Get the most out of your Instant Pot thanks to feature guides, maintenance instructions, handy shortcuts, and more. The Complete Vegan Instant Pot Cookbook gives you vegan pressure cooking without the pressure.

vegan collard greens instant pot: Vegan Instant Pot in 30 Minutes Cathryn Bayer, 2019-07-05

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vegan collard greens instant pot: Vegan Instant Pot Perfection Liane Dray, 2018-12-01 Think keeping up with a VEGAN DIET is hard? Not anymore. This cookbook VEGAN INSTANT POT PERFECTION takes the INTIMIDATION of EATING VEGAN off the table. PLANT-BASED MEALS can be so SIMPLE and VERSATILE! And, with INSTANT POT, the whole process become incredibly easy! The multi-use ELECTRIC PRESSURE COOKER provides fantastic value for its price: it's FAST, CONVENIENT, and VERSATILE. So, if you want to LIVE HEALTHY while enjoying GOOD FOODS without spending hours in the kitchen than this is an INVALUABLE and DELICIOUS COLLECTION of HEALTHY ONE-POT VEGAN RECIPES that will please everyone at the table and become all-time favorites. With this VEGAN INSTANT POT PERFECTION cookbook- Not only are you getting a ton of really GOOD RECIPES, but you're getting a DETAILED BREAKDOWN of how to do everything — down to what each button means, what the numbers on your LCD screen mean, and even how to clean it correctly. Cook DELICIOUS FOOD in FEW MINUTES, all the RECIPES in this COOKBOOK are free of dietary hazards and FULL OF BENEFITS! You'll get to choose from fail-proof 110 VEGAN RECIPES that call for MINIMAL INGREDIENTS and can be ready in 60 MINUTES or LESS. VEGAN INSTANT POT PERFECTION would be a GREAT START for your VEGAN JOURNEY because you know you're in good hands.

vegan collard greens instant pot: Fast & Easy Vegan Instant Pot Cookbook Daniele North, 2018-09-28 If you want to combine both VEGAN RECIPES and INSTANT POT COOKING serving your family with EASY and DELICIOUS RECIPES, then you are at right place. PRESSURE COOKING is the best way to prepare VEGAN STAPLES like VEGETABLES and BEANS because more NUTRITIONAL VALUE is PRESERVED than through any other cooking method. This REMARKABLE DEVICE gives you the time to cook DELICIOUS homemade MEALS FAST & eliminates the STRESS OF sticking to the VEGAN DIET. You will see how easy it is to PRESSURE COOK, STEAM, SAUTÉ and SLOW COOK with your INSTANT POT. Make delicious VEGAN MEALS the EASY WAY with the PRESS OF A BUTTON. What will you find in this book? × INSTANT POT BASICS × MORE THAN 65 EASY AND DELICIOUS VEGAN RECIPES × ESSENTIAL NUTRITIONAL INFO × APPETIZERS & BREAKFAST RECIPES × SIDES DISHES × MAIN DISHES × SOUP & STEW RECIPES × DESSERTS AND MORE... With the wide RANGE OF RECIPES to CHOOSE from, FAST & EASY VEGAN INSTANT POT COOKBOOK would be a great addition to your VEGAN DIET.

vegan collard greens instant pot: Instant Pot Cookbook For Dummies Wendy Jo Peterson, Elizabeth Shaw, 2020-04-07 Over 100 Quick and Easy Recipes Wondering how get the most out of your Instant Pot or your favorite multi-cooker? This one-of a kind guide will walk you through what you need to know to start cooking with your Instant Pot today. It covers what you can cook to setting functions to keeping your pot looking (and smelling!) like new, plus what will happen step-by-step through the cooking process. You will also get over 100 tasty, family-friendly recipes for making delicious mains, appetizers, sides, breakfasts, and desserts—in a flash. Inside, you'll get the lowdown on getting to know your pot and all its features. Discover all that you and your Instant Pot can

achieve, from cooking fluffy rice, beans from scratch, and creating roasts, soups, vegetarian, Mediterranean, Keto, and Indian dishes, to making homemade yogurt, baby food, and decadent desserts. Prep, set it, and go Compatible with Instant Pot models and brands like Ninja All-in-One Multi-Cooker Get hours back in your day Save time without losing flavor Baby-friendly recipes Includes recipes to suit the entire family, including baby-friendly, keto, gluten free and vegan options created by two dietitians! Now you can serve up home-cooked meals in a fraction of the time of a slow cooker—without feeling guilty about not spending a lot of time in your kitchen.

vegan collard greens instant pot: *Instant Pot Fast & Easy* Urvashi Pitre, 2018-12-15 Presents a collection of recipes that use an Instant Pot pressure cooker to make simple, timesaving dishes, including Jamaican chicken curry, crustless crab quiche, cheesy polenta, and baba ghanoush.

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vegan collard greens instant pot: The Essential Instant Pot Cookbook Coco Morante, 2017-08-29 Authorized by Instant Pot and filled with beautiful photographs and more than 75 simple, well-tested comfort food recipes, this indispensable book is the ultimate collection of delicious weekday meals. The best-selling Instant Pot has been a runaway hit, with an almost cultlike following and users who swear by it. But finding delicious, well-tested, weekday-friendly recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Instant Pot Cookbook covers each meal of the day, offering plenty of tried-and-true classic recipes, such as spicy beef and bean chili, a whole roasted chicken with mushroom sauce, and decadent New York cheesecake, alongside a hearty array of contemporary meals, such as Greek-style Gigantes beans with fresh feta, braised pork loin with balsamic vinegar and caramelized onions, buttery cauliflower mashed potatoes, pork adobo, and more! Whether you're looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado, this is the book to have.

vegan collard greens instant pot: Instant Pot Gluten Free Vegan Cookbook Caroline Gershon, 2018-03-18 Life moves faster each day and we make sacrifices just to keep up, none more so than in the kitchen. Having to eat hastily thrown together meals and to go processed foods. As a result, your health and that of your families takes a back seat. For a growing family this is unacceptable and we know it, but who has the extra time, kitchen space or energy to create healthy family meals day after day, night after night? With standard cookware, very few. But with instant pot there's an affordable solution for everyone and it all happens with the press of a button. Get Your Copy today

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Printed on high-quality paper and bound in a hardcover format filled with beautiful photographs, this is truly the ultimate book for gifting or self-purchase, and destined to become the beloved Instant Pot cookbook.

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