

HOW TO COOK INSTANT POT RICE

WWW.HEALTHYINSTANTPOTRECIPES.COM

1:1 ratio rice to water

cooking time on high pressure

10 minute natural release followed by quick release



WHITE RICE

3 minutes



BROWN RICE

22 minutes



RED RICE

30 minutes



WILD RICE

35 minutes



WILD RICE BLEND

28 minutes



BLACK RICE

30 minutes