

best vegan instant pot recipes

best vegan instant pot recipes offer a convenient and delicious way to prepare plant-based meals quickly and efficiently. Utilizing an Instant Pot for vegan cooking not only saves time but also enhances flavors by using pressure cooking to infuse spices and ingredients deeply. In this article, the focus is on diverse, nutrient-rich vegan recipes that maximize the benefits of the Instant Pot, from hearty stews to wholesome grains and legumes. These recipes showcase the versatility of vegan ingredients while maintaining simplicity and speed in meal preparation. Whether for beginners or seasoned cooks, the best vegan Instant Pot recipes provide practical solutions to everyday cooking challenges. This guide covers a variety of recipe types, key tips for cooking vegan meals in an Instant Pot, and suggestions for customizable dishes to suit different tastes and dietary needs. The following sections will explore the best options for vegan entrees, soups, sides, and desserts, all optimized for the Instant Pot.

- Benefits of Using an Instant Pot for Vegan Cooking
- Top Vegan Instant Pot Entrees
- Delicious Vegan Instant Pot Soups and Stews
- Quick and Nutritious Vegan Instant Pot Sides
- Simple Vegan Instant Pot Desserts
- Tips for Perfect Vegan Instant Pot Recipes

Benefits of Using an Instant Pot for Vegan Cooking

The Instant Pot is a multifunctional electric pressure cooker that has revolutionized home cooking, especially for vegan meals. It significantly reduces cooking time for beans, grains, and vegetables while preserving nutrients and flavors. This appliance combines several functions such as slow cooking, sautéing, steaming, and pressure cooking, making it an all-in-one solution for preparing complex vegan dishes efficiently.

Using the Instant Pot for vegan recipes offers several advantages:

- **Time-saving:** Pressure cooking drastically cuts down the time needed to cook legumes and whole grains.
- **Flavor enhancement:** The sealed environment traps steam and intensifies flavors, resulting in richer dishes.
- **Energy efficient:** Instant Pots use less energy compared to stovetop cooking.

- **One-pot convenience:** Combining multiple cooking steps in one pot reduces cleanup and simplifies meal prep.

These benefits make the Instant Pot an ideal tool for preparing the best vegan recipes that require slow simmering or long cooking times.

Top Vegan Instant Pot Entrees

Vegan entrees prepared in the Instant Pot can range from protein-packed bean dishes to hearty vegetable curries. The appliance excels at cooking dried beans, lentils, and whole grains quickly, which are staples in vegan diets. Using fresh vegetables and flavorful spices, these entrees become both nutritious and satisfying.

Instant Pot Vegan Chili

This dish combines beans, tomatoes, vegetables, and spices for a warming, protein-rich meal. The pressure cooking process melds the flavors and tenderizes the beans without pre-soaking.

Vegan Lentil and Vegetable Curry

Aromatic spices and creamy coconut milk create a rich sauce that perfectly complements lentils and mixed vegetables. The Instant Pot ensures the lentils cook evenly and absorb the flavors deeply.

Quinoa and Black Bean Stuffed Peppers

Bell peppers stuffed with a mixture of quinoa, black beans, corn, and spices cook quickly in the Instant Pot, resulting in a colorful, filling entree.

- Instant Pot Vegan Chili with kidney and black beans
- Lentil and vegetable curry with coconut milk
- Stuffed bell peppers with quinoa and black beans
- Sweet potato and chickpea stew
- Tofu and vegetable stir-fry (using sauté function)

Delicious Vegan Instant Pot Soups and Stews

Soups and stews are perfect for Instant Pot cooking due to their one-pot nature and the need for slow flavor development, which the pressure cooker replicates rapidly. Vegan soups can include a wide variety of legumes, vegetables, and grains, making them hearty and nutritious.

Instant Pot Vegan Minestrone

This Italian classic adapts well to vegan cooking by using vegetable broth and a variety of beans, pasta, and fresh vegetables. The Instant Pot cooks the beans and pasta perfectly in one pot.

Hearty Vegan Split Pea Soup

Split peas cook quickly under pressure, creating a creamy and filling soup without the need for blending. Added carrots, celery, and herbs boost the flavor complexity.

Sweet Potato and Chickpea Stew

A robust stew featuring sweet potatoes, chickpeas, tomatoes, and warming spices like cumin and coriander. The Instant Pot tenderizes the ingredients while intensifying the flavors.

- Vegan minestrone with beans and pasta
- Split pea soup with carrots and celery
- Sweet potato and chickpea stew
- Curried lentil soup
- Tomato and white bean soup with kale

Quick and Nutritious Vegan Instant Pot Sides

In addition to main dishes and soups, the Instant Pot is excellent for preparing nutritious side dishes that complement vegan meals. Grains, beans, and steamed vegetables can be cooked simultaneously or on their own with minimal effort and consistent results.

Instant Pot Brown Rice and Quinoa

Perfectly cooked whole grains like brown rice and quinoa are foundational to many vegan meals. The Instant Pot provides consistent texture with less monitoring compared to stovetop methods.

Steamed Vegetables with Herbs

Fresh vegetables can be quickly steamed in the Instant Pot's steaming basket, preserving nutrients and texture. Adding fresh herbs after cooking enhances the flavor.

Instant Pot Refried Beans

Using dried pinto beans, this recipe produces creamy, flavorful refried beans without frying, making it a healthier vegan side option.

- Brown rice and quinoa cooked in the Instant Pot
- Steamed broccoli, carrots, and green beans
- Refried pinto beans made pressure-cooked
- Instant Pot mashed potatoes with plant-based milk
- Barley and wild rice blend

Simple Vegan Instant Pot Desserts

The Instant Pot is not limited to savory recipes; it also excels at making quick and easy vegan desserts. The pressure cooker can speed up cooking times for puddings, cakes, and fruit compotes while maintaining moisture and texture.

Instant Pot Vegan Chocolate Lava Cake

This decadent dessert uses plant-based ingredients and cooks quickly under pressure, resulting in a moist cake with a gooey chocolate center.

Vegan Rice Pudding

A creamy pudding made from rice, plant-based milk, and natural sweeteners. The Instant Pot cooks the rice thoroughly and evenly, producing a smooth texture without constant stirring.

Steamed Apples with Cinnamon

Apples cooked with cinnamon and a touch of maple syrup in the Instant Pot create a warm, comforting dessert that pairs well with vegan ice cream or yogurt.

- Chocolate lava cake with vegan chocolate and tofu
- Rice pudding with coconut milk and cinnamon
- Steamed cinnamon apples
- Vegan cheesecake made in a springform pan
- Instant Pot fruit compote with mixed berries

Tips for Perfect Vegan Instant Pot Recipes

To achieve the best results when preparing vegan recipes in an Instant Pot, certain techniques and considerations are important. These tips help optimize cooking times, flavors, and textures.

Adjusting Cooking Times for Different Ingredients

Legumes, grains, and vegetables have varying cooking durations. It is essential to layer ingredients properly or use the pot-in-pot method to avoid overcooking delicate items.

Using Natural Pressure Release vs. Quick Release

Natural pressure release is recommended for beans and stews to allow gradual cooking and prevent splitting or foaming. Quick release works well for vegetables and grains to maintain texture.

Maximizing Flavor with Sauté and Spices

Using the sauté function before pressure cooking enhances the flavor of spices, onions, and garlic. Adding fresh herbs and acid (like lemon juice or vinegar) after cooking brightens the dish.

- Soak beans beforehand for even cooking, or use no-soak recipes with adjusted times
- Layer ingredients to prevent overcooking (harder foods on bottom)

- Use the sauté setting to bloom spices and soften aromatics
- Release pressure naturally for thick, tender textures
- Season well and adjust acidity after cooking

Frequently Asked Questions

What are some of the best vegan instant pot recipes for beginners?

Some of the best vegan Instant Pot recipes for beginners include lentil soup, chickpea curry, vegetable stew, and quinoa chili. These recipes are simple, require minimal ingredients, and are perfect for those new to using an Instant Pot.

Can I make vegan desserts in an Instant Pot?

Yes, you can make a variety of vegan desserts in an Instant Pot such as vegan cheesecake, rice pudding, chocolate lava cake, and steamed fruit puddings. The pressure cooking helps achieve great textures quickly.

What is a quick and easy vegan Instant Pot recipe for weeknight dinners?

A quick and easy vegan Instant Pot recipe for weeknight dinners is vegan chili made with beans, tomatoes, bell peppers, and spices. It cooks in under 30 minutes and is both hearty and nutritious.

Are there any high-protein vegan Instant Pot recipes?

Yes, high-protein vegan Instant Pot recipes include lentil stew, chickpea curry, tofu and vegetable stir fry, and quinoa with mixed beans. These dishes provide a good amount of plant-based protein.

How do I make vegan Instant Pot soups more flavorful?

To make vegan Instant Pot soups more flavorful, use vegetable broth, add umami-rich ingredients like nutritional yeast, soy sauce, mushrooms, or miso paste, and season well with herbs and spices such as garlic, thyme, and smoked paprika.

What are some vegan Instant Pot recipes suitable for meal prep?

Vegan Instant Pot recipes suitable for meal prep include vegetable curry, lentil dal, quinoa

salad, and black bean stew. These dishes store well in the fridge or freezer and can be easily reheated throughout the week.

Can I make vegan Instant Pot recipes without using oil?

Yes, you can make vegan Instant Pot recipes without oil by using water or vegetable broth to sauté vegetables and relying on the pressure cooking process to develop flavors without added fats.

What are some vegan Instant Pot recipes that kids will enjoy?

Kids often enjoy vegan Instant Pot recipes like pasta with tomato sauce, vegan mac and cheese made with cashew sauce, vegetable fried rice, and sweet potato and black bean chili. These meals are flavorful and kid-friendly.

How long does it usually take to cook vegan meals in an Instant Pot?

Cooking times for vegan meals in an Instant Pot vary but generally range from 10 to 30 minutes under pressure, depending on the recipe. For example, lentils and beans typically take about 15-20 minutes, while soups may take around 10-15 minutes.

Are there any vegan Instant Pot recipes that use whole grains?

Yes, there are many vegan Instant Pot recipes using whole grains such as quinoa pilaf, brown rice and vegetable medley, barley stew, and farro salad. These grains cook well in the Instant Pot and are great for nutritious meals.

Additional Resources

1. The Ultimate Vegan Instant Pot Cookbook

This comprehensive cookbook offers over 100 delicious and easy-to-make vegan recipes tailored for the Instant Pot. From hearty soups to flavorful main dishes, it caters to both beginners and seasoned Instant Pot users. Each recipe emphasizes whole foods and plant-based ingredients to ensure nutritious and satisfying meals.

2. Vegan Pressure Cooking Made Simple

Designed for those new to pressure cooking, this book simplifies the process with straightforward vegan recipes. It features a variety of dishes including stews, curries, and desserts, all crafted to come together quickly in the Instant Pot. The book also provides helpful tips on ingredient substitutions and cooking times.

3. Plant-Powered Instant Pot: 75 Vegan Recipes

Focusing on vibrant and wholesome plant-based meals, this collection showcases 75 recipes that highlight vegetables, legumes, and grains. The recipes are designed to

maximize flavor and nutrition while minimizing prep time. Readers will find options for breakfast, lunch, dinner, and snacks all made effortlessly in the Instant Pot.

4. *Quick & Easy Vegan Instant Pot Meals*

Perfect for busy lifestyles, this book features speedy vegan recipes that can be made in under 30 minutes with the Instant Pot. It includes a variety of international dishes and comfort foods adapted for pressure cooking. The clear instructions and minimal ingredients make it ideal for weeknight dinners.

5. *The Vegan Instant Pot Bible*

A must-have guide for vegan Instant Pot enthusiasts, this book covers everything from basic techniques to advanced recipes. It contains a wide range of dishes including soups, grains, beans, and desserts. The detailed explanations help users understand how to get the most out of their Instant Pot while maintaining vegan principles.

6. *Hearty Vegan Instant Pot Soups & Stews*

Specializing in warming and filling soups and stews, this book offers recipes that are perfect for any season. Each recipe is crafted to bring out rich flavors using plant-based ingredients and the convenience of the Instant Pot. The book also includes tips on seasoning and texture adjustments.

7. *Vegan Instant Pot Bowls: Nourishing One-Pot Meals*

This book focuses on nutritious bowl-style meals that combine grains, vegetables, and proteins in a single pot. The recipes are designed to be balanced, colorful, and easy to prepare using the Instant Pot. Ideal for meal prep or quick lunches, these bowls are both satisfying and wholesome.

8. *Global Vegan Instant Pot Recipes*

Take your taste buds on a world tour with vegan recipes inspired by international cuisines, all adapted for the Instant Pot. From Indian dals to Mexican beans and Mediterranean stews, this book offers a diverse array of flavorful dishes. It encourages exploration of spices and plant-based ingredients from around the globe.

9. *Instant Pot Vegan Comfort Food Classics*

Recreate your favorite comfort foods in a plant-based way using the Instant Pot. This book features veganized versions of classics like mac and cheese, chili, and casseroles, designed to be simple yet indulgent. It's perfect for those craving familiar flavors without compromising their vegan lifestyle.

Best Vegan Instant Pot Recipes

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like to create quick and delicious Vegan Instant Pot Recipes for your whole family? Would you like to upgrade your life with healthy and nutritious plant based dishes without spending all day cooking? Do you want to easily transition to a vegan plant based diet lifestyle? If yes, then this book might be a perfect choice for you! The Instant Pot Pressure Cooker is one of the best kitchen appliances to use for vegan recipes. If you don't want to spend the next few weeks eating rabbit food, you need a handy vegan-friendly cookbook by your side. Fortunately, this book: **Vegan Instant Pot Cookbook: Quick, Simple, Delicious and Healthy Plant Based Pressure Cooker Recipes** provides readers with tips and tricks on how to transition from a full or semi-carnivore to a full-pledged, but well-fed vegan. Gone are the days when vegans either ate nothing but fresh salads, or survived (barely!) on processed junk labeled vegan-certified. With this book, any vegan with novice culinary skills can create delicious meals by just pressing a few buttons. This book contains easy-to-follow vegan-safe recipes utilizing the numerous cooking functions of the Instant Pot, including pressure cooking and sautéing, to name a few. Almost all recipes in this book entail preparing a few ingredients beforehand, placing these in the Instant Pot, and pressing a few buttons. The machine does all the hard work. And because this machine has pressure cooking functions, dishes cook at a fraction of the time as compared to stovetop cooking, or oven roasting. Some of the benefits a Vegan diet: Younger looking skin Healthier hair and nails Weight loss Longer lifespan Lower blood sugar levels Improved kidney function Protection against Cancer Lower risk of heart disease Reduced pain from arthritis Increase in energy levels Drop in Cholesterol And the list goes on... What is included in this book: Benefits of using the Instant Pot Pressure Cooker Introduction to Veganism Benefits of going Vegan Basic Instant Pot Guidelines One Pot Meals recipes Delicious Soups & Stews recipes Veggies & Greens ideas Tasty Grains and Lentils recipes Mouthwatering Main Courses Healthy sweet tooth Desserts Bonus recipes So, what are you waiting for? Grab a copy of this book, and embark on your new healthier lifestyle right now, for a limited time discount of only \$13.57!

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and every day for weeks to come! Cooking vegan meals at home with the Instant Pot can be fun and easy, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on months of Instant Pot vegan recipes, all with complete nutritional information, serving sizes, and pictures in this Instant Pot vegan cookbook. Every recipe is easy to make, uses only ethical vegan ingredients, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class vegan meals you can serve to your family and friends with pride! Healthy eating guru Alessandra Mercado has assembled an award winning collection of the absolute best Instant Pot vegan recipes you'll ever taste. These recipes are all great for promoting optimal health and rapid fat loss, but they taste so good you'll never feel like you're sacrificing anything! Not only that, you can feel good about eating these meals because they contain only ethical, vegan ingredients. Don't miss out! Grab the paperback edition of this book today and claim your free Kindle edition with Kindle MatchBook! Make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

best vegan instant pot recipes: 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.

best vegan instant pot recipes: Instant Pot Vegan Cookbook Julieta Joven, 2017-02-14 Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! 100 of the very best vegan recipes for the Instant Pot with photos, serving size, and nutrition facts for every recipe! Some of the biggest authorities on nutrition, longevity, weight loss, and health have stated that eating a vegan diet is among the most effective ways to not only lose weight, but more importantly, to optimize your health and longevity! But hundreds of thousands of vegans around the world didn't need the experts to tell them that. They already know how effective eating fresh, fun, and ethical vegan meals can be because they have been enjoying this lifestyle for years! Every single recipe is 100% vegan and created specifically for your Instant Pot! The Instant Pot has been a true game-changer for smart and busy people who don't always have the time to cook elaborate meals at home, but also don't want to sacrifice their health. Using the Instant Pot makes it easy to eat amazing vegan meals at home with your family every single night. Food isn't meant to be bland and boring any more then it is meant to involve harming innocent animals. Food is meant to be a nutritious and ethical source of life that is best enjoyed and savored at home with the people you care about most, and no appliance makes healthy home cooking easier than the Instant Pot! There is no need to slave away in the kitchen for hours every night. This collection of 100 vegan recipes are all fast and easy to make, but look and taste like world-class meals made by a 5-star vegan chef! 100 vegan Instant Pot recipes so you can truly have it all! Eating fresh vegan meals cooked with an Instant Pot does not mean you are on a boring, bland, starvation diet. Eating bland and weird food might be one way to be a vegan, but that is not what the Instant Pot is all about! Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these 100 amazing vegan Instant Pot recipes now and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for months to come! Cooking healthy and delicious vegan meals at home with your Instant Pot can be easy and fun, but only when you know the right recipes! For less than the cost of visiting a disgusting fast food

restaurant, you can get your hands on months of Instant Pot vegan recipes, all with complete nutritional information, serving sizes, and pictures in this Instant Pot vegan cookbook. Every single recipe is easy to make, uses only ethical vegan ingredients, and is so healthy and delicious you will be proud to serve these meals to your family and friends over and over again! Mouth-watering vegan meals you can serve to your family and friends with pride! Healthy eating guru and vegan Julieta Joven has assembled a massive collection of award winning Instant Pot vegan recipes that are among the best you will ever taste. These recipes are second to none when it comes to promoting optimal health and rapid fat loss, but they taste so good you'll never feel like you're giving up anything! Not only that, you can feel good about eating these meals because they contain only ethical vegan ingredients. Say 'YES' to 100 vegan Instant Pot recipes and a healthier and thinner you! Grab this cookbook today and discover why cooking fresh and healthy vegan meals with the Instant Pot is becoming so popular. Don't take a pass on these amazing vegan recipes that your family will love and that will make you feel thinner and better than you have in years!

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best vegan instant pot recipes: Vegan Instant Pot Cookbook Antonio Perez, 2017-05-25 If

you love healthy Vegan meals, but don't want to slave hours in the kitchen, then this Instant Pot Vegan cookbook is for you. With this complete Vegan Instant Pot cookbook, say goodbye to long cooking and preparation times. You no longer have to spend a huge amount of time preparing a great tasting meal. The book includes 55+ Vegan recipes that take only minutes instead of hours to prepare. True Vegan recipes are not always easy to find, and sometimes they contain ingredients that do not qualify as Vegan. This cookbook on Vegan meals includes only authentic Vegan recipes, and they are designed for your Instant Pot. The Instant Pot is a must have kitchen appliance because it can do the job of seven appliances. It is a warming pot, a yogurt maker; a sauté pan, a slow cooker, a pressure cooker, porridge or rice maker and a steamer. It is not possible to store and use all of these different appliances in your kitchen; hence, the Instant Pot is a great solution. Instant Pot utilizes the high temperatures, steam, and pressure to speed up the cooking time and save your precious time and hard-earned money. This book contains easy-to-follow true Vegan breakfast, lunch and dinner recipes. The recipes utilize inexpensive Vegan ingredients that you can find at your local farmers market or your nearby grocery store. Making tasty and nutritious Vegan meals doesn't have to be difficult. Add a few Vegan-friendly ingredients, press a few buttons, and after a few minutes, a warm, delicious dish is waiting for you. With the help of this Vegan Instant Pot cookbook, you will have an amazing opportunity to explore the variety of delicious and nutritious Vegan recipes that you can easily make with an Instant Pot. Grab your copy today, start to make these mouthwatering Vegan Instant Pot recipes and live healthy than ever before.

best vegan instant pot recipes: Vegan Instant Pot Cookbook Daniel Norton, 2017-04-20
Being a vegan is not as difficult as one can think. Modern devices and cookbooks allow us to prepare meals of varying difficulty's degrees. But there is nothing better than Instant Pot Cooker. People who laid vegetarian lifestyle, don't eat meat, and are eager to taste delicious dishes too. For the rescue comes instant pot recipe book which offers a variety of meals for every day and holiday. Dishes prepared with electronic pressure cooker are tasty, healthy and easy. So, the combination Vegan and Instant Pot is great! Our instant pot pressure cooker cookbook presents such recipes as burgers, patties, soups, stews, snacks and appetizers. Also one can find here vegan holiday dishes.

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Would you like to create quick and delicious Vegan Recipes with only 5 Ingredients or Less? Would you like to recharge your body with healthy and nutrient rich vegan dishes without spending all day cooking? If yes, then this book might be a perfect choice for you! Thank you for considering, Vegan Instant Pot Cookbook: 5 Ingredients or Less - Quick, Easy, and Healthy Plant Based Meals for Your Family. There are still a lot of people out there who mistakenly believe that vegan food is boring, tasteless, and complicated to make. They usually base their assumption on the numerous highly processed, extremely tasteless, and very expensive vegan options like: garden burgers, tofurkey, and veggie hotdogs. No one is going to argue with how bad these three food options are. Even hard-core vegans avoid these like the plague. Real vegan dishes are made from whole food, which is organically delicious, fragrant, and vibrantly colored. These are also cheaper to buy in bulk especially when you price-match these with celebrity-endorsed vegan options. With the help of the Instant Pot, affordable, delicious, and healthy all-vegetable meals can be cooked by simply pressing a couple of buttons. If you are looking for budget-friendly recipes (vegan or otherwise,) you should really consider buying this book. All the recipes within contain only 5 ingredients or less. Many of which can be easily found in your local grocery stores or supermarkets. This book contains 60+ vegan-safe recipes for breakfast, lunch, and dinner. These include everything from grain-based breakfast options, to easy soups, and to stick-to-your-ribs dinner selections. There are also healthy choices for those who love to munch on savory snacks in between meals, and those who love to give in to their sweet tooth. Also included are easy-to-follow, no-cook recipes like: coconut butter, dairy-free pesto, flavored vinegars, and homemade vegan cheese. Some of the benefits a Vegan diet: Younger looking skin Healthier hair and nails Weight loss Longer lifespan Lower blood sugar levels Improved kidney function Protection against Cancer Lower risk of heart disease Reduced pain from arthritis Increase in energy levels Drop in Cholesterol And the list goes on... So what are you waiting

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