



Crock-Pot Express

cooking settings cheat sheet

Low Pressure Default

RICE/RISOTTO	<i>12 MINS</i>	6-30 mins
DESSERT	<i>10 MINS</i>	5 mins-2 hrs

High Pressure Default

STEAM	<i>10 MINS</i>	3 mins-1 hr
MEAT/STEW	<i>35 MINS</i>	15 mins-2 hrs
BEANS/CHILI	<i>20 MINS</i>	5 mins-2 hrs
POULTRY	<i>15 MINS</i>	15 mins-2 hrs
SOUP	<i>30 MINS</i>	5 mins-2 hrs
MULTIGRAIN	<i>40 MINS</i>	10 mins-2 hrs

Other Settings

Slow Cook	low/high	30 mins-20 hrs
Keep warm	warm	30 mins-4 hrs
Brown/saute	low/high	5 mins-30 mins
Yogurt	low/high	6-12 hrs

