

10 Low Carb Instant Pot Pressure Cooker Recipes to Satisfy Your Cravings

Are you a fan of quick and healthy meals? Look no further! If you own an Instant Pot pressure cooker, you have the perfect tool to whip up delicious low-carb dishes in no time. Whether you're following a low-carb diet or simply looking to reduce your carb intake, these 10 Instant Pot recipes will leave you feeling satisfied and nourished.

1. Mouthwatering Mexican Cauliflower Rice



Craving some zesty Mexican flavors? This cauliflower rice dish is the ultimate low-carb alternative. Imagine fragrant cilantro, tangy lime juice, and a hint of spiciness perfectly combined with tender cauliflower rice. With your Instant Pot, you can have this mouthwatering dish ready to serve in just a few minutes.

10 Low Carb Instant Pot Pressure Cooker Recipes: The Keto Queens



by Lara Clevenger ([Print Replica] Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

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Print length : 339 pages

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2. Savory Thai Coconut Chicken Curry



Looking for a comforting yet flavorful meal? This Instant Pot coconut chicken curry will transport your taste buds to the streets of Thailand. Succulent chicken pieces swimming in a luscious, aromatic coconut curry sauce will make you forget you're eating low carb. Serve it over cauliflower rice for the ultimate low-carb delight.

3. Creamy Broccoli Cheese Soup



Warm up with a bowl of creamy broccoli cheese soup that's low in carbs but rich in flavor. Nothing beats the creamy texture of this comforting soup, loaded with tender broccoli florets, sharp cheddar cheese, and a touch of garlic. Use your Instant Pot to enjoy a satisfying bowl of this classic soup in no time.

4. Flavorful Balsamic Pot Roast



This balsamic pot roast will make your taste buds sing! With melt-in-your-mouth tender beef, tangy balsamic glaze, and a generous amount of fresh herbs, this dish is pure comfort food. Use your Instant Pot to transform a tough roast into a flavorful, succulent masterpiece in a fraction of the time.

5. Delectable Lemon Garlic Salmon



Bring the flavors of the sea to your dinner table with this Instant Pot lemon garlic salmon. This recipe combines zesty lemon, aromatic garlic, and luscious butter to create a perfect glaze for succulent salmon fillets. With your Instant Pot, you can have restaurant-quality salmon on your plate in no time.

6. Spicy Buffalo Chicken Lettuce Wraps



If you're craving a spicy kick, these buffalo chicken lettuce wraps are just for you. Tender, shredded chicken drenched in spicy buffalo sauce, wrapped in crisp lettuce leaves, and topped with creamy blue cheese dressing create a winning combination. Use your Instant Pot for a quick and easy protein-packed meal.

7. Delicious Butter Chicken



Indulge in the rich flavors of butter chicken without worrying about the carbs. This Instant Pot butter chicken recipe turns boneless chicken into a creamy, aromatic dish packed with spices and tomato goodness. Serve it over cauliflower rice for a low-carb twist on a classic Indian favorite.

8. Creamy Garlic Parmesan Brussels Sprouts



If you're looking for a side dish that's both delicious and healthy, these creamy garlic Parmesan Brussels sprouts are a must-try. The Instant Pot helps cook the Brussels sprouts to perfection, while a creamy garlic Parmesan sauce takes them to a whole new level of flavor. Get ready to fall in love with these veggies all over again.

9. Tender BBQ Pulled Pork



Satisfy your cravings for smoky, tender pulled pork with this Instant Pot recipe. Using your pressure cooker, you can have succulent, BBQ-flavored pork ready to be piled high on a low-carb bun or enjoyed as is. The possibilities are endless with this versatile dish that's perfect for gatherings or a comforting night in.

10. Flavorful Korean Beef Bowls



Satisfy your taste buds with these delicious Korean beef bowls. Tender, savory beef slices marinated in a flavorful sauce, served over cauliflower rice or steamed veggies, will transport you to the vibrant streets of Seoul. With your Instant Pot, this dish will be on your table in no time, impressing family and friends.

With these 10 low-carb Instant Pot recipes, you can enjoy flavorful and satisfying meals without compromising your health goals. Embrace the convenience and

versatility of your pressure cooker, and start cooking up these delicious dishes today!



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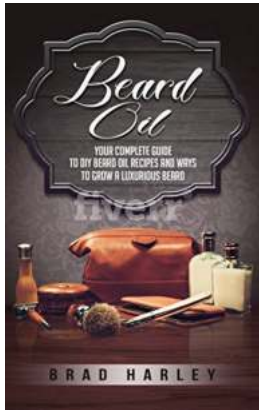
10 Low Carb Instant Pot Pressure Cooker Recipes

Faith and Lara are back at it again, but this time they're turning up the pressure with some of their favorite low carb meals cooked in an Instant Pot! Have no fear, these recipes can all be done in a standard pressure cooker too! They've re-done some of their favorites like "Better than Crack Chicken" and "Meatloaf Florentine."

Low Carb Instant Pot and Pressure Cooker recipes included:

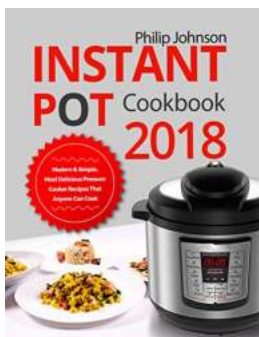
- Savory Italian Herb English Muffins
- Almond Joy Breakfast Jars, 2 Ways
- Best, Easiest Cauliflower "Mac" and Cheese
- Old Bay BBQ Pulled Chicken
- Beef Bolognese
- Taco Soup
- Better than Crack Chicken

- Meatloaf Florentine
- Almond Spumoni Cheesecake
- Chocolate Cake with Fudgy Chocolate Frosting



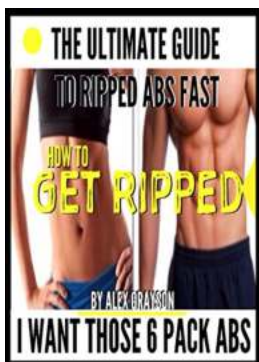
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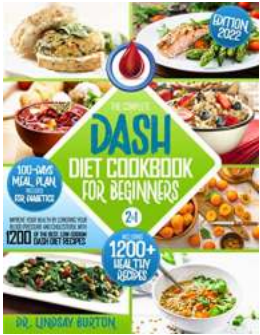
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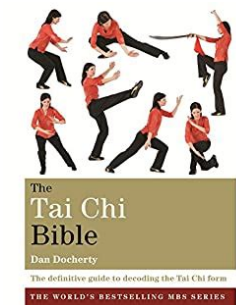
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