



Super Simple Steel Cut Oats in the Instant Pot

Hot and Hearty Steel Cut Oats made easy in the Instant Pot

Prep Time:
3 minutes

Pressure Cook Time:
10 minutes

Total Time:
20 minutes

Course: Breakfast Cuisine: American

Keyword: Budget-friendly, Dairy-free, Gluten-free, Kid-Friendly, Make-Ahead Breakfast, THM-E

Servings: 4 Calories: 163 Author: Holly

Ingredients

- 1 teaspoon coconut oil, ghee, or butter Use your preferred oil or fat
- 1 cup steel cut oats
- 1 2/3 cups water
- 1 pinch salt

Instructions

1. Turn Instant Pot ON by pressing [Sauté].
2. Add oil, ghee, or butter to Instant Pot and allow to melt on the bottom to help prevent sticking.
3. Pour in steel cut oats.
4. Measure water into pot.
5. Check the Instant Pot to make sure the sealing ring and other parts are in place and close the lid.
6. Turn steam release valve to [Sealing] position.

7. Turn Instant Pot OFF by pressing [Cancel/Keep Warm] Button.
8. Set cooking program. [Pressure Cook], [Manual], or [Porridge] will all work well.
9. Make sure your Instant Pot is on HIGH pressure by pressing the [Pressure] button until it cycles to HIGH pressure. The LUX model of Instant Pot only has High pressure, so you can skip this step.
10. Set pressure cooking time to 10 minutes by pressing the [+] or [-] button.
11. Pause for 10 seconds while you wait for the Instant Pot to start. Or Press [Start] if you have a model, such as Ultra or Max, that has a Start button.
12. Instant Pot will heat up, come up to pressure, and display countdown while pressure cooking for 10 minutes.
13. Allow pot to Natural Release for 5 minutes before manually releasing the remaining pressure from the pot.
14. Open the Instant Pot and add salt. You will notice that there is a lot of liquid at the top, and the bottom of the pot has very thick oatmeal. This is normal. Stir the oatmeal well, scraping the bottom and mixing in the liquid from the top.
15. Serve oatmeal with any toppings you like. We enjoy getting creative by adding nuts, dried fruit, peanut butter, cocoa, bananas, blueberries, honey, maple syrup, brown sugar, and milk or cream.

Notes

If you like your oatmeal thinner, add more water before cooking.

IMPORTANT: Remember that the water doesn't evaporate when pressure cooking as it does when you are cooking on the stovetop, so the recipe on the package of oats will call for lots more water than needed in the pressure cooker. Ignore the stove top instructions on the package.

Starchy foods like oatmeal tend to foam in the pressure cooker. Adding oil helps to keep foaming to a minimum, so don't skip this ingredient.

Tip: The night before, place oats, water, and oil in Instant Pot and set timer to Delay cooking until 45 minutes to an hour before you want breakfast. Your oatmeal will be ready and waiting for you when you and your family wake up!

Nutrition

Calories: 163kcal | Carbohydrates: 26g | Protein: 6g | Fat: 4g | Saturated Fat: 1g | Sodium: 15mg | Fiber: 4g | Calcium: 23mg | Iron: 2mg

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