

instant pot wild rice

MAKES 7-8 cups of cooked wild rice

RECIPE ADAPTED FROM: [Amy + Jacky Pressure Cooker Recipes](#)

COOK TIME: 25 minutes

2 cups wild rice

4 cups cold water or broth, or a combination

½-1 tsp sea salt, optional

Notes:

- **Wild rice is not a true rice, it is a seed from an aquatic grass. It is naturally gluten free and it has a richer nutrient content than white and brown rice with 3 times the protein of white rice.**
- **Wild rice typically takes 50-60 minutes to cook. This Instant Pot Wild Rice recipe cuts the cooking time in half.**
- **Cook a large quantity of wild rice and freeze in 2 cup portions for future dinners.**
- **It may take several cooking attempts to get the chewiness of the wild rice to your preference. You can add less or more water (some recipes call for 3 or 5 cups water to 2 cups wild rice) or lengthen the pressure cooking time to 25 minutes if you prefer a softer rice.**

PLACE wild rice in a strainer and rinse with cool water.

ADD wild rice, water and/or broth and salt to the Instant Pot.

PLACE lid on the Instant Pot and turn until it locks into place. Make sure to seal the vent.

PRESS the “Manual/Pressure Cook” button and adjust the cooking time to 15 minutes on High Pressure.

ONCE done, allow Natural Pressure Release for approximately 10 minutes.

OPEN lid immediately and fluff rice with a fork.

MAKE IT A MEAL: serve with protein and non-starchy vegetables of choice.

