

## Chocolate Chip Cheesecake

THE ESSENTIAL INSTANT POT® KETO: 210 Delicious Ketogenic Recipes To Fuel You Every Day by Casey Thaler, NASM-CPT, FNS. Copyright © 2019 by Casey Thaler. Reprinted with permission from Grand Central Publishing. All rights reserved.

Makes 5-6 servings

Prep Time: 5 minutes, Cook Time: 25 minutes, Total Time: 30 minutes,

Pressure: High, Release: Natural

Gluten Free, Soy Free, Kid Friendly

### Cake Ingredients:

16 ounces full-fat cream cheese, softened  
½ cup Swerve, confectioners (or more, to taste)  
2 eggs  
4 teaspoons vanilla extract

### Topping:

5 tablespoons sugar-free chocolate chips

- › Combine cream cheese, Swerve, eggs and vanilla together in a large bowl, and mix thoroughly.
- › Pour mixture in a well-greased springform pan, then cover with aluminum foil.
- › Pour 2 cups of filtered water into the Instant Pot, then insert the trivet, placing your covered pan on top.
- › Move the valve to sealing and close the lid.
- › Use manual/pressure cook mode to set the timer for 25 minutes, at high pressure.
- › Let pressure naturally disperse.
- › Remove pan and let cool for 30 minutes.
- › Refrigerate until completely chilled, about 45 minutes.
- › Take the cheesecake from the refrigerator, and remove the foil.
- › Sprinkle and evenly distribute the chocolate chips over the top of the cake, slice, serve and enjoy!

MAY '19 | [ocalastyle.com](http://ocalastyle.com)

## Rosemary Beef Tenderloin & Cremini Skewers

Recipe from 101 Things To Do With an Instant Pot by Donna Kelly, reprinted by permission of Gibbs Smith.

Makes 4-6 servings

### Ingredients:

2 pounds baby back pork ribs  
2 tablespoons salt  
4 cups regular cola (not diet)  
1 cup water  
1 cup barbecue sauce of choice

- › Place ribs in a gallon size Ziploc bag.
- › Add salt and cola; seal the bag and turn a few times to coat ribs.

- › Refrigerate for 12–24 hours.
- › Place wire trivet in Instant Pot and add the water.
- › Remove ribs from marinade and arrange on the trivet.
- › Place lid on pot and lock into place to seal.
- › Cook on high pressure for 40 minutes.
- › Allow pressure to release naturally for 10 minutes.
- › Use quick pressure release.
- › Preheat oven broiler.
- › Place ribs on a baking sheet and brush barbecue sauce over ribs, covering completely.
- › Broil at top of oven until the barbecue sauce begins to bubble, about 3 minutes.
- › Turn ribs over and broil other side until sauce is bubbly and browned.

MAY '19 | [ocalastyle.com](http://ocalastyle.com)

## Weeknight Mac and Cheese

Recipe from 101 Things To Do With an Instant Pot by Donna Kelly, reprinted by permission of Gibbs Smith.

Makes 4-6 servings

### Ingredients:

16	ounces	elbow macaroni, uncooked
2	tablespoons	butter
4	cups	water
2	teaspoons	salt
1	can (12 ounces)	evaporated milk
8	ounces	sharp cheddar cheese, grated
1/4	cup	Parmesan cheese, grated

- > Add macaroni, butter, water and salt to Instant Pot.
- > Place lid on pot and lock into place to seal.
- > Cook on high pressure for 4 minutes.
- > Use quick pressure release.
- > Stir milk into macaroni and then stir in the cheddar and Parmesan cheese.
- > Place lid back on pot and let sit for 1–2 more minutes.
- > Remove lid and stir until cheeses are melted and combined.

MAY '19 | [ocalastyle.com](http://ocalastyle.com)

## Roasted Red Pepper and Tomato Bisque

Excerpted from the I Love My Instant Pot® Gluten-Free Recipe Book: From Zucchini Nut Bread to Fish Taco Lettuce Wraps, 175 Easy and Delicious Gluten-Free Recipes by Michelle Fagone (CavegirlCuisine.com) Copyright © 2018 Adams Media, a division of Simon and Schuster. Used by permission of the publisher. All rights reserved. Photographs by James Stefiuk.

When choosing tomatoes for this soup, select ones that are very ripe, as the natural sugars and brightness of the soup will be enhanced. If tomatoes are out of season, use a 28-ounce can of whole tomatoes with juice, decrease the chicken broth to 3 cups and follow the recipe accordingly.

### Ingredients:

1	tablespoon	olive oil
2	teaspoons	balsamic vinegar
1	small	sweet onion, peeled and diced
1	stalk	celery, thinly sliced
8	medium	tomatoes, seeded and quartered
1	jar (12 ounces)	roasted red peppers, drained and diced
4	cups	chicken broth
1	tablespoon	cooking sherry
1/2	cup	fresh basil leaves, julienned and divided in half

1	teaspoon	salt
1	teaspoon	ground black pepper
1	cup	whole milk

- > Press the sauté button on the Instant Pot and heat oil and balsamic vinegar for 30 seconds.
- > Add onion and celery to pot.
- > Sauté 5 minutes until onions are translucent.
- > Add tomatoes and sauté 3 minutes until tomatoes start to break down.
- > Add roasted red peppers, broth, sherry, 1/4 cup basil, salt and pepper to pot.
- > Lock lid.
- > Press the manual or pressure cook button and adjust cook time to 7 minutes.
- > When timer beeps, quick-release pressure until float valve drops and then unlock lid.
- > Add milk to pot.
- > Use an immersion blender to purée the bisque in pot or use a stand blender to purée the bisque in batches.
- > Ladle bisque into four bowls and garnish with remaining basil.
- > Serve warm.

MAY '19 | [ocalastyle.com](http://ocalastyle.com)