



The Definitive Guide to Cooking Soyfoods in the
INSTANT POT

FOOD	TIME	INSTRUCTIONS
Tempeh	0 - 3 minutes	0 minutes, low pressure, quick release to steam before marinating 3 minutes, low pressure, quick release for packaged or marinated.
Fresh edamame	0 minutes	Low pressure, quick release
Frozen edamame	2 to 3 minutes	Low pressure, quick release
Tofu	3 minutes	Low pressure, quick release
Canned black and tan soybeans	3 minutes	Low pressure, quick release
Soy curls	3 to 5 minutes	Low pressure, quick release (time can be adjusted to the longest cooking ingredient)
TVP / TSP	3 to 10 minutes	Low pressure, quick release (time can be adjusted to the longest cooking ingredient)
Dried black soybeans	16 to 40 minutes	1 cup dried to 3 cups water High pressure, natural release Soaked: 16 to 20 minutes Unsoaked: 35 to 40 minutes
Dried tan soybeans (yellow or beige)	9 to 60 minutes	1 cup dried to 3 cups water High pressure, natural release Soaked: 9 to 12 minutes Unsoaked: 45 to 60 minutes
Yogurt	8 to 12 hours	Ingredients: homemade or packaged soy milk (only two ingredients: water and soybeans) and yogurt culture or the powder from probiotic capsules Press the yogurt button, adjust to medium, and set to 8 to 12 hours.
Tempeh	48-hours	Ingredients: cooked soybeans, vinegar, and tempeh culture.

For more detailed instructions, meal ideas and recipes:
thesoyfoodscouncil.com/instantpot

Funded by the soybean checkoff