

# INSTANT POT STEEL CUT OATS (FOOL-PROOF METHOD!)

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COURSE: BREAKFAST CUISINE: AMERICAN

KEYWORD: INSTANT POT STEEL CUT OATS

PREP TIME: 5 MINUTES COOK TIME: 24 MINUTES

TOTAL TIME: 29 MINUTES SERVINGS: 6 SERVINGS

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Make steel cut oats in the Instant Pot electric pressure cooker for an easy warm breakfast. They're naturally gluten-free and dairy-free, and are loaded with fiber and plant-based protein.

## INGREDIENTS

- 2 cups steel cut oats  
(certified gluten-free, if necessary)
- 5 cups water

## INSTRUCTIONS

1. Combine the steel cut oats and water in the bowl of a 6-quart Instant Pot and give them a stir. (If using a different size machine, please see the notes for modifications.) Secure the lid and turn the steam release valve at the top to "sealing."
2. Press the Manual or Pressure Cook button, then set the cook time to 4 minutes on high pressure. The Instant Pot will read "ON" as it comes to pressure, which can take 10 to 15 minutes. When the floating valve in the lid pops up, you'll know the pot is pressurized and the countdown will begin.
3. When the cooking cycle is complete, allow the pressure to naturally release for 20 minutes. (The timer on the Instant Pot will remain on after the cooking cycle to let you know how long it's been kept warm, unless you press the OFF button. I like to keep it on for the timer function.)
4. Once the 20 minutes have passed, turn the steam release valve to "venting" to release any remaining pressure. Carefully remove the lid and stir the oats to incorporate any water that has risen to the top. They might look watery at first, but should thicken up when you stir them.
5. Serve warm with maple syrup, cinnamon, and a splash of non-dairy milk, if desired. Leftover oats can be stored in

individual containers in the fridge for up to a week, for a fast breakfast on the go.

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## NOTES

Nutrition information is for roughly 1 cup of cooked oatmeal, assuming you get 6 cups from this recipe. This information is automatically calculated and is just an estimate, not a guarantee.

If you are using a 3-quart Instant Pot, make sure you follow the max-fill guidelines set out in your user manual. Oats can release starchy foam as they cook, and you don't want to clog the vent. I'd recommend cutting the recipe in half for a smaller machine, but only if that works with your user manual guidelines for safety. If using a larger 8-quart machine, I would lower the cooking time to 3 minutes since a larger machine takes longer to come to pressure.

## NUTRITION

Calories: 205kcal | Carbohydrates: 35g | Protein: 8g | Fat: 3g | Sodium: 10mg | Fiber: 5g | Calcium: 33mg | Iron: 2.2mg

<https://detoxinista.com/instant-pot-steel-cut-oats/>