



Food Safety Tips for Electric Multi-Cookers

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Do you own an electric multi-cooker (such as an Instant Pot®)? When looking online for electric pressure-cooking recipes, a variety of cooking times are listed for foods such as meat, poultry, and fish. The cooking time needed varies with the size and model of the multi-cooker, size/cut of meat, amount of liquid, pressure release used, and other factors. However, the most crucial step is often left out – use of a food thermometer to ensure food has reached a safe minimum internal temperature.

Using a food thermometer is the only reliable way to ensure safety of meat, poultry, and egg products. Place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle. According to USDA, food should be cooked to the following minimum internal temperatures as shown in the chart below. For personal preference, you may choose to cook food to higher temperatures.

If food has not reached the proper temperature after pressure cooking, it is important to continue the cooking process. Whether it is going back to pressure cooking, using the sauté feature on your multi-cooker, or using the stovetop or oven, make sure a safe temperature is reached.



Super Quick Brown Rice

- 2 cups uncooked brown rice
- 2 ½ cups low-sodium chicken broth
- 2 Tablespoons minced onion
- 2 teaspoons dried parsley
- 1 teaspoon garlic powder
- Salt and pepper to taste

1. Wash hands with soap and water. Add brown rice, chicken broth and minced onion to multi-cooker. Set device to 18 minutes of pressure-cooking time.
2. When time is up, open the multi-cooker after a 10-minute natural pressure release.
3. Add spices, salt, and pepper to taste. Stir to combine and serve. Makes 8 servings (1/2 cup each). Each serving contains 190 calories, 1.5g fat, 180mg sodium, 39g carbohydrate and 3g fiber.

Safe Cooking Temperatures	
Product	Minimum Internal Temperature
Beef, Pork, Veal & Lamb (steaks, chops, roasts)	145°F (62.8°C) and allow to rest for at least 3 minutes
Ground Meats (beef, pork, veal, lamb)	160°F (71.1°C)
Ham, fresh or smoked (uncooked)	145°F (62.8°C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	140°F (60°C) for ham packaged in USDA plants
All Poultry (whole birds, parts, ground poultry and stuffing)	165°F (73.9 °C)
Eggs	160°F (71.1°C)
Fish and Shellfish	145°F (62.8°C)
Casseroles	165°F (73.9°C)

This article was peer reviewed and updated in 2025. Check out the Food Fun for Young Children Newsletter at: <https://go.unl.edu/food-fun> *Reference to commercial products or trade names is made with the understanding that no discrimination is intended of those not mentioned and no endorsement by University of Nebraska—Lincoln Extension is implied for those mentioned.