

## HOW TO INSTANT POT ARTICHOKES



## **INGREDIENTS**

2 large Ocean Mist Farms' artichokes, rinsed and trimmed 1 cup water 1 lemon, cut in wedges Salt and pepper, to taste



## **ADD** Water and lemons to the bottom of the Instant Pot.



## PLACE

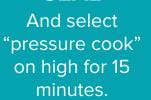
Artichokes on top of the steaming rack in the Instant Pot stem side down.



**SEASON** With salt and pepper.



SEAL





RELEASE

Pressure naturally for 10 minutes or select instant release.

