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Continue with the latest daily buzzing with buzzfeed daily newsletter! Last updated December 18, 2020 Weekly nights are wild. There are hobby meetings, sports events, dates, late-night work calls, a children's bath, tv show premieres (of course), and there are also... Dinner? Trying to inflate yourself in making a recipe, eating dinner (let alone enjoying a meal) and cleaning the kitchen in an hour always seemed as if it was a kind of divine intervention. Let me introduce you to the power cooker, or the game changer. Electric pressure cooker makes it impossible. You can create a healthy and balanced meal within an hour from start to finish. Even decadent dishes such as braised short ribs or whole dishes, such as salmon with potatoes and broccoli, can be enjoyed from start to finish with breezes a week. Is there anything easier than throwing the whole meal in one pot and letting the pot work? I can't think of anything. It's like he's significantly upgraded the already kitchen clamp, the crocpot. Here are some of my favorite recipes for a power cooker for dinner on the table under pressure:1. Ramen Soup For those nights when you only need a big hug, ramen is the perfect dish! High in anti-inflammatory ingredients such as fresh ginger, garlic and spinach this 20-minute soup is good for you in every way. This quick ramen is balanced with slender protein from chicken and soft boiling eggs, noodle starches and salty soup, making you crave more! If you want to make this recipe even more nutritionally, try doubling carrots and spinach for extra vitamin strength.~ Check out the recipe here!2. 4-minute salmon, broccoli and potatoesWhat's better than a perfectly balanced meal in just 4 minutes? I can't think of anything! This wonderful fatty fish is so well blended with great food of broccoli and potato starch that you won't believe it was made in such a short time! Salmon is an excellent source of Omega-3 fatty acids (a.g. fish oil) that helps our heart, skin, joints, GI tract, and much more!~ Check out the recipe here!3. Beef gyrosA warm pie wrapped around freshly made gyrosa, toppings, and even Tzatziki sauces, oh my! This recipe goes from fridge to plate to under the clock with only 15 minutes of preparation time! When creating Tzatziki sauces, be sure to grab plain Greek yogurt. This yogurt is naturally higher in protein, adding another nutritional benefit to this great dish! You can also opt for a whole wheat pie to add some extra fiber too!~ Check out the recipe here!4. Shrimp boilTa recipe is perfect for summer nights on the beach, a classic recipe for shrimp that you don't have to spend all day preparing! This recipe is a fun finger food to the maximum! It is delicious, satisfied and tastes best when served at the picnic table. To take this recipe to the next level, adjust the vegies on protein. By increasing corn and reducing the amount of Andouille sausages, you can reduce total sodium and calories while increasing fiber and vitamins!~ Check out the recipe here!5. Mexican quinoaOoen a pot meal with fiber, protein, and lots of flavor! It's a vegetarian and meaty dream! Quinoa is the perfect substitute for white rice in this classic recipe, while complimenting beans to create a protein-filled dish. Plus adding all those vegetables creates a meal that's bursting from taste. Top this Mexican quinoa with fresh avocado to round it perfectly.~ Check out the recipe here.6. Lo MeinThis Lo Mein will stomp every greasy, out the craving you have no usual guilt! It's not very often, you can replace a sinful bowl of taking it with something so delicious and easy to do at home! Do this to Lo Mein in less than 15 minutes from start to finish. This is faster than it takes for the delivery man to show up at the door! Check out the recipe here!7. Whole Rotisserie ChickenEveryone knows that the secret to serage cooking is to have whole chicken cooked for use in different ways throughout the week! This recipe makes the most perfectly moist rotisserie chicken that can be used, such as, for tacos, for soup, and for sandwiches all week! Tip: keep bones and leftovers to make amazing chicken stock to keep you on hand! Cooking stocks longer and at a lower temperature will create delicious bone vomiting rich in vitamins, minerals and protein.~ See the recipe here!8. Chicken and lentil soupThen is the most goat soup around! Rich in protein, fiber and B vitamins, this soup will fulfill all your cravings! Also, it can't be easier for a quick meal of the week, all you have to do is chop up and let your electric pressure cooker do the job! In just 30 minutes you'll have a warming soup that the whole family can enjoy!~ Check out the recipe here!9. Vegan Quinoa Burrito Bowls Is there anyone who doesn't enjoy a good burrito bowl? This veggie bowl is the perfect stew meal that is easily customizable! From vegans to meat lovers, everyone will enjoy this lightweight, fiber-rich bowl. Add all the toppings you ask to create a burrito bowl that is just as good as a restaurant!~ Check out the recipe here!10. Rice and beans The classic dish of rice and beans is clamped for many reasons. It is full of perfectly complimented protein, excellent texture and balanced spices. Now you can create this filling balanced meal in under the clock! No more bean-fuckings! This perfectly seasoned, filling balanced meal will all fight for another bowl! ~ Check out the recipe here!11. Summer quinoa saladAll fresh strawberries in season have been made for this quick salad! Take this nutritiously dense salad to a party or serve it as a light, summer dinner so everyone can ask for kinoa, fruits, vegetables and nuts create a dish that is perfectly balanced with all food groups. You can top this salad with cooked chicken breast or leave it-is to meet everyone needs it!~ Check out the recipe here!12. Minestrone SoupTo Minestrone Soup is fast and veggie full making it perfect for any night dinner! It is rich in vitamin C, antioxidants and vitamin A, which is the perfect dinner for the whole family! Tip: Use growl from whole grain to increase the fiber and B vitamins of this delicious dish!~ Check out the recipe here!13. Lemon garlic ChickenMake your protein and side dishes at the same time with delicious chicken that will be liked by the whole family! In less than an hour you can have a nice and balanced plate with vegetables and protein. This delicious lemon garlic chicken will give you protein and zealous to season any plate!~ Check out the recipe here!14. Chicken FajitasQuick, simple and very few dirty dishes are used to create these fajitas that will also rival your favorite Mexican restaurant! You can top them up with whatever you want, but be sure to include fresh avocados for a bump-up in vitamins and minerals. Tip: If you enjoy sour cream on your fajitas, opt for plain Greek yogurt, which is higher in protein, lower in calories, and just as delicious!~ Check out the recipe here!15. Coconut chicken CurryA big bowl of coconut chicken curry over rice is what dreams are made of! This bright, tasty dish is full of vegetables and left protein without dryness! What can usually take a few hours, create this colorful dish in just 30 minutes with your strong pressure cooker!~ Check out the recipe here!16. Cashew ChickenTo is a take-out classic it can be on your plate in just 20-minutes, but you can pretend that you take the watches to create it when everyone asks for a recipe! You can double the green pepper bell to enhance the veggies without sacrificing what flavor. Serve this classic over brown rice for extra fibre and minerals.~ See the recipe here!17. The meat stump is a cut-throat edible noodle from the sliced bread, but it never took just 20 minutes to make! This recipe includes a meat crucible and sides to create a stew dream. Excellent for service after long weeks, this dish is a comforting concoi post. And don't be blinded by a short cooking time, this meatsuing is the best of the two worlds- it's juicy and quick to do!~ Check out the recipe here! Despite the obvious roots in the crockpot concept, the power pressure cooker meals are apt to be much healthier. Without the need for fatty sauces to create flavor and prevent dryness, the energy pressure cooker uses the heat generated by water to cook food. This leads to more taste without dryness and general left behind meals. The power cooker is the answer for all who strive for healthy, balanced meals with a crazy weekly schedule. You can really All. You won't. You. and you will feel great after enjoying healthy, balanced meals while easily juggling all the activities you enjoy! 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