



Vegan Instant Pot Congee is a warm, comforting, and nutritious dish that's perfect for anyone looking for a quick and healthy meal. Made with rice, vegetables, and aromatic seasonings, this plant-based version of the traditional Asian porridge is made even easier and faster with the help of an Instant Pot.

Whether you're new to vegan cooking or simply looking for a wholesome alternative to your regular meals, vegan congee is versatile, satisfying, and incredibly simple to prepare. With the added convenience of the Instant Pot, you can enjoy this deliciously creamy dish in a fraction of the time it would take on the stove, making it a great option for busy weeknights or a cozy weekend brunch. In this guide, we'll walk you through how to make the perfect Vegan Instant Pot Congee, explore tasty toppings, and show you how to tailor it to suit your flavor preferences.

How to Make Vegan Instant Pot Congee: A Step-by-Step Guide

A piping-hot bowl of vegan congee is easier to make than you think! Here's a clear, step-by-step guide to mastering this simple dish using your Instant Pot.

Ingredients

- 1 cup jasmine or basmati rice (or opt for brown rice for a healthier twist)
- 6 cups vegetable broth (or water for a subtler taste)
- 1-inch piece of ginger, peeled and sliced
- 2 garlic cloves, minced
- 1 teaspoon sesame oil (optional, for aroma)
- Salt to taste

Instructions

1. Rinse the Rice

Rinse the rice thoroughly under cold water until the water runs clear. This step removes excess starch and prevents the congee from becoming overly sticky.

2. Prepare the Instant Pot



Add the rice, vegetable broth, ginger, and garlic to the Instant Pot. If desired, stir in a teaspoon of sesame oil for extra depth of flavor.

3. Pressure Cook

Secure the lid on your Instant Pot and set the valve to “Sealing.” Cook on high pressure for 20 minutes. Once the timer goes off, allow the pressure to release naturally for about 10-15 minutes before opening the lid.

4. Adjust the Consistency

Open the lid and give the congee a good stir. If it’s thicker than you’d like, add extra broth or water until you achieve your desired consistency.

5. Season

Season with salt to taste and enjoy your base congee as is—or start layering delicious toppings.

Vegan Instant Pot Congee Recipe with Indian Flavors

Ingredients

- 1 cup jasmine rice (or any white rice)
- 6 cups vegetable broth (or water)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 cup coconut milk (optional, for creaminess)
- Salt, to taste

Toppings

- Fresh cilantro, chopped
- Sautéed spinach or kale
- Spiced roasted chickpeas



- A drizzle of tamarind chutney
- Toasted cashews or peanuts
- Sliced green chilies (optional, for heat)

Instructions

• Rinse the Rice

Wash the jasmine rice thoroughly under cold water until the water runs clear.

• Prepare the Ingredients

Finely chop the onion, mince the garlic, and grate the ginger. Gather and measure out the spices.

• Sauté Using the Instant Pot

Turn on the Instant Pot's sauté mode. Add a small amount of oil or water and sauté the onion, garlic, and ginger until they become aromatic and softened, about 2-3 minutes.

• Add Spices

Stir in the turmeric, cumin, and coriander. Cook for about 1 minute to toast the spices and enhance their flavor.

• Cook the Congee

Add the rinsed rice and vegetable broth to the Instant Pot. Give it a gentle stir to combine. Secure the lid, set the valve to "Sealing," and cook on high pressure for 20 minutes.

• Natural Pressure Release

Once the timer goes off, allow the Instant Pot to release pressure naturally for 10-15 minutes before opening the lid.

• Adjust Flavor and Consistency

Open the lid, stir the congee, and check the consistency. If needed, add a splash of coconut milk for added creaminess or more broth to thin it out. Adjust the seasoning with salt to



taste.

- **Serve**

Spoon the congee into bowls, and top with cilantro, sautéed greens, spiced chickpeas, tamarind chutney, toasted nuts, or green chilies as desired.

- **Enjoy**

Serve warm and savor the comforting flavors of this Indian-inspired vegan congee!

The Best Vegan Instant Pot Congee Toppings for Extra Flavor

Toppings are the key to transforming plain congee into a delightful culinary masterpiece. Here are some of our favorites to inspire you:

- **Crispy Shallots:** Add a crunchy texture with fried shallots or onions.
- **Soy Sauce Drizzle:** A splash of tamari or soy sauce brings umami depth.
- **Sautéed Greens:** Think spinach, bok choy, or kale.
- **Marinated Tofu:** Replace traditional meats with seasoned tofu or tempeh.
- **Fresh Herbs:** Cilantro, green onions, or Thai basil offer brightness and aroma.

The possibilities are truly endless—get creative and tailor your congee to suit your mood or the season!

Understanding the Perfect Congee Instant Pot Ratio

The ultimate trick to nailing congee is perfecting the rice-to-liquid ratio. For a creamy, slightly thick texture, use a 1:6 ratio (1 cup of rice to 6 cups of water or broth). Prefer your congee thinner, like a soup? Bump it up to 1:8 or more! Don't forget that rice will continue absorbing liquid as it sits, so add more broth as needed to maintain the desired consistency.

Simple Vegetarian Congee Near Me: Finding the Best Places to Enjoy

1. Check Local Food Apps



Begin your search by exploring local food delivery and review apps like Yelp, Google Maps, or Uber Eats. Simply type “vegetarian congee” into the search bar, and you’ll likely find a list of nearby restaurants or eateries offering this comforting dish.

2. Visit Authentic Asian Restaurants

Many traditional Chinese or Asian restaurants feature vegetarian congee on their menus. These establishments often provide the authentic flavors you’re seeking, and some may even allow you to customize ingredients to suit your palate.

3. Explore Farmers’ Markets or Food Festivals

Local farmers’ markets or community food festivals are excellent places to find vendors offering unique takes on vegetarian congee. This is a great way to support small businesses and try fresh, locally-sourced options.

4. Ask for Recommendations

Social media groups or online foodie communities can be invaluable resources. Posting a quick inquiry can result in multiple suggestions from locals who know the best spots for vegetarian congee near you.

5. Try Innovative Cafés

Modern cafés or fusion restaurants often reinvent traditional dishes with a new twist. They may offer vegetarian congee with creative toppings or a variety of grains, making the dish fresh and exciting.

By following these steps, you’ll be well on your way to enjoying a delicious bowl of vegetarian congee that’s just right for breakfast, lunch, or dinner!

Vegan Instant Pot Congee: A Perfect Meal for Health-Conscious Eaters

Vegan Instant Pot congee is a nutritious and comforting meal that’s easy to prepare and ideal for anyone seeking healthy, plant-based options. Using an Instant Pot significantly reduces cooking time while ensuring the rice achieves its signature creamy texture.

The base of the dish typically involves simple ingredients like rice, vegetable broth, and



aromatic additions such as ginger and garlic. For added nutrients and flavor, you can incorporate a variety of toppings like sautéed mushrooms, steamed bok choy, scallions, and a drizzle of sesame oil. Whether for breakfast, lunch, or dinner, this one-pot dish is versatile, packed with wholesome ingredients, and perfect for those focusing on both flavor and wellness.

How to Make Instant Pot Congee Plain for a Subtle Taste

If you prefer a plain and subtle version of Instant Pot congee, follow these steps for a simple yet [satisfying meal](#). The minimal ingredients ensure a light, neutral flavor that can be enjoyed as is or customized with optional toppings.

Ingredients

- 1 cup of jasmine or white rice
- 7 cups of water or vegetable broth
- 1 teaspoon of salt (optional)
- Optional garnish: sliced green onions, soy sauce, or sesame oil

Instructions

1. Rinse the Rice

- Rinse the rice under cold water until the water runs clear. This removes excess starch and prevents the congee from becoming too sticky.

2. Add Ingredients to the Instant Pot

- Combine the rinsed rice, water or broth, and salt (if using) in the Instant Pot.

3. Set the Instant Pot

- Close the lid, seal the vent, and set the Instant Pot to the “Porridge” setting or cook on high pressure for 20 minutes.

4. Natural Release

- Once the cooking time is complete, allow the pressure to release naturally for about 10-15 minutes.



5. Stir and Adjust Consistency

- Open the lid, stir the congee, and check the consistency. Add more water if you prefer it thinner and stir well.

6. Serve Plain or Add Garnishes

- Ladle the plain congee into bowls and serve as is for a subtle taste. Optionally, top with garnishes like green onions, a splash of soy sauce, or sesame oil for a hint of flavor.

This plain Instant Pot congee is a versatile base that pairs well with countless sides or toppings, making it perfect for those who prefer a mild and comforting dish.

Common Mistakes to Avoid

- **Skipping the Rinsing Step**
- Failing to thoroughly rinse the rice can result in overly starchy congee, which may become too thick or gummy in texture. Take the time to rinse the rice until the water runs clear.
- **Using Too Little Liquid**
- Congee relies on an adequate amount of liquid to achieve its creamy consistency. If not enough water or broth is added, the dish may turn out dry. Always follow the recommended liquid-to-rice ratio and adjust as needed.
- **Releasing Pressure Too Quickly**
- Performing a quick release instead of allowing a natural release can lead to splattering or unevenly cooked congee. Patience during the natural release process ensures a smoother texture and fully cooked rice.
- **Overlooking the Stirring Step**
- Forgetting to stir the congee after cooking can leave rice clumps or uneven consistency. Stirring helps break up any clumps and ensures a creamy, uniform texture.
- **Adding Toppings Too Early**
- Adding garnishes or toppings before serving can overpower the delicate taste of plain congee or cause garnishes to lose their freshness. Ensure garnishes are added just before eating for the best flavor and presentation.

Avoiding these common mistakes ensures your Instant Pot congee turns out perfectly every time, providing a warm and comforting dish to enjoy.



Conclusion

Making congee in an Instant Pot is a simple and convenient way to prepare this comforting dish, but paying attention to the details is crucial for achieving the best results. By avoiding common mistakes such as improper liquid ratios, skipping the natural release process, forgetting to stir, or adding toppings too early, you can create a perfectly creamy and flavorful congee. With a little care and patience, your [Instant Pot congee](#) can become a go-to meal that is not only delicious but also soothing and satisfying every time.

FAQs

1. Can I use different types of rice for congee in the Instant Pot?

Yes, you can! While traditional congee is often made with white jasmine rice, you can experiment with other types like brown rice, basmati, or even mixed grains. Keep in mind that the texture and cooking time may vary depending on the type of rice used.

2. How can I make my congee thicker or thinner?

To adjust the consistency of your congee, simply modify the liquid-to-rice ratio. For a thicker congee, use less liquid, and for a thinner, soup-like consistency, add more liquid before or after cooking.

3. Can I freeze leftover congee?

Absolutely! Congee freezes well and can be stored in an airtight container for up to 2 months. Reheat it on the stove or in the microwave with a splash of water or broth to restore its creamy texture.

4. Is it possible to make a vegetarian or vegan version?

Yes, making a vegetarian or vegan congee is easy. Use vegetable broth or water as the base, and top with plant-based garnishes like sautéed mushrooms, fried garlic, or fresh herbs for added flavor.

5. What are some popular toppings for congee?

Popular toppings include scallions, fried shallots, boiled eggs, shredded chicken, pickled vegetables, or soy sauce. Feel free to get creative and customize the dish to your taste preferences!

