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› [Instant Pot 20-Cup Rice and Grain Multi-Cooker with CarbReduce Technology Instruction Manual](#)

**Instant 140-5003-01**

# Instant Pot 20-Cup Rice and Grain Multi-Cooker with CarbReduce Technology Instruction Manual

Model: 140-5003-01

## 1. INTRODUCTION

Welcome to the Instant Pot 20-Cup Rice and Grain Multi-Cooker instruction manual. This appliance is designed to simplify your cooking process, offering 8-in-1 functionality including rice cooking, grain preparation, slow cooking, steaming, and sautéing. A key feature is the CarbReduce Technology, which can reduce carbohydrates and sugar in rice by up to 40% without compromising taste or texture. Please read this manual thoroughly before first use to ensure safe and optimal operation.



Image 1.1: The Instant Pot 20-Cup Rice and Grain Multi-Cooker, showcasing its sleek design and digital display.

## 2. IMPORTANT SAFETY INFORMATION

When using electrical appliances, basic safety precautions should always be followed. Failure to follow these instructions may result in electric shock, fire, or serious injury.

- Read all instructions before operating the appliance.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electrical shock, do not immerse cord, plugs, or the main unit in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner.
- Do not use outdoors.

- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.
- Do not use appliance for other than intended use.

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## 3. PRODUCT OVERVIEW

### 3.1 Components

The Instant Pot Multi-Cooker includes several key components designed for optimal performance and ease of use:

- **Main Unit:** The exterior housing with control panel and heating element.
- **Non-Stick Cooking Pot:** A PFOA-free inner pot for cooking.
- **CarbReduce Stainless Steel Steam Basket:** Used for carb-reducing functions and steaming.
- **Lid:** Removable lid for easy cleaning.
- **Accessories:** Includes a rice spoon and a measuring cup.



**CarbReduce™ stainless steel steam basket**

**PFOA-FREE non-stick cooking pot**

**INCLUDES ACCESSORIES:**



**RICE SPOON**



**MEASURING CUP**

## **Easy clean-up**

### **Dishwasher-safe non-stick cooking pot, stainless steel steam basket and inner lid**

*Image 3.1: Exploded view of the Instant Pot Multi-Cooker, showing the CarbReduce steam basket, non-stick cooking pot, and included accessories.*

## **3.2 Control Panel**

The control panel features a digital display and several buttons for selecting cooking programs and adjusting settings:

- **Menu Select:** Cycles through the 8 preset cooking programs.
- **Start:** Initiates the selected cooking program.
- **Cancel:** Stops the current cooking program or clears settings.
- **Delay Start:** Sets a delayed start time for cooking.
- **Keep Warm:** Automatically activates after cooking or can be manually selected to keep food warm for up to 10 hours.
- **+/- Buttons:** Adjust cooking time or delay start time.



*Image 3.2: The control panel displaying various smart programs and settings.*

## 4. SETUP

### 4.1 Initial Cleaning

Before first use, wash the non-stick cooking pot, CarbReduce stainless steel steam basket, and the removable lid in warm, soapy water. Rinse thoroughly and dry all parts. Wipe the exterior of the main unit with a damp cloth.

### 4.2 Placement

Place the multi-cooker on a stable, level, heat-resistant surface away from heat sources and water. Ensure adequate ventilation around the appliance.

### 4.3 Power Connection

Plug the power cord into a grounded 120V 60Hz electrical outlet. The display will illuminate, indicating the appliance is ready for use.

## 5. OPERATING INSTRUCTIONS

### 5.1 General Operation

1. Add ingredients to the cooking pot or CarbReduce basket as required by your recipe.
2. Place the cooking pot into the main unit, then place the CarbReduce basket (if used) inside the cooking pot.
3. Close the lid securely.
4. Press the **Menu Select** button repeatedly to cycle through the available cooking programs until your desired program is highlighted.
5. Use the **+-** buttons to adjust the cooking time if necessary.
6. Press **Start** to begin the cooking cycle.
7. Once cooking is complete, the appliance will typically switch to **Keep Warm** mode automatically.

8. To cancel a program at any time, press the **Cancel** button.

## 5.2 Cooking Programs

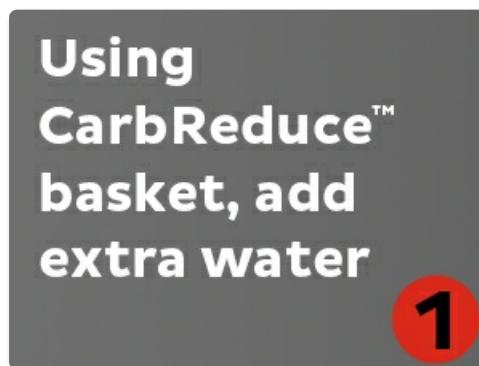
The Instant Pot Multi-Cooker features 8 smart cooking programs:

- **White Rice:** For cooking various types of white rice.
- **Brown Rice:** Optimized for brown rice.
- **Quinoa:** For cooking quinoa.
- **Mixed Grains:** Suitable for blends of different grains.
- **CarbReduce:** Specifically designed to reduce carbs and sugar in rice.
- **Steam:** For steaming vegetables, fish, and other foods.
- **Slow Cook:** For slow-cooking recipes.
- **Sauté:** For browning ingredients before cooking or for stir-frying.

## 5.3 Using CarbReduce Technology

The CarbReduce function utilizes a unique process to separate starches from rice, potentially reducing carbohydrate and sugar content by up to 40%.

1. Add your desired amount of rice to the CarbReduce stainless steel steam basket.
2. Place the CarbReduce basket into the non-stick cooking pot.
3. Add water to the cooking pot, ensuring it covers the rice in the CarbReduce basket. The built-in level marks inside the CarbReduce steam basket can assist with water measurement. Note: Some users find adjusting the water ratio from standard instructions beneficial for desired texture; experiment to find your preference.
4. Select the **CarbReduce** program using the **Menu Select** button.
5. Press **Start**. The appliance will boil water, creating steam that cooks the rice while allowing excess starches to drain into the pot below.
6. Once cooking is complete, carefully remove the CarbReduce basket and cooking pot. For best results and to prevent mushy rice, promptly drain any remaining water from the bottom pot after cooking.



*Step 1: Add extra water.*

**Boiling  
water turns  
to steam**

**2**

*Step 2: Boiling water creates steam.*

**Carbs & sugar  
separate and  
drain into the  
pot below**

**3**

*Step 3: Carbs and sugar drain.*

**ENJOY!  
Fluffy,  
delicious rice**

**4**

*Step 4: Enjoy fluffy rice.*

*Image 5.1: Visual representation of the CarbReduce cooking process.*

**Carbs and sugar separate from rice and drain into the cooking pot below**

**Reduces carbs and sugar up to 40%\***

**With CarbReduce™ Technology you can enjoy rice without sacrificing taste and texture**

*Image 5.2: Illustration of the CarbReduce Technology in action, showing starch separation.*

## 6. MAINTENANCE AND CLEANING

Regular cleaning ensures the longevity and optimal performance of your Instant Pot Multi-Cooker.

- **Non-Stick Cooking Pot:** The cooking pot is dishwasher-safe. For hand washing, use warm, soapy water and a non-abrasive sponge.
- **CarbReduce Stainless Steel Steam Basket:** The steam basket is dishwasher-safe. For hand washing, use warm, soapy water. Avoid abrasive scrubbers to prevent scratching.
- **Removable Lid:** The lid is dishwasher-safe. Ensure all food residue is removed from crevices.
- **Main Unit:** Wipe the exterior with a damp cloth. Do not immerse the main unit in water or any other liquid.
- **Accessories:** The rice spoon and measuring cup are dishwasher-safe.

Always ensure all parts are completely dry before reassembling and storing the appliance.

## 7. TROUBLESHOOTING

This section addresses common issues you might encounter with your multi-cooker.

Problem	Possible Cause	Solution
Rice is mushy or too soft (especially with CarbReduce)	Too much water; water not drained after CarbReduce cycle.	Reduce water slightly for future cooks. Ensure to drain water from the bottom pot immediately after the CarbReduce cycle finishes.
Rice is too hard or undercooked	Not enough water; incorrect program selected.	Increase water slightly for future cooks. Ensure the correct program (e.g., Brown Rice for brown rice) is selected.
Appliance does not turn on	Not plugged in; power outage; faulty outlet.	Check if the power cord is securely plugged into a working outlet. Try a different outlet.
Food sticks to the CarbReduce basket	Starch residue.	Soak the basket in warm, soapy water before cleaning. Use a non-abrasive brush or sponge.
Water collects on the rim when opening the lid	Condensation from cooking.	This is normal. Carefully open the lid away from you to allow condensation to drip into the pot or onto a cloth.

If you encounter an issue not listed here, please contact customer support.

## 8. SPECIFICATIONS

- **Model:** 140-5003-01
- **Brand:** Instant
- **Capacity:** 4.74 Liters (20-Cup cooked rice)
- **Material:** Plastic (exterior), PFOA-free non-stick (cooking pot), Stainless Steel (CarbReduce basket, lid material)
- **Power:** 860 Watts
- **Voltage:** 120 V, 60 Hz
- **Item Weight:** 8.4 Pounds
- **Package Dimensions:** 13.5 x 13.38 x 12.75 inches
- **Product Care:** Dishwasher Safe (cooking pot, CarbReduce basket, lid)
- **UPC:** 810028581906

## 9. WARRANTY AND SUPPORT

Your Instant Pot 20-Cup Rice and Grain Multi-Cooker is covered by a limited warranty. For detailed warranty information, product registration, or technical support, please visit the official Instant Pot website or contact their customer service department. Keep your purchase receipt as proof of purchase.

For further assistance, please refer to the contact information provided on the Instant Brands website or within

your product packaging.

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## Related Documents - 140-5003-01

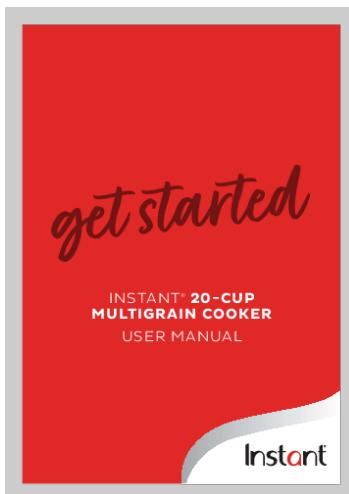
	<p><a href="#"><u>Instant™ 20-Cup Multigrain Rice Cooker + Steamer User Manual</u></a></p> <p>Comprehensive user manual for the Instant™ 20-Cup Multigrain Rice Cooker + Steamer. Learn about setup, operation, cooking programs like CarbReduce™, steaming, troubleshooting, and warranty information from Instant Brands.</p>
	<p><a href="#"><u>Instant Pot Ultra User Manual: Features, Operation, and Safety</u></a></p> <p>Comprehensive user manual for the Instant Pot Ultra multi-cooker. Learn about its features, cooking programs, safety guidelines, troubleshooting, and warranty information.</p>
	<p><a href="#"><u>Instant Pot Duo User Manual: Get Started Guide</u></a></p> <p>Comprehensive user manual for the Instant Pot Duo multi-cooker. Learn about setup, operation, cooking programs, cleaning, troubleshooting, and warranty information.</p>
	<p><a href="#"><u>Instant Pot Duo Nova Multi-Use Pressure Cooker: Getting Started Guide</u></a></p> <p>A comprehensive guide to setting up and using your Instant Pot Duo Nova 7-in-1 Multi-Use Pressure Cooker. Covers initial setup, parts overview, operation, venting methods, smart programs, and support.</p>
	<p><a href="#"><u>Instant Pot Duo 7-in-1: Frequently Asked Questions and Usage Guide</u></a></p> <p>Comprehensive FAQ and usage guide for the Instant Pot Duo 7-in-1 electric pressure cooker, covering features, cooking tips, safety, and materials.</p>



### [Instant ZEST Rice & Grain Cooker: Getting Started Guide](#)

A comprehensive guide to setting up and using the Instant ZEST Rice & Grain Cooker, covering initial setup, product overview, smart programs, and controls for easy meal preparation.

Documents - Instant – 140-5003-01

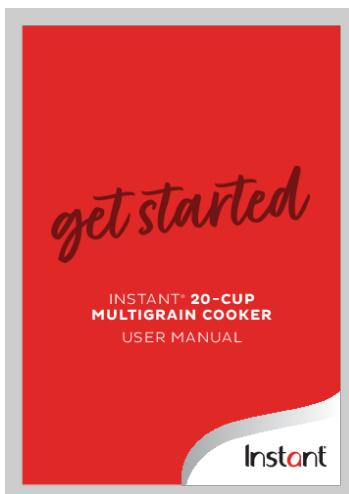


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