

Which Button to Use		Instant Pot Lux (Versions 1-2)		
Buttons	Default Setting	Normal	Adjusted to More	Adjusted to Less
Soup	High Pressure	30 minutes	40 minutes	20 minutes
Poultry	High Pressure	15 minutes	30 minutes	5 minutes
Meat/Stew	High Pressure	35 minutes	45 minutes	20 minutes
Bean/Chili	High Pressure	30 minutes	40 minutes	25 minutes
Sauté	Non-Pressure Cooking	Wait until display says "Hot" to add ingredients to the pot. Use Normal for sautéing veggies, adjust to More for browning meats, adjust to Less to simmer.		
Rice	Automatic	Made for white rice only. This fully automatic program adjusts the cooking time depending on the amount of water and rice in the cooking pot.		
Multigrain	High Pressure	40 minutes	45 minutes of warm water soak, then 60 minutes	20 minutes
Congee	High Pressure	20 minutes	30 minutes	15 minutes
Steam	High Pressure	Heats at full power continuously, so use a steamer basket to keep food from burning on the bottom of the pressure cooking pot. Use a Quick Release.		
Slow Cook	Non-Pressure Cooking	Use Adjust to slow cook on Low (190-201°F), Normal (194-205°F), or high (199-210°F). Use [+] and [-] to increase or decrease the cook time.		
Less Normal More	Function	Adjust between the Less Normal More settings by pressing the same cooking function button repeatedly until you get to the desired setting.		
[-] and [+]	Function	Adjust the cook time up [+] or down [-]. (Version 2: Press and hold [-] or [+] for 3 seconds to turn sound OFF or ON.)		
Adjust	Function	Adjust between the Less Normal More settings by pressing the same cooking function button repeatedly until you get to the desired setting.		
Timer	Function	Select a cooking function and adjust time/pressure, then press Timer and use the [+] and [-] buttons to set amount of time to wait for the Lux to start cooking.		
Manual	High Pressure	Set a custom cook time using the Adjust and [+] or [-] buttons. When working pressure is reached, time will begin to count down.		
Keep Warm/Cancel	Function	End a cooking program at any time. Turns the Auto Keep Warm function ON and OFF. Keep Warm keeps the contents of the cooking pot between 145-172°F.		

The Lux does not offer a Low Pressure option. High Pressure: 10.2-11.6 psi, temperature: 239-244°F.