

# Rice Pudding | Kheer | Arroz Con Leche in Instant Pot

Here is a dump & start pressure cooker recipe for Creamy Rice Pudding! In this easy recipe, I transform rice, milk & sugar, into two amazing flavors- Indian rice pudding Kheer, or Spanish Arroz Con Leche!



Prep Time	Cook Time	NPR	Total Time
5 mins	20 mins	15 mins	50 mins

Course: Dessert Cuisine: Indian, Mexican

Keyword: Diwali Sweets, Holi, instant pot desserts, Pudding

Servings: 6 people

Calories: 468kcal

Author: Spice Cravings

## Ingredients

### Kheer (Indian Rice Pudding)

- 1/4 cup water
- 5 cups 2% milk Can use Whole Milk/ Almond milk/ Coconut Milk
- 1/2 cup + 2 tbsp sugar Adjust to taste
- 1/3 cup assorted chopped nuts : I use Slivered Almonds, Cashews, Pistachios(skip for nut-free)
- 1/2 cup Basmati Rice or any white rice you have on hand
- 1/2 teaspoon ground cardamom : to be added after cooking

### Some optional ingredients (to be added before pressure cooking)

- 1 tablespoon Raisins
- 1 tablespoon Unsweetened Flaked Coconut
- 1/2 teaspoon Saffron

### Arroz Con Leche (Latin American Rice Pudding)

- 1/2 cup Jasmine Rice rinsed 2-3 times
- 1/4 cup water
- 4 cups 2% milk : whole milk is ok too
- 1/2 cup Sugar or to taste
- 1 teaspoon Vanilla Extract
- 1/2 teaspoon Ground Cinnamon or 1 Cinnamon Stick

## Instructions

1. Prep: Rinse rice 2-3 times or till water runs clear. Soak in water till you arrange everything together. Chop nuts to your liking. Crush cardamom if using fresh.
2. Turn on [Instant pot](#) to Saute Mode. Add 1/4 cup water. Now add the milk. This prevents the milk from scorching the bottom of the pan. Add drained rice, sugar, nuts and give it a light stir. Hit cancel. Set instant pot to Porridge mode for 20 minutes. Valve set to Sealing Mode. Let the pressure release naturally for at least 15 minutes (NPR 15).

3. Open the lid. You can mash the rice a little using a [Potato Masher](#)- it gives a creamy texture to the Kheer. Add ground cardamom and stir. Kheer is ready to eat. You can enjoy this warm or cold!

### Note

1. If the Kheer is thin for your liking, you can cook of the milk by turning on the SAUTE mode. But remember, that it will thicken quit a bit as it cools. If Kheer is too thick for you, you can add more milk to it and cook it till the milk boils. Remember to add more sugar in that case.

### Stovetop Recipe

1. f you were making this rice pudding recipe on the stove-top, I'd suggest a heavy bottom sauce pot like this [Non-Stick Sauce Pan](#).
2. I start by adding the milk, give it a few minutes to warm up and then add rinsed and drained rice and nuts. Keep the heat at medium-high and stir intermittently, till the milk reaches a boil.
3. Turn down the heat on medium and stir till rice get cooked. Add sugar and stir till sugar dissolves. You can mash the rice a little using a [Potato Masher](#)– it gives a good texture to the Kheer.
4. Turn off the flame till you reach the right texture for how you like your Kheer. I personally, don't like to thicken it a lot, because it will naturally thicken as it cools down. If it's too thick, add more milk and adjust the sugar accordingly. Finish by sprinkling in some cardamom powder and enjoy warm or cold!

### Notes

If you are new to the [Instant Pot](#), please read my [FAQ on Instant Pot Terminology and Accessories](#) to learn more.

Cook time = Time to set for pressure cooking. Total cooking time includes 10 mins+/- for pressure build-up.

The quantity of milk depends on your personal preference. If you prefer a more chunkier rice pudding, reduce milk to 4 cups. In that case, add only 1/2 cup sugar.

*Note: The nutrition facts below are my estimates. If you are following any diet plan, I recommend cross-checking with your preferred nutrition calculator.*

### Nutrition

Calories: 468kcal | Carbohydrates: 78g | Protein: 15g | Fat: 10g | Saturated Fat: 5g | Cholesterol: 28mg | Sodium: 170mg | Potassium: 593mg | Fiber: 1g | Sugar: 51g | Vitamin A: 7.2% | Vitamin C: 0.9% | Calcium: 44.9% | Iron: 3.4%

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