

Fix-It and Forget-It Freezer to Instant Pot Freezer Cards

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Find your recipe, print card, include with your freezer bag.

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ROOT BEER CHICKEN WINGS

Makes 6–8 servings

I.P. Cook Time: 8 minutes images Oven Cook Time: 2 minutes

Needed at Time of Cooking:

1 cup water

$\frac{1}{4}$ cup root beer

$\frac{1}{4}$ cup brown sugar

$\frac{1}{2}$ tsp. red pepper flakes

Instructions:

1. Place the trivet into the inner pot and pour in the water. Pour the wings onto the trivet and spread out as evenly as possible.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. Preheat the oven on broil.
4. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the rest of the pressure.
5. Remove the wings and spread them out on a greased baking sheet.
6. Mix together the root beer, brown sugar, and red pepper flakes. Brush this over the wings.
7. Place the wings under the broiler for 2 minutes.

LEVI'S SESAME CHICKEN WINGS

Makes 6 servings

I.P. Cook Time: 8 minutes images Oven Cook Time: 5 minutes

Needed at Time of Cooking:

1 cup water

Toasted sesame seeds

Instructions:

1. Place the smaller bag with the sauce ingredients into a bowl of warm water while you get the wings going in the Instant Pot.
2. Place the trivet in the Instant Pot inner pot with 1 cup of water. Carefully place the chicken wings on top of the trivet.
3. Secure the lid and make sure vent is set to sealing. Manually set the cook time for 8 minutes on high pressure.
4. Empty the contents of the smaller freezer bag into a small pot. Let it defrost completely and simmer while the wings cook.
5. When the Instant Pot cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
6. Meanwhile, line a baking sheet with foil and place a baking rack on top. Turn the oven to broil.
7. Carefully remove about half of the wings into a bowl and pour half of the sauce over the top. Gently stir to coat them, then place them on top of the baking rack. Repeat this process with the remaining wings and sauce.
8. Broil the wings about 5 inches from the top of the oven for 5 minutes.
9. Sprinkle sesame seeds over top just before serving.

MARINATED CHICKEN BITES

Makes 6–8 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

½ cup water

½ cup chicken stock

Serving Suggestion: Serve with garlic bread and salad.

Instructions:

1. Place the water, chicken stock, and contents of bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time to 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 5 minutes, then manually release the remaining pressure.

GREEK CHICKEN

Makes 6 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

4 potatoes, peeled, chopped into 1" cubes

1 Tbsp. olive oil

1 cup chicken stock

Serving Suggestion: Serve with a Greek salad.

Instructions:

1. Place the potatoes, oil, chicken stock, and contents of the bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure vent is set to sealing. Manually set cook time for 10 minutes on high pressure.
3. When cook time is over, let the pressure release naturally for 10 minutes, then release the rest manually.

BUTTER CHICKEN

Makes 4 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock

1½ cups heavy cream

1 Tbsp. butter

Serving Suggestion: Serve with basmati rice and naan.

Instructions:

1. Place the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure the vent is set to sealing. Set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid and change to the Sauté function. Slowly stir in the heavy cream and bring to a simmer. Simmer for 5 minutes. Stir in the butter until melted and turn off.

GARLIC GALORE CHICKEN

Makes 4 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock

Serving Suggestion: Serve with rice and a vegetable of your choice.

Instructions:

1. Place the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

CHICKEN IN MUSHROOM GRAVY

Makes 6 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

½ cup dry white wine

½ cup chicken broth

Serving Suggestion: Serve over egg noodles or your favorite pasta.

Instructions:

1. Place the wine, chicken broth, and contents of the freezer bag into the inner pot of Instant Pot.
2. Secure the lid and make sure the vent is set to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When the cook time is up, let the pressure release naturally for 5 minutes, then manually release the remaining pressure.

CHICKEN WITH SPICED SESAME SAUCE

Makes 4–6 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken broth

Needed at Time of Serving:

Sandwich buns for 4–6 people

Instructions:

1. Place the chicken broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the chicken and shred chicken with forks. Combine with the other ingredients in the pot for a tasty sandwich filling.

CHICKEN DINNER IN A PACKET

Makes 4 servings

Cook Time: 8 minutes

Needed at Time of Cooking:

1 cup water

Instructions:

1. Pour 1 cup of water into the inner pot of the Instant Pot and place the trivet or a steamer basket on top.
2. Place the bundles from the freezer bag on top of the trivet, or inside the steamer basket.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes at high pressure.
4. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

PINEAPPLE CHICKEN

Makes 3–4 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock or water

Serving Suggestion: Serve over cooked rice.

Instructions:

1. Pour the chicken stock or water, along with the contents of the freezer bag, into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

CRANBERRY CHILI CHICKEN

Makes 6 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock

Serving Suggestion: Serve with mashed potatoes and a vegetable of your choice.

Instructions:

1. Place the chicken stock and the contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Serve the chicken topped with the sauce.

MILD CHICKEN CURRY WITH COCONUT MILK

Makes 4–6 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

13½-oz. can of coconut milk

Serving Suggestion: Serve on rice, with a vegetable of your choice on the side.

Instructions:

1. Pour the coconut milk into the inner pot and then empty the contents of the freezer bag into the milk.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When the cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

CHICKEN WITH LEMON

Makes 4 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock

Serving Suggestion: Serve with a salad.

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set vent to sealing. Manually set the cook time to 10 minutes on high pressure.
3. When cook time is up, allow the pressure to release naturally for 10 minutes, then manually release the remaining pressure.

ORANGE CHICKEN

Makes 6 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup orange juice plus 2 Tbsp. orange juice, divided

2 Tbsp. cornstarch

Serving Suggestion: Serve over cooked rice.

Instructions:

1. Pour 1 cup of orange juice and the contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid and turn pot to Sauté.
5. Combine the 2 Tbsp. of orange juice and cornstarch in a small bowl and stir until well mixed. Add to the pot and gently stir to combine. If stirred too vigorously, the chicken will fall apart.
6. Keep on Sauté setting until thickened, 2–3 minutes. Turn pot off by pressing Cancel.

BBQ CHICKEN SANDWICHES

Makes 8 servings

Cook Time: 10 minutes

Needed at Time of Cooking/ Serving:

½ cup apple juice

½ cup chicken stock

8 hamburger buns

Instructions:

1. Pour the apple juice, chicken stock, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Lift cooked chicken out of the inner pot and shred with two forks.
5. Stir the shredded meat back into sauce in inner pot.
6. Serve on the hamburger buns.

CHICKEN CACCIATORE WITH VEGETABLES

Makes 4 servings

Cook Time: 10 Minutes

Needed at Time of Cooking:

3–4 large potatoes, washed, peeled, and chopped into 1½" chunks

1 cup chicken stock

Instructions:

1. Place potatoes, chicken stock, and contents the of freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the bay leaf before serving.

CREAMY ITALIAN CHICKEN

Makes 4 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock

8-oz. brick cream cheese, cut into 1" chunks and at room temperature

Serving Suggestion: Serve over cooked noodles.

Instructions:

1. Pour the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Set the pot to Sauté and add the cream cheese. Stir gently until it is completely melted in.

ITALIAN CHICKEN AND BROCCOLI

Makes 6 servings

Cook Time: 10 minutes

Needed at Time of Cooking/Serving:

3 cups chicken broth

2 cups uncooked macaroni pasta, cooked according to package instructions

¼ cup shredded Parmesan cheese

Instructions:

1. Pour the chicken broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid, pour in the cooked pasta, and sprinkle the contents with Parmesan. Gently mix and serve.

SIZECHUAN-STYLE CHICKEN AND BROCCOLI

Makes 4 servings

Cook Time: 10 minutes

Needed at Time of Cooking/Serving:

1 cup chicken stock

Cooked rice

Instructions:

1. Pour the chicken stock along with the contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is over, let the pressure release naturally for 10 minutes, then release the remaining pressure manually.
4. Serve over the cooked rice.

SALSA RANCH CHICKEN WITH BLACK BEANS

Makes 8–10 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock

Serving Suggestion: This is great in tacos, on nachos, on top of a salad, on top of rice, or just on its own!

Instructions:

1. Pour the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the chicken and shred it between two forks. Replace the chicken back in the inner pot and stir.

EASY ENCHILADA SHREDDED CHICKEN

Makes 10–14 servings

Cook Time: 10 minutes

Needed at Time of Cooking/Serving:

1 cup chicken stock

Optional: Add a dollop of plain yogurt and a sprinkle of fresh cilantro.

Serving Suggestion: Serve over salad, brown rice, quinoa, sweet potatoes, nachos, or soft-shell corn tortillas.

Instructions:

1. Pour the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid. Take the chicken pieces out, shred the chicken between two forks, and mix the chicken back into the juices in the pot.
5. Serve with the optional yogurt and cilantro.

PIZZA IN A POT

Makes 8 servings

Cook Time: 7 minutes

Needed at Time of Cooking:

1 cup tomato juice

Serving Suggestion: Serve over pasta. Top with mozzarella cheese.

Instructions:

1. Pour the tomato juice and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure the vent is set to sealing. Manually set the cook time for 7 minutes on high pressure.
3. When cook time is up, let the pressure release naturally. Discard the bay leaf.

TURKEY MEAT LOAF

Makes 4–5 servings

Cook Time: 50 minutes images Standing Time: 10 minutes

Needed at Time of Cooking:

1 cup water

Nonstick cooking spray

1 Tbsp. ketchup

1 Tbsp. brown sugar

Serving Suggestion: Serve alongside mashed potatoes and a vegetable or salad of your choice.

Instructions:

1. Set the trivet inside the inner pot of the Instant Pot and pour in 1 cup water.
2. Spray a 7" springform or round baking pan with nonstick cooking spray. Remove the meat loaf from the freezer bag and plastic wrap and place it into the pan.
3. Blend together ketchup and brown sugar in a small bowl. Spread mixture on top of meat. Cover the pan with aluminum foil.
4. Place the springform pan on top of the trivet inside the inner pot.
5. Secure the lid and set the vent to sealing. Manually set the cook time for 50 minutes on high pressure.
6. When cook time is up, manually release the pressure.
7. Remove the lid and use oven mitts to carefully remove the trivet from the inner pot.
8. Allow the meat loaf to stand 10 minutes before slicing to serve.

TURKEY SLOPPY JOES

Makes 6 servings

Cook Time: 7 minutes

Needed at Time of Cooking/Serving:

1 cup chicken stock

6 (1½ oz. each) multigrain sandwich rolls

Instructions:

1. Pour the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 7 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 5 minutes, then manually release the remaining pressure.
4. Remove the lid and set the Instant Pot to Sauté to allow the sauce to thicken.
5. Serve on sandwich rolls.

EASY POT ROAST AND VEGETABLES

Makes 6 servings

Cook Time: 35 minutes

Needed at Time of Cooking:

4 medium potatoes, unpeeled, cut into

2" chunks 2 cups water

1 cup chicken stock

Instructions:

1. Place the potatoes into the inner pot. Pour the water, chicken stock, and contents of the freezer bag on top.
2. Secure the lid and make sure the vent is set to sealing. Manually set the cook time for 35 minutes on high pressure.
3. When cook time is up, let pressure release naturally.

MARINATED CHUCK ROAST

Makes 7–8 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

1 cup beef stock

Instructions:

1. Pour the beef stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.

MEXICAN FLAVORED BOTTOM ROUND ROAST

Makes 4–6 servings

Cook Time: 30 minutes

Needed at Time of Cooking:

1 cup beef stock

Serving Suggestion: Shred meat and serve with 12–16 oz. tagliatelle pasta cooked separately al dente and then tossed with meat in a bowl (this will provide 8–10 servings).

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.

BRAISED BEEF WITH CRANBERRIES

Makes 8 servings

Cook Time: 60 minutes

Needed at Time of Cooking:

1 cup low-sugar apple juice

1 rib celery, cut into 2" chunks

1 cup fresh, or frozen (thawed), cranberries

Instructions:

1. Pour the apple juice, celery, cranberries, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing.
3. Manually set the cook time for 60 minutes on high pressure.
4. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

BEEF ROAST WITH HOMEMADE GINGER-ORANGE SAUCE

Makes 8 servings

Cook Time: 20 minutes plus 15 minutes images Stove Cook Time: 15–20 minutes

Needed at Time of Cooking:

1 cup water

Serving Suggestion: Serve over mashed potatoes, rice, or in sandwiches.

Instructions:

1. Place the contents of bag #2 into a bowl of hot water while you get the Instant Pot situated.
2. Place the trivet at the bottom of the inner pot of the Instant Pot and pour in the water. Place the contents of bag #1 on top of the trivet.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
4. Empty the contents of bag #2 in a saucepan. Let it defrost on medium heat, then simmer for 15 minutes, stirring occasionally so it doesn't stick.
5. When the Instant Pot cook time is up, let the pressure release naturally.
6. When the pin drops, lift the cooked roast pieces into big bowl. Shred with two forks.
7. Drain drippings and broth out of inner pot.
8. Return the shredded meat to the inner pot and stir in the sauce you made on the stove from bag #2.
9. Press the Sauté function and let the meat and sauce simmer for about 15 minutes, or until heated through.

MACHACA BEEF

Makes 12 servings

Cook Time: 30 minutes

Needed at Time of Cooking:

1 cup water

1 cup salsa

Serving Suggestion: Use this filling for burritos, chalupas, quesadillas, or tacos.

Instructions:

1. Pour the water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the beef and shred it in a bowl using two forks.
5. Combine the shredded beef, salsa, and enough of the cooking liquid from the pot to make the desired consistency.

CHUCK ROAST BEEF BARBECUE

Makes 20 servings

Cook Time: 30 minutes

Needed at Time of Cooking/Serving:

3–4 ribs celery, cut into 2" chunks

1 cup beef broth

Sandwich rolls

Instructions:

1. Place the celery, beef broth, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the meat and place in a bowl. Using two forks, pull the meat apart until it's shredded. Return the shredded meat to the inner pot and mix the meat through the sauce.
5. Serve on the sandwich rolls.

BAVARIAN BEEF

Makes 8 servings

Cook Time: 60 minutes plus 5 minutes

Needed at Time of Cooking:

1 cup sliced celery

½ cup beef broth

½ cup water

⅓ cup flour

Serving Suggestion: Serve over noodles or spaetzle.

Instructions:

1. Place the celery, beef broth, water, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time to 60 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the meat and vegetables to large platter. Cover to keep warm.
5. Remove 1 cup of the liquid from the Instant Pot and mix with the flour. Press Sauté on the Instant Pot and add the flour/broth mixture back in, whisking. Cook until the broth is smooth and thickened.

BARBECUED BRISKET

Makes 9–12 servings

Cook Time: 45 minutes images Broil Time: 5 minutes

Needed at Time of Cooking/Serving:

1 cup beef broth

1¼ cups barbecue sauce

Sandwich rolls

Instructions:

1. Pour the beef broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 45 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Lift the meat out of the Instant Pot and place in a baking dish.
5. Pour the barbecue sauce over the meat. Broil for 5 minutes or so, to brown. Watch carefully so it doesn't burn.
6. Serve on sandwich rolls.

GARLIC BEEF STROGANOFF

Makes 6 servings

Cook Time: 8 minutes

Needed at Time of Cooking/Serving:

½ cup beef stock

½ cup water

8-oz. brick cream cheese, room temperature, cut into 1" chunks

6 servings cooked egg noodles

Instructions:

1. Pour the beef stock, water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid, then set the Instant Pot to the Sauté function. Stir in cream cheese chunks until smooth.
5. Serve over the egg noodles.

BEEF BURGUNDY WITH MUSHROOMS

Makes 6 servings

Cook Time: 30 minutes plus 10–15 minutes

Needed at Time of Cooking:

½ cup burgundy wine

½ cup water

6-oz. can tomato paste

Dash sugar

Serving Suggestion: Serve over cooked noodles, rice, or with potatoes.

Instructions:

1. Pour the burgundy wine and water into the inner pot of the Instant Pot along with the contents of the freezer bag.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Switch the Instant Pot to the Sauté function. Stir in the tomato paste and sugar. Cook another 10–15 minutes, uncovered, to allow sauce to thicken.

STEAK STROGANOFF

Makes 6 servings

Cook Time: 10 minutes plus 5 minutes

Needed at Time of Cooking/Serving:

1 cup beef stock

½ cup fat-free sour cream

6 servings cooked egg noodles or brown rice ramen

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then release the rest manually.
4. Remove the lid and switch the Instant Pot to the Sauté function. Stir in the sour cream. Let the sauce come to a boil and cook for about 5 minutes.
5. Serve over the cooked egg noodles or brown rice ramen.

HUNGARIAN BEEF WITH PAPRIKA

Makes 9 servings

Cook Time: 30 minutes

Needed at Time of Cooking/Serving:

½ cup water

½ cup beef stock

½ cup sour cream, optional

Fresh parsley

Serving Suggestion: Serve with buttered noodles or potatoes.

Instructions:

1. Pour the water, beef stock, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes.
3. When cook time is up, let the pressure release naturally.
4. When serving, dollop with the sour cream, if desired. Garnish with fresh parsley.

THREE-PEPPER STEAK

Makes 10 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

½ cup water

½ cup beef stock

Serving Suggestion: Serve over noodles, rice, or torn tortillas.

Instructions:

1. Pour the water, beef stock, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure vent is set to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

BEEF BROCCOLI

Makes 6 servings

Cook Time: 10 minutes plus 5–8 minutes

Needed at Time of Cooking:

½ cup water

½ cup beef stock

1 lb. broccoli, chopped

3 Tbsp. water

3 Tbsp. cornstarch

Serving Suggestion: Serve over rice.

Instructions:

1. Pour the water, beef stock, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Switch the Instant Pot to the Sauté function. Add the broccoli to the inner pot and stir.
5. In a small bowl, stir together the water and cornstarch. Add to the pot and stir until the mixture thickens, 5–8 minutes.

MARINATED FLANK STEAK WITH BROCCOLI

Makes 4–6 servings

Cook Time: 10 minutes plus 5 minutes

Needed at Time of Cooking/Serving:

1 cup beef broth

2 cups broccoli florets, chopped

Cooked rice

Instructions:

1. Place the beef broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid. Switch the pot to the Sauté function. Stir in the the broccoli. Let it cook for about 5 minutes, stirring frequently, or until desired doneness.
5. Serve over the cooked rice.

PHILLY CHEESE STEAKS

Makes 6 servings

Cook Time: 10 minutes images Broil Time: 5 minutes

Needed at Time of Cooking/Serving:

1½ cups beef stock

6 hoagie rolls

6 slices of provolone cheese

Instructions:

1. Pour the beef stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Scoop meat and vegetables onto the hoagie rolls.
5. Top with provolone cheese and put on a baking sheet.
6. Broil in oven for 5 minutes.
7. Pour remaining juice from the pot into cups for dipping.

ITALIAN CHEESESTEAK SANDWICHES

Makes 8–10 servings

Cook Time: 30 minutes images Broil Time: 2–3 minutes

Needed at Time of Cooking/Serving:

1 cup beef broth

8 or 10 steak rolls

8 or 10 provolone or mozzarella cheese slices

Instructions:

1. Pour the beef broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is done, let the pressure release naturally.
4. Lift the roast chunks out of the Instant Pot and into a bowl, and use two forks to shred the meat. Fish out bay leaves and discard.
5. Return the shredded meat to the inner pot and stir through the sauce.
6. Place rolls open-faced on baking sheet. Using a slotted spoon, pile each roll with beef and slice of cheese. Place under broiler for 2–3 minutes, until cheese is bubbly.

ITALIAN BEEF SANDWICHES

Makes 6–8 servings

Cook Time: 30 minutes images Oven Time: 8 minutes

Needed at Time of Cooking/Serving:

1 cup beef stock

6–8 sub buns

Nonstick cooking spray

Butter

6–8 large slices provolone or mozzarella cheese

Instructions:

1. Pour the beef stock and the contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Preheat the oven to 400°F.
5. Remove the meat and shred with two forks. Place it back in the inner pot and stir with the juices.
6. Place each sub bun open-faced on a foil-lined, cookie sheet sprayed with nonstick cooking spray. Spread a bit of butter on each side. Place the cheese on top of each bun. Place them in the oven for about 8 minutes, or until the bread is slightly toasted and the cheese is melted.
7. Remove the sub buns from the oven and place a good portion of Italian beef on top. Enjoy!

INSTANT POT BONELESS SHORT RIBS

Makes 4 servings

Cook Time: 50 minutes plus 3–5 minutes

Needed at Time of Cooking:

1 cup beef stock

2 Tbsp. cold water

2 Tbsp. cornstarch

Serving Suggestion: Serve with mashed or baked potatoes.

Instructions:

1. Pour the beef stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 50 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 20 minutes, then manually release the remaining pressure.
4. Switch the Instant Pot to the Sauté function.
5. Mix the cold water and cornstarch. Gently stir this mixture into the contents of the inner pot and let simmer until the sauce is thickened a bit, about 3–5 minutes.
6. Serve the short ribs and carrots with the sauce spooned over the top.

FABULOUS FAJITAS

Makes 4 servings

Cook Time: 10 minutes

Needed at Time of Cooking/Serving:

1 cup beef stock

6–8 warmed tortillas

Optional sour cream, chopped fresh cilantro, salsa, shredded cheese, etc.

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then release the remaining pressure manually.
4. Spoon mixture into warm tortillas. Top with the optional toppings.

SAUCY TACOS

Makes 8 servings

Cook Time: 30 minutes

Needed at Time of Cooking/Serving:

1 cup water

Tortillas or taco shells

Instructions:

1. Pour the water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure the vent is set to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, allow the pressure to release naturally for 10 minutes, then manually release the remaining pressure.
4. Shred the meat with two forks, then mix with the contents of the Instant Pot.
5. Serve in the tortillas or taco shells.

MEAT LOAF

Makes 6–8 servings

Cook Time: 50 minutes images Stand Time: 10 minutes

Needed at Time of Cooking:

1 cup water

Nonstick cooking spray

2 Tbsp. ketchup

2 Tbsp. brown sugar

Serving Suggestion: Serve alongside mashed potatoes and a vegetable or salad of your choice.

Instructions:

1. Set the trivet inside the inner pot of the Instant Pot and pour in 1 cup water.
2. Spray a 7" springform or round baking pan with nonstick cooking spray. Remove the meat loaf from the freezer bag and plastic wrap and place it into the pan.
3. Blend together ketchup and brown sugar in a small bowl. Spread mixture on top of meat. Cover the pan with aluminum foil.
4. Place the springform pan on top of the trivet inside the inner pot. Secure the lid and set the vent to sealing.
5. Manually set the cook time for 50 minutes on high pressure.
6. When cook time is up, manually release the pressure.
7. Remove the lid and use oven mitts to carefully remove the trivet from the inner pot.

8. Allow the meat loaf to stand 10 minutes before slicing to serve.

GUINNESS CORNED BEEF

Makes 10 servings

Cook Time: 102–136 minutes plus 3 minutes

Needed at Time of Cooking:

1 cup water

4 cups chopped cabbage

1 large onion, chopped

1-lb. bag baby carrots

Serving Suggestion: Serve with mashed potatoes and coarse mustard or horseradish.

Instructions:

1. Place the trivet into the bottom of the inner pot and pour in the water.
2. Place the contents of the freezer bag onto the trivet.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 34 minutes per pound of corned beef. If you have a 3-lb. corned beef, your cook time will be 102 minutes. If you have a 4-lb. corned beef, you will set the cook time for 136 minutes.
4. When cook time is up, let the pressure release naturally for 15 minutes, then manually release the remaining pressure. Remove the corned beef and cover.
5. Place the vegetables into the inner pot.
6. Secure the lid and set the vent to sealing. Manually set the cook time for 3 minutes on high pressure.
7. When cook time is up, manually release the pressure.

8. Discard the bay leaf. Serve the meat and vegetables.

BEEF GOULASH

Makes 6 servings

Cook Time: 50 minutes

Needed at Time of Cooking:

1 cup beef broth

Serving Suggestion: Mashed potatoes and green beans go well as sides.

Instructions:

1. Pour the broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 50 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 20 minutes, then manually release the remaining pressure.

GARLIC PORK ROAST

Makes 10 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

1 cup chicken broth

1½ lb. red potatoes, cut in ½"-thick slices

Serving Suggestion: Serve with rice or couscous and a salad.

Instructions:

1. Pour the chicken broth into the inner pot of the Instant Pot. Add in the potatoes and contents of the freezer bag.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

HONEY-ORANGE PORK ROAST

Makes 8–10 servings

Cook Time: 15 minutes

Needed at Time of Cooking:

1 cup orange juice

4–5 good-sized sweet potatoes, peeled and cut into 1" cubes

2 good-sized tart apples, cored and quartered

Instructions:

1. Pour the orange juice, contents of the freezer bag, sweet potato chunks, and apple quarters into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 15 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 20 minutes, then manually release any remaining pressure.
4. Place the chunks of meat, sweet potatoes, and apples, along with broth, in a deep platter or bowl to serve.

BROWN SUGAR AND DIJON-MARINATED PORK ROAST

Makes 4–6 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

1 cup chicken stock

Instructions:

1. Pour the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release any remaining pressure.

EASY PORK LOIN

Makes 4–5 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

1 cup chicken stock or white wine

Serving Suggestion: Goes well with sweet potatoes.

Instructions:

1. Pour the stock or wine into the inner pot of the Instant Pot along with the contents of the freezer bag.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release any remaining pressure.
4. If desired, meat may be shredded before serving.

SALSA VERDE PORK

Makes 6 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

½ cup chicken stock

½ cup dry white wine

Serving Suggestion: Serve over cooked brown rice or quinoa.

Instructions:

1. Pour the stock, wine, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release any remaining pressure.
4. Break apart the pork with two forks and mix with contents of the inner pot.

PHILIPPINE ULAM

Makes 4–6 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

2 cups water

4–5 cups cubed potatoes

Serving Suggestion: Serve over cooked rice.

Instructions:

1. Place the water, potatoes, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, allow the pressure to release naturally for 10 minutes, then manually release any remaining pressure.

CARNITAS

Makes 12 servings

Cook Time: 15 minutes

Needed at Time of Cooking/Serving:

2 cups chicken stock

2 Tbsp. lime juice

1 tsp. lime zest

12 6" gluten-free white corn tortillas, warmed

Instructions:

1. Pour the chicken stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 15 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Add the lime juice and lime zest to the inner pot and stir. You may choose to shred the pork if you wish.
5. Serve on the white corn tortillas.

GINGER PORK CHOPS

Makes 4 servings

Cook Time: 12 minutes plus 5 minutes

Needed at Time of Cooking/Serving:

1 cup chicken stock

1 Tbsp. cornstarch

1 Tbsp. cold water

2 Tbsp. sliced green onion

Instructions:

1. Place the trivet into the inner pot of the Instant Pot and pour in the chicken stock. Empty the contents of the freezer bag on top of the trivet.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 12 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the pork chops. Set them aside on a clean plate or serving platter.
5. Mix together the cornstarch and water. Set the Instant Pot to Sauté and whisk the cornstarch mixture into the sauce in the inner pot. Let the sauce thicken to your liking, stirring often, or about 5 minutes
6. When you are ready to serve, pour some of the sauce over each pork chop and sprinkle with green onion.

RASPBERRY BALSAMIC PORK CHOPS

Makes 4–6 servings

Cook Time: 12 minutes

Needed at Time of Cooking:

½ cup water

Serving Suggestion: Goes well with a salad and baked sweet potatoes.

Instructions:

1. Place the trivet into the inner pot of the Instant Pot and pour in the water. Empty the contents of the freezer bag on top of the trivet.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 12 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.

TENDER TASTY RIBS

Makes 2–3 servings

Cook Time: 32 minutes images Broil Time: 5–10 minutes

Needed at Time of Cooking:

1 cup water

1 cup barbecue sauce, divided

Instructions:

1. Place the trivet into the inner pot of the Instant Pot and pour in the water. Place the ribs onto the trivet and drizzle with $\frac{1}{4}$ cup of the barbecue sauce.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 32 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 5 minutes, then manually release the remaining pressure.
4. Turn the oven on to broil (or heat your grill) while you're waiting for the 5-minute resting time.
5. Remove the ribs from the Instant Pot and place them on a baking sheet. Slather both sides with the remaining $\frac{3}{4}$ cup sauce.
6. Place the ribs under the broiler (or on grill) for 5 to 10 minutes, watching carefully so they don't burn. Remove and brush with a bit more sauce if desired. Pull apart and dig in!

JIFFY JAMBALAYA

Makes 6 servings

Cook Time: 10 minutes

Needed at Time of Cooking:

1 cup chicken stock

3 cups cooked rice

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 5 minutes, then manually release the remaining pressure.
4. Remove the lid, stir in the rice, and serve.

BBQ PORK SANDWICHES

Makes 4 servings

Cook Time: 15 minutes plus 3–5 minutes

Needed at Time of Cooking:

1 cup chicken or beef stock

2 cups barbecue sauce

Sandwich rolls or buns

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set vent to sealing. Manually set the cook time for 45 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the pork; shred it with two forks in a bowl.
5. Remove the liquid from the inner pot and discard.
6. Switch the Instant Pot to the Sauté function, then place the shredded pork and barbecue sauce in the inner pot. Simmer 3 to 5 minutes, stirring frequently.
7. Pile the shredded BBQ pork on the bottom half of a bun. Add any additional toppings if you wish, then finish with the top half of the bun.

EGGPLANT PARMESAN LIGHTENED UP

Makes 4 servings

Cook Time: 15 minutes images Cooling Time: 15–20 minutes

Needed at Time of Cooking:

1 cup water

Serving Suggestion: Serve this alongside your favorite cooked pasta.

Instructions:

1. Remove the freezer wrapping of your Eggplant Parmesan. Recover the 7" pan with just aluminum foil.
2. Pour the water into the inner pot of the Instant Pot and place the trivet on top. Place the foil-covered pan on top of the trivet.
3. Secure the lid and set the vent to sealing. Manually set the cook time to 10 minutes on high pressure.
4. When cook time is up, manually release the pressure.
5. Remove the lid and carefully remove the trivet with oven mitts. Uncover the pan and allow the eggplant Parmesan to cool for about 15–20 minutes before serving.

MOROCCAN SPICED SWEET POTATO MEDLEY

Makes 6 main-dish servings

Cook Time: 15 minutes

Needed at Time of Cooking/Serving:

2¼ cups water

2 cups cooked bulgur

½ cup dark raisins

1 cup loosely packed fresh cilantro leaves, chopped

Instructions:

1. Pour the water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 15 minutes on high pressure.
3. When cook time is up, manually release the pressure.
4. Remove the lid and stir in the cooked bulgur, raisins, and cilantro.

VEGETARIAN COCONUT CURRY

Makes 10–14 servings

Cook Time: 4 minutes

Needed at Time of Cooking/Serving:

1 cup coconut milk

Cooked rice or pasta

Instructions:

1. Pour the coconut milk and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 4 minutes on high pressure.
3. When cook time is up, manually release the pressure.
4. Stir and serve over cooked rice or pasta.

LENTIL TACOS

Makes 6 servings

Cook Time: 12 minutes

Needed at Time of Cooking/Serving:

1 cup vegetable or chicken stock

12 taco shells

Optional toppings: shredded lettuce, tomatoes, chopped, shredded cheddar cheese, sour cream, taco sauce

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 12 minutes on high pressure.
3. When cook time is up, manually release the pressure.
4. Spoon about $\frac{1}{4}$ cup into each taco shell. Top with your choice of lettuce, tomatoes, cheese, sour cream, and taco sauce.

LENTILS WITH CHEESE

Makes 6 servings

Cook Time: 12 minutes

Needed at Time of Cooking:

2 cups water

1 cup (4 oz.) shredded cheddar cheese

Instructions:

1. Pour the water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 12 minutes on high pressure.
3. When cook time is up, manually release the pressure.
4. Remove the lid and stir in the shredded cheddar cheese.

BBQ VEGGIE JOES

Makes 10 servings

Cook Time: 12 minutes

Needed at Time of Cooking:

1 cup water

2 Tbsp. cider vinegar

10 sandwich rolls

Instructions:

1. Pour the water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 12 minutes on high pressure.
3. When cook time is up, manually release the pressure.
4. Stir in the vinegar just before serving.
5. Spoon ½ cup of lentil mixture onto each sandwich roll to serve.

SHRIMP MARINARA

Makes 4–5 servings

Cook Time: 7 minutes plus 4 minutes

Needed at Time of Cooking/Serving:

1 cup vegetable or chicken stock

1 lb. fresh shrimp, peeled and deveined

Cooked spaghetti

Grated Parmesan cheese, optional

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 7 minutes.
3. When cook time is up, manually release the pressure.
4. Remove the lid and stir in the shrimp. Replace the lid, but do not lock it. Leave the lid on for 4 minutes, allowing the shrimp to cook.
5. Serve the shrimp marinara over the cooked spaghetti and garnish with the optional Parmesan cheese.

LEMON DIJON ORANGE ROUGHY

Makes 4 servings

Cook Time: 2 minutes

Needed at Time of Cooking:

1 cup water

Serving Suggestion: Serve with a baked potato and salad.

Instructions:

1. Pour the water into the bottom of the inner pot of the Instant Pot and place the trivet on top.
2. Unwrap each fillet and arrange them into a single layer in a 7" round baking pan. Place the pan on top of the trivet in the inner pot.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 2 minutes on low pressure.
4. When cook time is up, manually release the pressure.

HERBED FISH FILLETS

Makes 4 servings

Cook Time: 9 minutes

Needed at Time of Cooking:

1 cup water

Serving Suggestion: Serve with a baked potato and salad.

Instructions:

1. Pour 1 cup of water into the inner pot of the Instant Pot and place the trivet on top.
2. Unwrap each fillet and arrange them into a single layer in a 7" round baking pan. Place the pan on top of the trivet in the inner pot.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 9 minutes on high pressure.
4. When cook time is up, manually release the pressure.

HONEY LEMON GARLIC SALMON

Makes 4 servings

Cook Time: 2 minutes

Needed at Time of Cooking:

1 cup water

Serving Suggestion: Serve with green beans and panfried potatoes.

Instructions:

1. Pour 1 cup of water into the inner pot of the Instant Pot and place the trivet on top.
2. Unwrap each fillet and arrange them into a single layer in a 7" round baking pan sprayed with nonstick cooking spray. Place the pan on top of the trivet in the inner pot.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 2 minutes on low pressure.
4. When cook time is up, manually release the pressure.

MAPLE-GLAZED SALMON

Makes 4 servings

Cook Time: 2 minutes

Needed at Time of Cooking:

1 cup water

1 Tbsp. maple syrup

Serving Suggestion: Serve with asparagus and a baked potato.

Instructions:

1. Pour 1 cup of water into the inner pot of the Instant Pot and place the trivet on top.
2. Unwrap each fillet and arrange them skin-side down in a 7" round baking pan. Pour the maple syrup over the top of the fillets. Place the pan on top of the trivet in the inner pot.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 2 minutes on low pressure.
4. When cook time is up, manually release the pressure.

CAESAR SALMON FILLETS

Makes 4 servings

Cook Time: 2 minutes

Needed at Time of Cooking:

1 cup water

Serving Suggestion: Serve with warm rolls and a Caesar salad.

Instructions:

1. Pour 1 cup of water into the inner pot of the Instant Pot and place the trivet on top.
2. Unwrap each fillet and arrange them skin-side down in a 7" round baking pan. Place the pan on top of the trivet in the inner pot.
3. Secure the lid and set the vent to sealing. Manually set the cook time for 2 minutes on low pressure.
4. When cook time is up, manually release the pressure.

CHICKEN VEGETABLE SOUP

Makes 6 servings

Cook Time: 7 minutes

Needed at Time of Cooking:

3 cups chicken bone broth

½ cup frozen corn

¼ cup frozen peas

¼ cup frozen lima beans

1 cup frozen green beans (bite-sized)

¼–½ cup chopped savoy cabbage

Instructions:

1. Add the broth, corn, peas, lima beans, green beans, cabbage, and contents of the freezer bag to the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 7 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 5 minutes, then manually release the remaining pressure.

SPICY CHICKEN SOUP WITH EDAMAME

Makes 8 servings

Cook Time: 18 minutes plus 5 minutes

Needed at Time of Cooking:

4 cups low-sodium chicken broth

3 cups fresh, or frozen, edamame, shelled

Instructions:

1. Add the broth and contents of the freezer bag to the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 18 minutes on high pressure.
3. When cook time is up, manually release the pressure.
4. Remove the lid, then remove the chicken and shred it between two forks. Replace it back in the soup.
5. Stir the edamame into the soup and press Keep Warm. Allow it to cook for about 5 additional minutes, then serve.

CHICKEN CHEDDAR BROCCOLI SOUP

Makes 4–6 servings

Cook Time: 18 minutes plus 5 minutes

Needed at Time of Cooking:

3 cups chicken bone broth

2 cups heavy cream

8 oz. freshly shredded cheddar cheese

2 Tbsp. Frank's RedHot Original Cayenne Pepper Sauce

Serving Suggestion: Serve it up with slice or two of keto garlic bread or bread of your choice.

Instructions:

1. Pour the broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure vent is at sealing. Manually set the cook time for 18 minutes on high pressure.
3. Manually release the pressure when cook time us up, remove lid, and stir in heavy cream.
4. Place pot on sauté setting until it all comes to a low boil, approximately 5 minutes.
5. Stir in cheese and the hot sauce. Turn off the pot and stir until cheese is melted.

WHITE CHICKEN CHILI

Makes 6 servings

Cook Time: 8 minutes

Needed at Time of Cooking:

2 cups chicken broth

1 cup sour cream

1½ cups grated cheddar or Mexican blend cheese

Serving Suggestion: Delicious served with chopped cilantro and additional cheese.

Instructions:

1. Pour the broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove chicken and shred it.
5. Put chicken, sour cream, and cheese in the inner pot. Stir until cheese is melted.

TURKEY CHILI

Makes 8 servings

Cook Time: 7 minutes

Needed at Time of Cooking:

1½ cups chicken stock

Serving Suggestion: Serve with corn bread.

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 7 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.

GROUND TURKEY STEW

Makes 4–6 servings

Cook Time: 7 minutes plus 5 minutes

Needed at Time of Cooking:

1 cup water

2 handfuls cilantro, chopped

15-oz. can black beans

Instructions:

1. Pour the water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure the vent is set to sealing. Manually set the cook time for 7 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release any remaining pressure.
4. Remove the lid. Switch the Instant Pot to the Sauté function and add the cilantro and can of black beans. Combine well, and let cook for about 5 minutes.

INSTANTLY GOOD BEEF STEW

Makes 6 servings

Cook Time: 35 minutes

Needed at Time of Cooking:

1½ cups beef stock

3 large potatoes, cubed

Serving Suggestion: Serve with buttered crusty bread.

Instructions:

1. Pour the beef stock, potatoes, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 35 minutes.
3. When cook time is up, let the pressure release naturally.
4. Remove the lid, discard the bay leaf, then serve.

TUSCAN BEEF STEW

Makes 8 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

1 cup beef broth

$\frac{1}{4}$ cup water

Instructions:

1. Pour the broth, water, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.

NANCY'S VEGETABLE BEEF SOUP

Makes 8 servings

Cook Time: 20 minutes

Needed at Time of Cooking:

1-lb. bag frozen peas

Water to fill line

Instructions:

1. Empty the contents of the freezer bag, along with the peas, into the inner pot of the Instant Pot. Pour water in only until you reach the fill line.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.

TOMATO BEEF SOUP

Makes 6 servings

Cook Time: 13 minutes

Needed at Time of Cooking:

4 cups beef stock

1 large potato, diced

Instructions:

1. Pour the beef stock, diced potato, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 13 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 5 minutes, then release the remaining pressure manually.

FAVORITE CHILI

Makes 4–6 servings

Cook Time: 15 minutes

Needed at Time of Cooking:

1 cup water

Instructions:

1. Pour the water and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure the vent is set to sealing. Manually set the cook time for 15 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.

CHICKEN VEGETABLE SOUP

Makes 8 servings

Cook Time: 7 minutes

Needed at Time of Cooking/Serving:

1 cup water or beef stock

Low-fat sour cream, optional

Reduced-fat shredded cheddar cheese, optional

Instructions:

1. Pour the water or stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 7 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 5 minutes, then manually release the remaining pressure.
4. When serving, if you wish, top individual servings with sour cream and/or a sprinkle of reduced-fat shredded cheddar cheese.

ITALIAN VEGETABLE SOUP

Makes 6 servings

Cook Time: 8 minutes

Needed at Time of Cooking:

2 small potatoes, diced

3 cups water

Instructions:

1. Place the potatoes, water, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.

NAPA CABBAGE AND PORK SOUP

Makes 8 servings

Cook Time: 20 minutes

Needed at Time of Cooking/Serving:

4 cups low-sodium chicken stock

1 head (about 8 cups) napa cabbage, shredded

6 green onions, chopped

Instructions:

1. Pour the chicken stock, cabbage, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 20 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. When serving, top each bowl with a sprinkling of green onions.

SPLIT PEA SOUP

Makes 3–4 servings

Cook Time: 15 minutes

Needed at Time of Cooking/Serving:

2 stalks celery, chopped

3 cups chicken broth

Salt to taste

Pepper to taste

Instructions:

1. Place the celery, broth, and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 15 minutes on high pressure.
3. When the time is up, let the pressure release naturally.
4. Remove the lid and stir the soup; discard the thyme sprigs.
5. Thin the soup with up to 1 cup water if needed (the soup will continue to thicken as it cools). Season with salt and pepper.

FRENCH MARKET SOUP

Makes 8 servings (about 2½ quarts total)

Cook Time: 30 minutes

Needed at Time of Cooking:

5 cups water

Instructions:

1. Pour the water into the inner pot of the Instant Pot and invert the contents of the freezer bag on top so the beans are at the bottom of the pot.
2. Secure the lid and make sure vent is set to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the lid, then remove the bone and any hard or fatty pieces from the ham hock. Pull the meat off the bone and chop it into small pieces. Add the ham back into the Instant Pot.

HAM AND BEAN SOUP

Makes 10 servings

Cook Time: 30 minutes

Needed at Time of Cooking/Serving:

7 cups reduced-sodium chicken stock

1 bunch fresh cilantro, chopped

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of your Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 30 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Before serving, stir in the chopped fresh cilantro.

POTATO BACON SOUP

Makes 4–6 servings

Cook Time: 8 minutes

Needed at Time of Cooking/Serving:

3 cups chicken broth

1 cup half-and-half

1 cup milk, 2% or whole

Optional sour cream, shredded cheddar cheese, and diced green onion to garnish

Instructions:

1. Pour the broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the lid. Roughly mash the potatoes, leaving some large chunks if desired.
5. Add the half-and-half and milk, stirring constantly.
6. Serve while still hot with desired assortment of garnishes.

GREEN BEAN AND HAM SOUP

Makes 4 servings

Cook Time: 8 minutes plus 5 minutes

Needed at Time of Cooking:

2 potatoes, peeled and cubed

7½ cups water or reduced-sodium chicken stock

½ cup nonfat milk

Instructions:

1. Place the potatoes and contents of the freezer bag into the inner pot of the Instant Pot and add the water or stock.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the lid and then remove the ham hock and hard fatty pieces. Separate the meat from the bone. Discard the bone and stir the ham meat back into the soup.
5. Slowly stir in the milk. Let it heat through and serve.

PORK CHILI

Makes 5 servings

Cook Time: 25 minutes

Needed at Time of Cooking:

1 cup chicken stock

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 25 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release any remaining pressure.
4. Remove the lid and then remove the pork chunks. Shred the meat. Stir it back through the chili and serve.

WHITE BEAN SOUP

Makes 6 servings

Cook Time: 40 minutes

Needed at Time of Cooking:

2 cups low-fat, low-sodium chicken stock

4 cups water

½ cup low-sugar ketchup

¼ cup molasses

Instructions:

1. Pour the contents of the freezer bag into the inner pot of the Instant Pot, along with the stock and water.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 40 minutes on high pressure.
3. When cook time is up, allow the pressure to release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid and stir in the ketchup and molasses. Add more water if you would like your soup to be thinner.

BLACK BEAN SOUP

Makes 4–6 servings

Cook Time: 40 minutes

Needed at Time of Cooking/Serving:

5 cups vegetable or chicken broth

Yogurt or sour cream for garnish, optional

Instructions:

1. Pour the broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 40 minutes on high pressure.
3. When cook time is up, let pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Open the lid. Remove the bay leaves and discard them. Serve with desired garnishes.

BROWN LENTIL SOUP

Makes 3–5 servings

Cook Time: 15 minutes

Needed at Time of Cooking:

4 cups chicken broth

1 tsp. salt

¼ tsp. ground black pepper

½ tsp. lemon juice

Instructions:

1. Pour the chicken broth and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and make sure the vent is set to sealing. Manually set the cook time for 15 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the lid and discard the bay leaf.
5. Stir in the salt, pepper, and lemon juice, then serve.

SWEET POTATO SOUP WITH KALE

Makes 8 servings

Cook Time: 10 minutes plus 3–5 minutes

Needed at Time of Cooking:

4 cups reduced-sodium chicken or vegetable stock

5 oz. chopped kale

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 10 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. Remove the lid and gently stir the kale into the soup. Let the soup sit for a few minutes so the kale can wilt, then serve.

BUTTERNUT SQUASH SOUP

Makes 4 servings

Cook Time: 8 minutes

Needed at Time of Cooking:

3 cups chicken stock

Instructions:

1. Pour the chicken stock and contents of the freezer bag into the inner pot of your Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the lid. Puree the soup in a food processor or use immersion blender right in the inner pot. If soup is too thick, add more stock. Adjust salt and pepper as needed.

POTATO AND SPINACH SOUP

Makes 6 servings

Cook Time: 8 minutes plus 10 minutes

Needed at Time of Cooking/Serving:

3 cups chicken or vegetable stock

6 cups chopped fresh spinach

1 Tbsp. white wine vinegar

Chopped chives for garnish

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 8 minutes on high pressure.
3. When cook time is up, let the pressure release naturally.
4. Remove the lid. Use a potato masher to mash the mixture a bit.
5. Stir in the chopped spinach and vinegar. Press Sauté and let the soup simmer uncovered for 10 minutes more.
6. Serve with chives sprinkled on top of individual servings.

FLAVORFUL TOMATO SOUP

Makes 4 servings

Cook Time: 5 minutes

Needed at Time of Cooking:

1 cup chicken or vegetable stock

6 Tbsp. butter

3 Tbsp. flour

2 cups skim milk

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 5 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.
4. While the pressure is releasing, in a small pot on the stove, melt the butter. Once the butter is melted, whisk in the flour and cook for 2 minutes, whisking constantly. Slowly whisk the skim milk into the pot.
5. Remove the lid of the Instant Pot. Slowly whisk the milk/butter/flour mixture into the tomato soup.
6. Use an immersion blender to puree the soup.

THREE-BEAN CHILI

Makes 6 servings

Cook Time: 5 minutes

Needed at Time of Cooking:

1 cup vegetable stock

Instructions:

1. Pour the stock and contents of the freezer bag into the inner pot of the Instant Pot.
2. Secure the lid and set the vent to sealing. Manually set the cook time for 5 minutes on high pressure.
3. When cook time is up, let the pressure release naturally for 10 minutes, then manually release the remaining pressure.