

Freezer Meal :: Hearty Chili

Freezer Meal Assembly

Combine in a freezer gallon bag:

- 2 1/2 C browned ground beef
 - 2 C cooked kidney beans
 - 1 onion, diced
 - 2 chopped bell peppers
 - 4 garlic cloves, minced
 - 1 can diced tomatoes
 - 1 can diced tomatoes, blended
 - 1 tsp each: oregano, kosher salt, basil, chili powder
 - 1/2 tsp each: ground cumin, freshly ground pepper
- Repeat for second dinner.



Cooking Directions

Dump contents of the freezer meal into the Instant Pot. If frozen, sauté for five minutes, until some of the liquid is thawed. Cook on high pressure for 10 minutes. Quick release pressure. Serve immediately. Top with shredded cheddar cheese or sour cream/plain yogurt (optional).

extra items needed for meal

optional: shredded cheddar cheese and/or sour cream/plain yogurt for toppings
cornbread