

# Freezer Meal :: Nacho Beef & Black Beans

## Freezer Meal Assembly

Combine in a gallon freezer bag:

- 1 1/2 C browned ground beef
  - 2 C cooked black beans (drained)
  - 1 tsp each: kosher salt, garlic powder, minced onion, ground cumin, oregano, & chili powder
- Repeat for second dinner.



## Cooking Directions

Dump the nacho meat and black beans in the Instant Pot (frozen is fine) and add 1/4 cup of water. Cook on high pressure for 5 minutes. Quick release pressure.

Serve as sheet pan nachos or burrito bowls.

## Extra items needed for meal

Nacho/burrito bowl ingredients: tortilla chips or rice, shredded cheese, salsa, guacamole, shredded lettuce, plain yogurt or sour cream