

# Instant Pot Freezer Meals

## shopping list

- jambalaya ● Greek chicken & veggies ● red beans & rice ●
- chicken pot pie ● hearty chili ● nacho meat & beans ●
- butternut squash apple soup ●

### To Buy:

#### MEAT

- 10 boneless skinless chicken breasts
- 4 lbs ground beef
- 6 sweet Italian sausages (or a different variety per personal preference)
- 8 eggs
- 6 slices bacon
- 4 C frozen shrimp

#### PRODUCE

- 8 yellow onions
- 10 bell peppers
- 2 apples
- 2 butternut squash
- 4 C frozen peas
- 2 garlic cloves
- 8 carrots

#### OTHER

- 8 C uncooked brown rice
- 6 14.5oz cans diced tomatoes
- 2 lbs dried kidney beans
- 1 lb dried black beans
- 10 C chicken broth
- dried lemon peel

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### Kitchen Staples:

#### SPICES

- salt & pepper
- Tony's creole seasoning
- dried thyme
- garlic powder
- minced onion
- oregano
- basil
- cumin
- chili powder

#### PANTRY

- honey
- olive oil
- red wine vinegar
- flour