

# Instant Pot Freezer Meals

## *prep list*

- Cook kidney beans in Instant Pot. Cook 4 cups rice in second IP if available.
- Brown ground beef in large dutch oven or pot on the stove.
- Cook 8 hard boiled eggs and black beans in Instant Pots (separately).
- Chop soup ingredients and bag.
- Brown 4 sausages and 2 chicken breasts cut into 1" pieces for jambalaya in a skillet.
- Cook chicken pot pie filling.
- Cook second portion of rice (4 cups uncooked).
- Bag chili, jambalaya, and nacho meat and beans. Bag cooked rice in 4 C/bag.
- Finish pot pie, let cool. Bag when cooled.
- Assemble Greek chicken freezer meal.
- Make pie dough.
- Brown sausage and bag red beans and rice.