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.

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