

Instant Pot Freezer Meals

prep list

- make BBQ sauce and let cool
- combine marinara sauce ingredients, bring to a simmer, cook until reduced by a third, and let cool
- chop cauliflower soup ingredients and bag (x2)
- brown 1 lb ground beef & sweet Italian sausages (uncased), and let cool
- bag pork loin and add seasonings, shake to coat, seal the bag, and freeze
- brown andouille sausages, let cool, then combine all the sausage & lentil soup ingredients, seal the bag, and freeze
- make the meatballs, place on a baking sheet, and freeze
- combine pesto risotto ingredients in a bag, seal, and freeze (x2)
- bag second pork loin, pour in cooled BBQ sauce, seal the bag, and freeze
- bag or jar marinara sauce, freeze when completely cool
- remove frozen meatballs from freezer and bag in 2-3 bags, return to freezer
- combine the cooled browned beef/sausage mixture with remaining chili ingredients in 2 bags, seal the bags, and freeze (x2)