

Instant Pot Freezer Meals

shopping list

- maple pumpkin chili
- meatballs & marinara
- BBQ pork
- onion pork roast
- pesto chicken risotto
- creamy cauliflower soup
- sausage & lentil soup

To Buy:

MEAT

- 4 lbs ground beef
- 4 andouille sausages
- 4 sweet Italian sausages
- 6 lbs pork loin
- 4 boneless chicken breasts

PRODUCE

- 8 yellow onions
- 12 14.5oz cans diced tomatoes
- 5 garlic bulbs (about 28 cloves)
- 6 carrots
- 2 C (1 can) pumpkin puree
- 2 C mushrooms
- 2 heads of cauliflower

OTHER

- 15C (120oz) chicken broth
- 4 C (32oz) beef broth
- 3 C risotto
- 2 C dried lentils
- pesto & barbecue sauce (if not making homemade)
- 4 C (2 cans) kidney beans
- 1 C Parmesan cheese
- 1 C plain Greek yogurt

Kitchen Staples:

SPICES

- salt & pepper
- minced onions
- garlic powder
- dried oregano

PANTRY

- maple syrup
- panko bread crumbs
- extra virgin olive oil

OPTIONAL

- *for BBQ sauce:*
worcestershire sauce,
ketchup, apple cider vinegar,
dried musaard, & paprika
- *for pesto sauce:*
sunflower seeds, super greens,
extra 1C Parmesan cheese