

Instant Pot Freezer Soups

prep checklist

FOR ONE INSTANT POT

Creamy Tomato Soup

- ☐ Turn the Instant Pot on to "Saute"
- ☐ Melt 1 tbsp butter in IP
- ☐ Dice 1/2 onion, add to butter & saute 5 min
- ☐ Prep remaining ingredients
- ☐ Add remaining ingredients
- ☐ Cook on high pressure for 7 minutes
- ☐ Quick release the pressure
- ☐ Blend the soup
- ☐ Stir in heavy cream
- ☐ Transfer to jars
(or cool then transfer to bags)

Spicy Sausage & Lentil Soup

- ☐ Turn the Instant Pot on to "Saute"
- ☐ Prep/chop veggies
- ☐ Add sausages to hot IP and brown on both sides
- ☐ Add veggies to browned sausages
- ☐ Add remaining ingredients and stir
- ☐ Cook on high pressure for 20 minutes
- ☐ Quick release the pressure
- ☐ Transfer to jars
(or cool then transfer to bags)

Butternut Squash & Apple Soup

- ☐ Peel and chop the butternut squash & apple
- ☐ Mince 1 garlic clove
- ☐ Turn on Instant Pot
- ☐ Add 1 tbsp oil and 1/2 diced onion
- ☐ Saute for 2-3 minutes
- ☐ Add chopped squash, apples, and garlic.
- ☐ Pour in chicken broth, add salt. Stir.
- ☐ Cook on high pressure for 4 minutes.
- ☐ Quick release the pressure
- ☐ Blend the soup
- ☐ Stir in heavy cream & maple syrup.
- ☐ Transfer to jars
(or cool then transfer to bags)

Hearty Chili

- ☐ Turn Instant Pot on to "Saute"
- ☐ Chop onion and peppers
- ☐ Add 1 tbsp oil, onions, & peppers to IP
- ☐ Saute 5 minutes
- ☐ Add the garlic to the onions & peppers.
- ☐ Add the ground beef and brown, abt 5 min
- ☐ Add the spices & herbs, tomatoes, and tomato sauce.
- ☐ Deglaze the pot and stir.
- ☐ Cook on high pressure for 10 minutes.
- ☐ Quick release the pressure
- ☐ Transfer to jars
(or cool, then transfer to bags)

French Onion Soup

- ☐ Turn Instant Pot on to "Saute"
- ☐ Thinly slice the onion
- ☐ Melt 4 tbsp of butter in the IP
- ☐ Add the sliced onions and saute 6 minutes
- ☐ Stir the onions. Let them brown 5-6 more minutes.
- ☐ Add the garlic, both broths, & worcestershire sauce
- ☐ Cook on high pressure for 5 minutes.
- ☐ Quick release the pressure.
- ☐ Transfer to jars
(or cool, then transfer to bags)

(Extra Green) Broccoli Cheese Soup

- ☐ Turn Instant Pot on to "Saute"
- ☐ Melt 2 tbsp of butter in the IP
- ☐ Add 1 chopped onion and 2 minced garlic cloves. Saute 2 minutes.
- ☐ Stir in the broccoli, dry mustard, salt, and broth.
- ☐ Cook on high pressure for 4 minutes.
- ☐ Quick release the pressure.
- ☐ Add 2 cups of spinach to the hot soup, stir until wilted.
- ☐ Blend the soup. Add the cheeses. Blend again.