

# Instant Pot Freezer Soups

## shopping list

- Creamy Tomato ● Spicy Sausage & Lentil ● Butternut Squash & Apple ●  
● Hearty Chili ● (Extra Green) Broccoli Cheese ● French Onion ●

### PRODUCE

5 yellow onions  
13 garlic cloves (2 bulbs)  
3 carrots  
1 butternut squash  
1 gala apple  
2 bell peppers  
5-6 cremini mushrooms  
4 heaping cups broccoli florets  
2 cups spinach  
7 14.5 oz cans diced tomatoes

### REFRIGERATED

1 lb ground beef  
2 andouille sausages (abt 1 lb)  
7 tbsp unsalted butter  
1/2 cup shredded Parmesan  
1 cup shredded cheddar cheese  
3/4 cup heavy cream

### DRY GOODS

1 can red kidney beans  
1 cup red lentils  
2 cups beef broth  
12 cups chicken broth/stock

### KITCHEN STAPLES

kosher salt  
fresh ground pepper  
olive oil  
dried basil  
dried oregano  
chili powder  
ground cumin  
ground mustard  
 Worcestershire sauce  
1 tbsp maple syrup  
2 tbsp sugar