

Delicious Make-Ahead One-Pot Recipes

Barbecue Chicken Buns

The sweet and tangy barbecue sauce makes these chicken sandwiches a family favorite.

Serves 4 | Prep. time 15 minutes | Cooking time 45 minutes

Ingredients

For the chicken

1 pound boneless, skinless chicken breasts
1 teaspoon Worcestershire sauce
½ cup barbecue sauce
1 cup teriyaki sauce
2 tablespoons lemon juice
4 garlic cloves, minced
Salt and black pepper, to taste
½ cup water

For Serving

4 hamburger buns

For the coleslaw

1 cup mayonnaise
¼ cup apple cider vinegar
½ cup sugar
2 teaspoons mustard
4 cups shredded cabbage

Directions

For Preparation

1. Place the chicken in the Instant Pot and add the other ingredients.
2. Lock the lid and set the timer manually for 20 minutes on high.
3. When the cooking time is up, release the pressure naturally for 10 minutes and remove the lid.
4. Remove the chicken and shred it with two forks, then mix it back into the sauce.

For Freezing

5. When the mixture has cooled completely, transfer it to a large resealable bag or air-tight container.
6. Freeze for up to two months.

For Serving

7. Set your chicken mixture to thaw in your refrigerator the night before you intend to serve it.
8. Combine the ingredients for the coleslaw and place it in the refrigerator, covered, until needed.
9. Transfer the mixture to your Instant Pot directly from the fridge. If necessary, add ½ cup of water.
10. Close the lid and set the vent to Sealing. Cook on the Manual/Pressure Cook setting with a cook time of zero. The chicken will be reheated as pressure builds in the Instant Pot. This will take about 10 minutes.
11. Warm the buns if desired.
12. Serve the chicken in the buns, topped with coleslaw.

Nutrition (per serving)

Calories 804, fat 30.6 g, carbs 89 g, sugar 52 g,
Protein 43.3 g, sodium 3891 mg

Simple Spiced Chili

A perfect blend of beef, chilies, and tomatoes makes this a tender and flavorful treat – and so easy in the Instant Pot.

Serves 6 | Prep. time 15 minutes | Cooking time 25 minutes

Ingredients

For the chili

2 teaspoons olive oil
2 pounds lean ground beef
1 onion, diced
2 cloves garlic, minced
1 (28-ounce) can diced tomatoes
1 (20-ounce) can tomato sauce
¾ cup beef broth
2 tablespoons chili powder
1 teaspoon smoked paprika
2 teaspoons cocoa powder
1 tablespoon cumin
Salt and black pepper to taste
1 teaspoon brown sugar
1 (14-ounce) can kidney beans
1 (14-ounce) can pinto beans

For Serving

1 cup shredded cheddar
¼ cup tomatoes
1 green onion, chopped
1 cup sour cream

Directions

For Preparation

1. Using sauté mode on the Instant Pot, warm the olive oil. Add the ground beef and cook, breaking it up with the spoon, until it is browned. Drain any excess fat.
2. Add the onions and cook until they begin to soften, and then add the remaining ingredients.
3. Close the lid and cook on the Manual/Pressure Cook setting for 15 minutes.
4. Quick-release the steam.

For Freezing

5. Once cooled completely, scoop the chili into a freezer-safe, airtight container.
6. Label your container with the date of preparation and the number of servings.
7. Place it in the freezer immediately. (Freezes well up to 2 months)

For Serving

8. Set your chili to thaw in your refrigerator the night before you intend to serve it.
9. Transfer it to your Instant Pot directly from the fridge.
10. Close the lid and set the vent to Sealing. Cook on the Manual/Pressure Cooker setting with a cook time of zero. *The chili will be reheated as pressure builds in the Instant Pot. This will take about 10–15 minutes, depending on the amount you are reheating.*
11. Serve hot, topped with shredded cheese, tomato, green onion, and sour cream.

Nutrition (per serving)

Calories 797, fat 46.4 g, carbs 49.0 g, sugar 15.3 g,
Protein 45.3 g, sodium 1424 mg

Meatballs and Penne Pasta

Tired of the same old pasta? Shake things up with this meatball dish.

Serves 6 | Prep. time 15 minutes | Cooking time 20 minutes

Ingredients

For the beef and pasta

2 pounds precooked frozen meatballs, thawed
1 pound penne pasta
3 cups marinara sauce
1 ½ cups diced tomatoes
1 ½ cups low-sodium beef broth
2 teaspoons Italian seasoning
2 teaspoons garlic powder
1 tablespoon dehydrated onion
1 teaspoon salt
½ teaspoon red pepper flakes

For Serving

¾ cup grated Parmesan cheese

Directions

For Preparation

1. In the Instant Pot, combine all the beef and pasta ingredients. Mix well.
2. Lock the lid and set it to Seal/Manual. Cook for 10 minutes.
3. When the cooking time is up, quick-release the pressure.

For Freezing

4. When the beef and pasta have cooled completely, transfer them to a large resealable bag or air-tight container. (You can also make individual packets.)
5. Record the date you prepared the meal and note the number of portions.
6. Freeze for up to two months.

For Serving

7. Set your beef mixture to thaw in the refrigerator the night before you intend to serve it.
8. Transfer the mixture to your Instant Pot directly from the fridge. Stir and add a little water if needed to thin the sauce.
9. Close the lid and set the vent to Sealing. Cook on the Manual/Pressure Cook setting with a cook time of zero. The meal will be reheated as pressure builds in the Instant Pot. This will take about 10 minutes.
10. Serve hot with a generous amount of Parmesan.

Nutrition (per serving)

Calories 764, fat 17.9 g, carbs 131 g, sugar 10 g,
Protein 23.8 g, sodium 1411 mg

Instant Pot Lamb

Here is a simple recipe with divine flavors that you can bring to your dinner table in no time. The meat comes out so tender in the Instant Pot!

Serves 6 | Prep. time 10 minutes | Cooking time 35 minutes

Ingredients

For the stew

2 pounds lamb, cubed
1 small onion, diced small
¼ cup sundried tomatoes
1 packet brown gravy mix
2 cups water

For Serving

Mashed potatoes, hot
Your choice of vegetable

Directions

For Preparation

1. Combine the stew ingredients in the Instant Pot.
2. Using the Manual/Pressure Cook setting, cook for 20 minutes.
3. Let the steam release naturally.

For Freezing

4. When the meatballs and sauce have cooled completely, portion them out into freezer-safe airtight containers.
5. Label your containers with the date of preparation and the number of servings in each.
6. Freeze for up to three months.

For Serving

7. Set your meatballs to thaw in the refrigerator the night before you intend to serve them. Thaw only the portions you need.
8. Transfer the mixture to your Instant Pot. Set it to Manual/Pressure Cook setting with a cook time of zero minute. *This will bring the meatballs to heat up quickly then switch it over to the Keep Warm setting. This will take about 10 minutes, depending on the amount you are reheating.*
9. If needed, add boiling water to thin the sauce.
10. Serve hot with mashed potatoes and your choice of vegetables.

Nutrition (per serving)

Calories 446, fat 35.6 g, carbs 4.3 g, sugar 2.5 g,
Protein 25.9 g, sodium 461 mg

Chickpea with Tomato Sauce

Try this Instant Pot Chickpea Parmesan for an incredibly simple change from the ordinary!

Serves 4 | Prep. time 15 minutes | Cooking time 55 minutes

Ingredients

To prepare ahead

2 cups dry chickpeas
4 cups vegetable broth
4 cups marinara sauce

For Serving

Fresh basil
Grated cheese of your choice

Directions

For Preparation

1. Dump the dry chickpeas, broth, and marinara sauce in the Instant Pot.
2. Cook on high for 35 minutes.
3. Release the steam naturally for 12 minutes.

For Freezing

4. Once the pressure is released, let the chickpeas cool.
5. Transfer them to a resealable freezer bag and freeze them for up to a month.

For Serving

6. Thaw the chickpea mixture in the refrigerator for 24 hours.
7. Add the mixture to the Instant Pot.
8. Pour about a cup of water and cook on high for 20 minutes.
9. Release the steam naturally for 10 minutes.
10. Simmer to reduce liquid if necessary.
11. Serve with cheese and garnished with fresh chopped basil.

Nutrition (per serving)

Calories 620, fat 14.1 g, carbs 96 g, sugar 33.5 g,
Protein 28.6 g, sodium 1812 mg

***These recipes and more can be found in Louise Davidson's *Freezer Meals for the Instant Pot: Delicious Make-Ahead One-Pot Recipes to Prep, Freeze, and Cook with a Multi-Cooker*. To get your copy, click on the cover below or click [here](#).

