

# Make-Ahead Freezer Meals for the Instant Pot

## Classic Bean and Tortilla Soup

This hearty, healthy, and affordable soup is easy to make and always tasty.

*Serves 4 | Prep. time 15 minutes plus overnight soaking | Cooking time 20–30 minutes*

### ***Ingredients***

#### *For the soup*

- 2 (15-ounce) cans black beans
- 1 can black beans
- 1 cup diced tomatoes
- 10 ounces sweet corn
- 14 ounces chicken breast
- 8 ounces green enchilada sauce
- 1 packet taco seasoning
- ½ teaspoon cumin
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- ¼ teaspoon ground black pepper

#### *For Serving*

- 12 ounces chicken broth
- 1 cup crushed tortillas
- 1 cup sour cream

### ***Directions***

#### *For Preparation*

1. Place the soup ingredients in the Instant Pot.
2. Lock the lid off and set it to the Manual/Pressure Cooker for 10 minutes.
3. Release the steam naturally and remove the lid.

#### *For Freezing*

4. Once cooled completely, scoop the mixture into a freezer-safe airtight container and place it in the freezer immediately.
5. Label the container with the date of preparation and the number of servings.
6. Freeze for up to a month. Be sure to freeze your soup on the same day it is cooked to prevent spoilage.

#### *For Serving*

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

### ***Nutrition (per serving)***

Calories 1181, fat 24.5 g, carbs 182 g, sugar 18 g, Protein 73.5 g, sodium 811 mg

# Cream Cheese Chicken and Pasta

This is a very easy chicken and pasta recipe with a simple Italian dry mix for enhancing flavors.

*Serves 4 | Prep. time 20 minutes | Cooking time 15-25 minutes*

## **Ingredients**

### For the chicken

- 4 (4-ounce) boneless chicken breasts, cubed
- 1 cup sour cream
- 1 cup cream cheese
- 1 package Italian dressing dry mix
- 3 cups low-sodium chicken broth

### For Serving

- 16 ounces penne pasta, hot

## **Directions**

### For Preparation

1. Combine all the chicken ingredients in the Instant Pot.
2. Lock the lid and set it to the Manual/Pressure Cook. Cook for 15 minutes.
3. When the cooking time is up, quick release the pressure.

### For Freezing

4. When the mixture has cooled completely, transfer it 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 chicken 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.
10. Meanwhile, prepare the pasta according to the package directions. The meal will be reheated as pressure builds in the Instant Pot. This will take about 10 minutes.
11. Serve the chicken over the hot fresh pasta.

## **Nutrition (per serving)**

Calories 857, fat 35 g, carbs 90 g, sugar 2 g, Protein 55 g, sodium 743 mg

# 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

# Cheesy Lamb Meatballs with Tomato Gravy

These meatballs taste divine in our mouthwatering tomato gravy.

*Serves 6 | Prep. time 20 minutes | Cooking time 25 minutes*

## **Ingredients**

### For the meatballs

- 2 pounds of lamb, minced
- 1 teaspoon dried oregano
- 2 eggs, whisked
- ½ cup almond flour
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 3 cups of tomato sauce
- 1 cup of beef bone broth

### For Serving

- 1 cup Parmesan cheese, grated
- Rice or pasta

## **Directions**

### For Preparation

1. In a bowl, combine the minced lamb, oregano, eggs, almond flour, garlic, and salt and pepper.
2. Mix just to combine and form meatballs with your hands.
3. Turn on sauté mode on the Instant Pot and heat the olive oil. In small batches, cook the meatballs until browned.
4. Drain any excess grease and add the tomato sauce and broth.
5. Lock the lid and cook for 12 minutes on high.
6. Quick-release the steam.

### For Freezing

7. When the stew has cooled completely, portion it out into freezer-safe airtight containers.
8. Label your containers with the date of preparation and the number of servings in each.
9. Freeze for up to three months.

### For Serving

10. Set your stew to thaw in the refrigerator the night before you intend to serve it. Thaw only the portions you need.
11. Transfer the mixture to your Instant Pot. Set it to the Manual/Pressure Cook setting with a cook time of zero minute. This will bring the beef 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.
12. If needed, add boiling water to reach the desired thickness.
13. Serve hot with Parmesan and your choice of rice or pasta.

## **Nutrition (per serving)**

Calories 645, fat 50.6 g, carbs 10.1 g, sugar 5.8 g, Protein 38 g, sodium 1422 mg

# Onion Pork Roast

This onion pork recipe is easy to make and a perfect treat for fall.

*Serves 4 | Prep. time 15 minutes | Cooking time 60 minutes*

## **Ingredients**

- 2 pounds pork loin
- 1 teaspoon salt
- ½ teaspoon red pepper flakes
- 2 teaspoons oregano
- 1 medium onion, diced
- 6 cloves garlic, whole
- 2 Roma tomatoes, seeded and diced
- ½ cup beef broth

## **Directions**

### For Preparation

1. Season the pork loin with salt, pepper flakes, and oregano.
2. Place it in the Instant Pot and add the remaining ingredients around the meat.
3. Close the lid. Using the Manual/Pressure Cooks setting, cook it on high for 45 minutes.
4. Quick-release the steam and let it cool.

### For Freezing

5. When the pork roast has cooled completely, transfer it and any juices to a sturdy freezer bag or airtight container.
6. Freeze for up to two months.

### For Serving

7. Thaw the pork in the refrigerator for 24 hours.
8. Add the pork and gravy and lock the lid.
9. Cook on Manual/Pressure Cook for 15 minutes on high.
10. Release the steam naturally.
11. Once cooked, let the meat rest for 10 minutes. Serve and enjoy.

## **Nutrition (per serving)**

Calories 325, fat 9.4 g, carbs 5.4 g, sugar 2 g, Protein 52 g, sodium 1389 mg

# Maple Walnut Bread Pudding

Here is a creamy, comforting, and rich recipe that goes great with whipped cream.

*Serves 4 | Prep. time 15 minutes | Cooking time 10 minutes*

## **Ingredients**

- 2 eggs
- 1¼ cups almond milk
- ¼ cup brown sugar
- 8 slices bread, torn into small pieces
- 6 walnuts, crushed
- ⅓ cup maple syrup

## **Directions**

### For preparation

1. Whisk the eggs in a bowl and pour in the almond milk.
2. Then add the brown sugar and whisk well.
3. Add the torn bread pieces, walnuts, and maple syrup.

### For Freezing

4. Transfer the bread mixture to a PIP dish to be frozen. Cover it well.
5. Freeze for up to four weeks.

### For Serving

6. Take out the PIP dish and let it thaw for an hour.
7. Pour a cup of water into the Instant Pot and add a trivet.
8. Arrange the PIP dish on top of the trivet.
9. Seal, and set it to Manual/Pressure Cook for 10 minutes.
10. Quick-release the steam and serve.

## **Nutrition (per serving)**

Calories 504, fat 24.4 g, carbs 64 g, sugar 34 g, Protein 11 g, sodium 334 mg

*Note: PIP (Instant Pot pot-in-pot) dish cooking method is when you're cooking food in a separate dish that's placed on a trivet inside your Instant Pot liner.*

**\*\*\*These recipes and more are 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](#).**

