

# 17 EASY AND HEALTHY INSTANT POT FREEZER MEALS

Free printable recipes and grocery list below!

## Recipe List

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# 1. HONEY GARLIC BEEF AND SUGAR SNAP PEAS

Recipe from The Family Freezer / [Freezer Meal Pro](#)

Yields: 6 servings

## Ingredients

- 2 pounds boneless sirloin tip roast, fat trimmed and sliced
- 1/4 cup soy sauce
- 1/4 cup honey
- 2 tablespoons sesame oil
- 2 tablespoons ketchup
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes
- 16oz bag frozen sugar snap peas (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

## To Freeze and Cook Later

1. Add all ingredients to your bag/container.
2. Freeze for up to three months.

## To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Pressure cook 15 minutes. Natural release.
5. Break apart meat.
6. Add 1 pound frozen sugar snap peas and pressure cook for an additional 2 minutes (make sure pressure valve is sealed).
7. Quick release.

Serve with rice.



## 2. COOL RANCH SHREDDED CHICKEN TACOS

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 packet taco seasoning or this homemade mix:
  - 1T chili powder,
  - 1tsp pepper
  - ½ tsp of each of the following: salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 packet dry ranch seasoning or this homemade mix:
  - 1T dried parsley,
  - 1tsp garlic powder,
  - 1tsp onion powder,
  - 1tsp dried onion flakes,
  - 3/4tsp dill,
  - 1/2tsp pepper
  - 1/2 tsp salt

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Pressure cook 25 minutes. Natural release.
5. Shred chicken and mix with sauce in pot.

Serve on soft tortillas, rice, or lettuce with your favorite taco toppings.

For more information, visit <https://TheFamilyFreezer.com>



## 3. ORANGE CHICKEN

Recipe adapted from [Sweet and Savory Meals](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts, cut into 1-2" pieces
- 2 tablespoons olive oil
- 1 cup orange juice
- 1-inch fresh ginger, peeled and grated
- 1 teaspoon garlic powder
- 1 tablespoon rice wine vinegar
- 1/2 cup ketchup
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 1 tablespoon Sriracha
- 2 tablespoons cornstarch (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except cornstarch to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Pressure cook 15 minutes. Natural release.
4. After cooking, select the Sauté function. In a medium-sized bowl, combine 2 tablespoons cornstarch with 2 tablespoons cold water (or orange juice for extra flavoring) and whisk until the lumps dissolve.
5. Add the mixture to the Instant Pot and gently stir to combine.
6. Cook on Sauté function for a few more minutes, stirring gently, until the sauce thickens.
7. Simmer for 2-3 minutes.

Serve with brown rice and steamed broccoli.

For more information, visit <https://TheFamilyFreezer.com>



## 4. CHICKEN NOODLE SOUP

Recipe from [The Family Freezer](#)

Yields: 4 servings

### Ingredients

- 1 pound boneless skinless chicken breasts
- 1 cup frozen diced onion
- 3 carrots, diced
- 2 celery ribs, sliced (one cup)
- 1/2 teaspoon thyme
- 1/2 teaspoon celery seed
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 32oz (4 cups) chicken broth (not needed until day of cooking)
- 2 cups wide egg noodles (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except broth and noodles to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add broth.
5. Pressure cook 25 minutes. Natural release.
6. Shred chicken.
7. Add dry noodles and sauté for an additional 8 minutes or until noodles are tender.
8. Serve immediately.

Serve with hard rolls and a fresh garden salad.



## 5. HEALTHIER PULLED PORK

Recipe adapted from [Sweet Peas and Saffron](#)

Yields: 12 servings

### Ingredients

- 2-lb boneless pork roast
- 13.5 oz can tomato sauce
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon chipotle chili powder (I substituted paprika)
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/3 cup apple cider vinegar
- 1/3 cup maple syrup

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes.
4. Pressure cook for 60 minutes.
5. Natural release.
6. Shred meat and mix with sauce in pot.

Serve on hamburger buns with a salad.



## 6. EASY CHICKEN CACCIATORE

Recipe from [The Family Freezer](#)

Yields: 4 servings

### Ingredients

- 1 pound boneless skinless chicken breasts
- 24oz jar pasta sauce
- 1 zucchini, chopped
- 1 green pepper, chopped
- 1 cup frozen diced onion
- 1 tablespoon Italian seasoning
- 1 cup water (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except water to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add one cup water.
5. Pressure cook 25 minutes.
6. Natural release.

Serve with spaghetti and top with Parmesan cheese.



## 7. ASIAN CHICKEN LETTUCE WRAPS

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 2 pounds ground chicken
- 1 red bell pepper, diced
- 2 large carrots, grated (1 cup)
- 1 teaspoon garlic powder
- 1/3 cup soy sauce
- 1/3 cup ketchup
- 1/3 cup water
- 1 tablespoon honey
- 1/4 teaspoon crushed red pepper flakes

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes.
4. Pressure cook 25 minutes. Natural release.
5. Break apart meat.
6. Sauté to remove extra liquid, if necessary.

Serve on big pieces of Boston Bibb lettuce with rice.





## 8. CRACK CHICKEN

Recipe from [The Family Freezer](#)

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 1/2 cup real bacon bits (they're bigger than the pieces)
- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon parsley
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon dill
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/3 cup water (not needed until day of cooking)
- 4oz cream cheese (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon](#).)

### To Freeze and Cook Later

1. Add all ingredients except water and cream cheese to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add water
5. Pressure cook 25 minutes. Natural release.
6. Shred chicken.
7. Add cream cheese and add lid for 5 minutes so it has time to soften (no need to cook).
8. Mix.

Serve on hamburger buns or rice. Top with shredded cheddar cheese, extra bacon bits, and hot sauce.



## 9. LAZY LASAGNA

Recipe adapted from [Meal Plan Addict](#)

Yields: 6 servings

### Ingredients

- 1 pound lean ground beef
- 1 cup frozen diced onion
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 24oz jar pasta sauce
- 1 cup water

Not needed until day of cooking:

- 2 cups water (not needed until day of cooking)
- 4 cups dry penne pasta (not needed until day of cooking)
- 1 cup shredded mozzarella (not needed until day of cooking)
- 1 cup cottage cheese (I substituted 8oz part-skim ricotta cheese) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add first eight ingredients to your bag/container (ground beef - 1 cup water).
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Pressure cook 30 minutes. Natural release. Break up beef.
5. Add the noodles on top of the meat and sauce mixture. Add 2 cups water on top of the noodles. Do NOT mix. Gently press down any noodles that are not submerged in the water.

**To Cook (cont.)**

6. Place the lid on your pot. Secure and set to sealing. Set the time to 4 minutes (high pressure).
7. When the pressure cycle is done, quick release the pressure (you don't want the noodles to overcook).
8. Stir in the cottage cheese (or ricotta cheese).
9. Add the mozzarella on top. Replace the lid and let sit until cheese is melted.
10. Serve immediately.

Serve with garlic bread and a side salad.



## 10. SALSA VERDE CHICKEN

Recipe adapted from [The Girl on Bloor](#)

Yields: 4 servings

### Ingredients

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts, cut into 1" pieces
- 14.4 oz bag frozen stir fry vegetables (peppers and onions)
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 cup chicken broth
- 15oz jar salsa verde
- 1 cup frozen corn
- 1 cup dry jasmine rice (uncooked) (I substituted wild rice because I had some on-hand)
- 15oz can black beans, drained and rinsed (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon](#).)

### To Freeze and Cook Later

1. Add all ingredients except black beans to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add beans.
5. Pressure cook 20 minutes. Natural release.
6. Stir.

Top with fresh cilantro and sliced avocado.



## 11. BEEF STEW

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 2-lb beef chuck shoulder roast, fat-trimmed and cut into bite-sized pieces
- 1/2lb baby carrots, diced
- 2 ribs celery, diced (one cup)
- 1 cup frozen diced onion
- 1 cup frozen peas
- 2 tablespoons cornstarch
- 2 teaspoon thyme
- 1 teaspoon rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 48oz (6 cups) beef broth
- 14.5oz can diced new potatoes (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except potatoes to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Pressure cook 30 minutes. Natural release.
5. Stir in potatoes.
6. Remove bay leaf OR serve stew with bay leaf. Whoever finds the bay leaf in their bowl is lucky!

Serve with fresh bread.



## 12. TACO SOUP

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 1 pound lean ground beef
- 1 can black beans, drained and rinsed
- 1 can light kidney beans, drained and rinsed
- 15oz jar salsa
- 1 cup frozen corn
- 1 tablespoon chili powder
- 1 tablespoon parsley
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 teaspoon dill
- 1/2 teaspoon cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- 32oz beef broth (4 cups) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except broth to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add broth.
5. Pressure cook 30 minutes.

**To Cook (cont.)**

6. Natural release.
7. Break apart beef and stir.

Top with corn chips, shredded cheese, guacamole, and fresh cilantro.



## 13. CHICKEN TORTILLA SOUP

Recipe adapted From [Kristine's Kitchen](#)

Yields: 6 servings

### Ingredients

- 2 pounds boneless skinless chicken breasts
- 2 teaspoons olive oil
- 1 cup frozen diced onion
- 4oz can diced green chiles
- 14.5oz can fire roasted diced tomatoes
- 10oz can red enchilada sauce
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 15oz can black beans, rinsed and drained
- 1 cup frozen corn
- 32oz (4 cups) chicken broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except broth to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add broth.
5. Pressure cook 30 minutes. Natural release.
6. Shred chicken and stir.

Top with shredded cheese, sour cream, and sliced avocado.





## 14. BEEF AND SWEET POTATO CHILI

Recipe adapted from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 1 pound 85% lean ground beef
- 1 cup frozen diced onion
- 2 red bell peppers, chopped
- 2 medium-sized sweet potatoes (1 pound), peeled and diced
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/2 teaspoon crushed red pepper flakes
- 2 cans tomato sauce (15oz each) (not needed until day of cooking)
- 14.5oz can diced tomatoes, undrained (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except tomato sauce and diced tomatoes to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add tomato sauce and diced tomatoes.
5. Pressure cook for 30 minutes. Natural release.
6. Break apart beef and stir.

Serve with shredded cheddar cheese and tortilla chips.

For more information, visit <https://TheFamilyFreezer.com>



## 15. STEAK ITALIANO

Recipe from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless sirloin tip steak, cubed
- 1 cup frozen diced onion
- 2oz fresh baby spinach
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon crushed red pepper flakes
- 28oz can crushed tomatoes (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except crushed tomatoes to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add crushed tomatoes.
5. Pressure cook for 30 minutes.
6. Natural release.

Serve over egg noodles or zucchini “noodles” and top with shredded Parmesan and mozzarella cheeses.



## 16. VEGETARIAN MINESTRONE SOUP

Recipe adapted from [The Family Freezer](#)

Yields: 6 servings

### Ingredients

- 1/2lb carrots, diced (4 large carrots)
- 1 pound green beans, ends cut off and chopped (about 3 cups - I subbed frozen)
- 3 oz baby spinach (about 3 handfuls)
- 1 cup frozen diced onion
- 1 teaspoon honey
- 2 tablespoons Italian seasoning
- 1 teaspoon garlic powder
- 1 bay leaf
- 1/4 teaspoon pepper
- 28oz can diced tomatoes, undrained
- 15oz can kidney beans, drained and rinsed (not needed until day of cooking)
- 15oz cannelloni beans, drained and rinsed (not needed until day of cooking)
- 48oz (6 cups) vegetable broth (not needed until day of cooking)
- 1 cup uncooked elbow macaroni (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon.](#))

### To Freeze and Cook Later

1. Add all ingredients except tomato sauce and diced tomatoes to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add broth and beans.
5. Pressure cook 30 minutes. Natural release.
6. Add elbow macaroni and sauté 7 minutes or until tender.

**To Cook (cont.)**

7. Serve immediately.

Top with Parmesan cheese and serve with garlic bread.



## 17. CHICKEN ENCHILADA SOUP

Recipe adapted from [The Girl on Bloor](#)

Yields: 4 servings

### Ingredients

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts
- 14.4 oz bag frozen stir fry vegetables (diced peppers and onions)
- 1 tablespoon lime juice
- 1 cup frozen corn
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon sugar
- 1/2 teaspoon garlic powder
- 4oz can diced green chilies
- 28oz jar tomato sauce (not needed until day of cooking)
- 2 cups chicken broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag OR circle container (I bought Betty Crocker containers from the Dollar Tree and have also tested [these ones from Amazon](#).)

### To Freeze and Cook Later

1. Add all ingredients except tomato sauce and broth to your bag/container.
2. Freeze for up to three months.

### To Cook

1. Place frozen container in water to thaw enough to remove contents.
2. Add contents of container to Instant Pot.
3. Sauté 5 minutes. Flip over.
4. Add tomato sauce and chicken broth.
5. Pressure cook 25 minutes. Natural release.
6. Shred chicken and stir.

Serve with sour cream, shredded cheddar cheese, guacamole, and tortilla chips.

# GROCERY LIST FOR ALL 17 MEALS

(The number next to each ingredient corresponds to its recipe number.)

## Produce

- 1-inch fresh ginger (3)
- 4 celery ribs, sliced (4, 11) (I bought pre-diced)
- 1 zucchini (6)
- 1 green pepper (6)
- 3 red bell peppers (7, 14)
- 2 medium-sized sweet potatoes (1 pound) (14)
- 5oz baby spinach (15, 16)
- Baby carrots (I split a 16 oz bag between the four meals) (4, 7, 11, 16)
- 1 lime for juice (17)

## Meat

- 14 pounds boneless chicken breasts (1, 2, 3, 4, 6, 8, 10, 13, 17)
- 2 pounds ground chicken (7)
- 2-lb boneless pork roast (5)
- 2-lb beef chuck shoulder roast (11)
- 3 pounds lean ground beef (9, 12, 14)
- 2-pound boneless sirloin tip steak (15)

## Cold/Dairy

- 8 oz (1 cup) orange juice (3)

## Canned/Dried

- 13.5 oz can tomato sauce (5)
- 2 jars (24oz per jar) pasta sauce (6, 9)
- 8oz (1 cup) chicken broth (10)
- 1 cup dry jasmine rice (uncooked) (I substituted wild rice because I had some on-hand) (10)
- 2 cans (15oz per can) black beans (12, 13)
- 15oz can light kidney beans (12)
- 15oz jar salsa (12)
- 15oz jar salsa verde (10)
- 2 cans (4oz per can) diced green chilies (13, 17)
- 14.5oz can fire roasted diced tomatoes (13)
- 10oz can red enchilada sauce (13)
- 28oz can diced tomatoes (16)

## Frozen

- 3 bags (12oz per bag) frozen diced onion (4, 6, 9, 11, 13, 14, 15, 16)
- 2 bags (14.4 oz per bag) frozen stir fry vegetables (peppers and onions) (10, 17)
- 4 cups frozen corn (10, 12, 13, 17)
- 1 cup frozen peas (11)
- 1 pound green beans (16)

## Spices and Seasonings

- 1 packet taco seasoning or this homemade mix:
  - 1T chili powder,
  - 1tsp pepper
  - ½ tsp of each of the following: salt, ground cumin, red pepper flakes, paprika, oregano, garlic powder, onion powder
- 1 packet dry ranch seasoning or this homemade mix:
  - 1T dried parsley,
  - 1tsp garlic powder,
  - 1tsp onion powder,
  - 1tsp dried onion flakes,
  - 3/4tsp dill,
  - 1/2tsp pepper
  - 1/2 tsp salt
- 2 tablespoons plus 1 1/2 teaspoons onion powder (1, 5, 8, 12, 14)
- 3 tablespoons plus 1 teaspoon garlic powder (1, 3, 5, 7, 8, 9, 10, 12, 13, 14, 15, 16, 17)
- 2 tablespoons plus 2 teaspoons salt (1, 4, 5, 8, 9, 10, 11, 12, 14, 15)
- 1 tablespoon plus ¼ teaspoon pepper (1, 8, 9, 11, 12, 14, 16)
- 2 teaspoons red pepper flakes (1, 7, 12, 14, 15)
- 2 1/2 teaspoons thyme (4, 11)
- 1/2 teaspoon celery seed (4)
- 1/2 teaspoon turmeric (4)
- 1 tablespoon plus 2 1/2 teaspoons cumin (5, 10, 12, 13, 14, 17)
- 1 teaspoon chipotle chili powder (I substituted paprika) (5)
- 1 1/2 teaspoons paprika (12, 14)
- 4 tablespoons Italian seasoning (6, 15, 16)
- 2 tablespoons parsley (8, 9)
- 1 1/4 teaspoon dill (8, 12)
- 5 tablespoons plus 1 teaspoon chili powder (5, 10, 12, 13, 14, 17)
- 1 teaspoon rosemary (11)
- 2 bay leaves (11, 16)
- 1 tablespoon parsley (12)
- 2 1/2 teaspoons oregano (12, 14, 17)
- 1 teaspoon basil (15)

## **Baking**

- 1/4 cup brown sugar (3)
- 1 tablespoon plus 1 teaspoon honey (7, 16)
- 2 tablespoons cornstarch (11)
- 1/4 cup honey (1)
- 1 teaspoon sugar (17)

## **Oil and Vinegar**

- 1/3 cup plus 2 tablespoons red wine vinegar (2, 8)
- 1 tablespoon rice wine vinegar (3)
- 1/3 cup apple cider vinegar (5)
- 1/3 cup plus 8 tablespoons olive oil (2, 3, 8, 10, 13, 17)
- 2 tablespoons sesame oil (1)

## **Miscellaneous**

- 1/2 cup real bacon bits (8)
- 1 cup soy sauce (1, 3, 7)
- 1 cup ketchup (1, 3, 7)
- 1 tablespoon Sriracha (3)
- 1/3 cup maple syrup (5)
- 8oz (1 cup) chicken broth (10)
- 48oz (6 cups) beef broth (11)

## **Materials**

- 17 gallon-sized plastic freezer bag OR circle containers (1-17)

## **Not Needed Until Day of Cooking**

- 16oz bag frozen sugar snap peas (1)
- 2 tablespoons cornstarch (3)
- 4oz cream cheese (8)
- 1 cup shredded mozzarella (9)
- 1 cup cottage cheese (I substituted 8oz part-skim ricotta cheese) (9)
- 15oz can black beans (10)
- 32oz (4 cups) beef broth (12)
- 48oz (6 cups) vegetable broth (16)
- 80oz (10 cups) chicken broth (4, 13, 17)
- 14.5oz can diced new potatoes (11)
- 2 cans (15oz per can) tomato sauce (14)
- 28oz jar tomato sauce (17)
- 14.5oz can diced tomatoes (14)
- 28oz can crushed tomatoes (15)
- 15oz can kidney beans (16)
- 15oz cannellini beans (16)



- 2 cups wide egg noodles (4)

### **Not Needed Until Day of Cooking (cont.)**

- 4 cups dry penne pasta (9)
- 1 cup uncooked elbow macaroni (16)

### **Suggested Side Dishes**

1. Honey Garlic Beef and Sugar Snap Peas - rice
2. Cool Ranch Shredded Chicken Tacos - soft tortillas, rice, lettuce
3. Orange Chicken - brown rice and steamed broccoli
4. Chicken Noodle Soup - hard rolls and salad
5. Healthier Pulled Pork - hamburger buns and salad
6. Easy Chicken Cacciatore - spaghetti and Parmesan cheese
7. Asian Chicken Lettuce Wraps - Boston bibb lettuce and rice
8. Crack Chicken - buns or rice, shredded cheddar cheese, extra bacon bits, and hot sauce
9. Lazy Lasagna - garlic bread and salad
10. Salsa Verde Chicken - fresh cilantro and avocado
11. Beef Stew - fresh bread
12. Taco Soup - corn chips, shredded cheese, guacamole, and fresh cilantro
13. Chicken Tortilla Soup - shredded cheese, sour cream, and sliced avocado
14. Beef and Sweet Potato Chili - shredded cheddar cheese and tortilla chips
15. Steak Italiano - egg noodles or zucchini "noodles", Parmesan and mozzarella cheese
16. Vegetarian Minestrone Soup - Parmesan cheese and garlic bread
17. Chicken Enchilada Soup - sour cream, shredded cheddar cheese, guacamole, and tortilla chips