

MEAL #1

ELECTRIC PRESSURE COOKER

Balsamic and Brown Sugar Pulled Pork

YIELD: 4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 40 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Mince the onion.

PREPARE TO FREEZE

Ingredients:

- 2 pounds pork roast
- Salt and pepper
- ¼ cup brown sugar
- 2 Tablespoons minced onion
- 1 teaspoon garlic powder
- ¼ cup balsamic vinegar

Instructions:

1. In a gallon-size plastic freezer bag in a round bowl/dish, add the following ingredients:
 - Pork roast
 - Salt and pepper
 - ¼ cup brown sugar
 - 2 Tablespoons minced onion
 - 1 teaspoon garlic powder
 - ¼ cup balsamic vinegar
2. Remove as much air as possible and seal shut.
3. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 1 cup hot water

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. Add 1 cup hot water.
3. Put on lid and set steam valve to sealing. Cook on Manual/High Pressure for 40 minutes.
4. Once done, let it do a Natural Release.
5. Once the cooking is complete, shred the pork with two forks and mix into the sauce. Strain before serving.

COOK FROM FRESH

Ingredients:

All ingredients from **Prepare to Freeze** and **Cook from Frozen** sections above.

Instructions:

1. In a small bowl, whisk together the brown sugar, minced onion, garlic powder, and balsamic vinegar.
2. Place the pork roast into the electric pressure cooker inner pot with the hot water. Season with salt and pepper. Pour the sauce on and around the pork.
3. Continue with step 3 in **Cook from Frozen** instructions.

SERVING SUGGESTIONS

Sides: Fruit and/or potato chips; hamburger buns to serve as a sandwich

MEAL #2

ELECTRIC PRESSURE COOKER

Vegetable Beef Stew

YIELD: 6 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 30 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Scrub and dice the carrots; brown the ground beef.

PREPARE TO FREEZE

Ingredients:

- 1 pound lean ground beef
- 1 Tablespoon Better than Bouillon (or 2 cups low-sodium beef broth)
- 14.5-ounce can diced tomatoes (undrained)
- 2 carrots, scrubbed and diced
- 1 cup green beans, cut (fresh or frozen)
- 1 cup frozen green peas
- 1 cup frozen corn
- 1 bay leaf
- 2 cups water (omit if using beef broth)

Instructions:

1. Brown the ground beef in the electric pressure cooker. If using the Better than Bouillon, you can add it after the ground beef is cooked and stir to combine well.
2. Add the ground beef to a gallon-size plastic freezer bag in a round bowl/dish, then add the rest of the ingredients.
3. Remove as much air as possible and seal shut.
4. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 1 cup diced potatoes
- 2 cups water or low-sodium beef broth

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow-cooker lid, but you could just use a regular pot lid. Heat the stew on sauté for 10–15 minutes, stirring occasionally, until most of the liquid has thawed. Add 2 more cups of water (or beef broth, if not using Better than Bouillon) and the potatoes. Press the Cancel/Off button to turn off the sauté feature.
3. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or Pressure button. Make sure that the pressure is set to high and set the time to 10 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.
4. Add salt and pepper to taste and serve immediately.

COOK FROM FRESH

Ingredients:

All ingredients from [Prepare to Freeze](#) and [Cook from Frozen](#) sections above.

Instructions:

To bypass the freezer step, simply add all of the ingredients to the cooked ground beef in the electric pressure cooker and continue with step 3 in [Cook from Frozen](#) instructions.

SERVING SUGGESTIONS

Sides: Cornbread

Recipe courtesy of Mary Haymaker, chattavore.com,

<https://chattavore.com/instant-pot-vegetable-beef-soup-freezer-meal-version/#mpprecipe-container-564>.

MEAL #3

ELECTRIC PRESSURE COOKER

Chicken and Black Bean Taco Salad

YIELD: 4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES + PRESSURE BUILD/RELEASE TIME

PREPARE TO FREEZE

Ingredients:

- 4 small boneless chicken breasts
- 15-ounce can black beans
- 1 cup red salsa
- 1 package taco seasoning
- Salt and pepper

Instructions:

1. Open, drain, and rinse can of black beans.
2. Add the beans to a gallon-size plastic freezer bag in a round bowl/dish, then add the rest of the ingredients.
3. Remove as much air as possible and seal shut.
4. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- ½ cup HOT water
- lettuce

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. Add ½ cup HOT water.
3. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow cooker lid, but you could just use a regular pot lid. Heat on sauté for 5–10 minutes, stirring occasionally, until most of the liquid has thawed. Press the Cancel/Off button to turn off the sauté feature.
4. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or High-Pressure button. Make sure that the pressure is set to high and set the time to 15 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.
5. Shred the chicken in the pot. Season with salt and pepper to taste.
6. Prepare the salad: place a layer of lettuce on a large plate (in an amount you desire) and spoon the shredded chicken and black beans from the cooker on top. See Serving Suggestions to finish, if desired.

COOK FROM FRESH

Ingredients:

All ingredients from [Prepare to Freeze](#) and [Cook from Frozen](#) sections above.

Instructions:

To bypass the freezer step, simply add all of the ingredients to the electric pressure cooker and follow the directions listed in steps 4–6 of [Cook from Frozen](#) instructions.

SERVING SUGGESTIONS

Garnish with guacamole, sour cream, and salad dressing

MEAL #4

ELECTRIC PRESSURE COOKER

Cilantro Lime Chicken

YIELD: 4 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Juice the limes and chop the cilantro.

PREPARE TO FREEZE

Ingredients:

- 2 pounds boneless chicken thighs

Marinade:

- 1 Tablespoon canola oil
- 2 limes, juiced
- 1 Tablespoon brown sugar
- 4 teaspoons minced garlic
- 1 Tablespoon chili powder
- 1/3 cup chopped fresh cilantro
- Salt and pepper

Instructions:

1. Juice limes.
2. Chop cilantro.
3. In a large mixing bowl, whisk together marinade: canola oil, juice from limes, brown sugar, minced garlic, chili powder, chopped cilantro, and salt and pepper.
4. In a gallon-size plastic freezer bag set in a round bowl/dish, add the boneless chicken thighs and prepared marinade.
5. Remove as much air as possible and seal shut.
6. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 1/2 cup HOT water

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow-cooker lid, but you could just use a regular pot lid. Heat the frozen meal on sauté for 4 minutes, stirring occasionally. Then if needed, add water or chicken stock so that the total liquid is at least 1 cup. Press the Cancel/Off button to turn off the sauté feature.
3. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or Pressure button. Make sure that the pressure is set to high and set the time to 15 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.

COOK FROM FRESH

Ingredients:

All ingredients from **Prepare to Freeze** and **Cook from Frozen** sections above.

Instructions:

To bypass the freezer step, simply add all of the ingredients to the electric pressure cooker and follow the directions in step 3 of **Cook from Frozen** instructions.

SERVING SUGGESTIONS

Sides: Rice and/or vegetables

MEAL #5

ELECTRIC PRESSURE COOKER

French Onion Pot Roast

YIELD: 10 SERVINGS | PREP TIME: 2 MINUTES | COOK TIME: 60 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Chop the onions into large slices; chop the meat into large chunks and season both sides of the meat with salt and pepper.

PREPARE TO FREEZE

Ingredients:

- 3 pounds top round roast
- 1 Tablespoon salt
- 1 Tablespoon pepper
- 2 large onions
- 1 Tablespoon olive oil
- 3 cloves garlic
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 1 cup beef broth
- 1 bay leaf

Instructions:

1. Chop the meat into large chunks.
2. Season both sides of the meat with salt and pepper.
3. Chop onions into large slices.
4. Add the roast and onions to a gallon-size plastic freezer bag in a round bowl/dish, then add the remaining ingredients.
5. Remove as much air as possible and seal shut.
6. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 2 Tablespoons cornstarch

Instructions:

1. Place the frozen ingredients into the electric pressure cooker.
2. Cook on Manual High Pressure for 60 minutes.
3. Natural Release.
4. Remove the meat and shred.
5. Mix together 2 Tablespoons of the broth with 2 Tablespoons cornstarch; set aside.
6. Turn pot on sauté and wait for juices to come to a boil.
7. Add in cornstarch slurry. Continue cooking for 1–2 minutes until sauce reaches the desired thickness.
8. Pour juices and onions over the meat and enjoy!

COOK FROM FRESH

Ingredients:

All ingredients from **Prepare to Freeze** and **Cook from Frozen** sections above.

Instructions:

1. Place olive oil in the electric pressure cooker.
2. Mix together dry seasonings and rub all over the meat.
3. Slice onion and add to the pot.
4. Add 3 cloves of garlic.
5. Cut meat into large chunks and place in the electric pressure cooker on top of the onions.
6. Pour in 1 cup of beef broth.
7. Follow steps 2–8 in above (**Cook from Frozen**).

SERVING SUGGESTIONS

Sides: Mashed potatoes and/or vegetables

MEAL #6

ELECTRIC PRESSURE COOKER

Lasagna Soup

YIELD: 6 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 30 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Chop the onions and mince the garlic; brown the ground beef, onions, and garlic.

PREPARE TO FREEZE

Ingredients:

- 1 pound lean ground beef (or sausage, if preferred)
- 1 Tablespoon olive oil
- 2 Tablespoons chopped onions
- 2 teaspoons minced garlic
- 14.5-ounce can diced tomatoes (undrained)
- 1 jar (24-ounce) spaghetti sauce
- 2 teaspoons dried basil
- ½ teaspoon dried oregano

Instructions:

1. Press sauté button. Wait until the display reads HOT then add 1 Tablespoon olive oil. Add the onions and garlic. Cook for 2 minutes, stirring regularly.
2. Add ground beef and cook about 4–5 minutes, until no longer pink. Drain grease and cool the meat.
3. Put cooked and cooled ground beef, onions, and garlic into a gallon-size freezer bag set in a round bowl/dish, add the remaining ingredients.
4. Remove as much air as possible and seal shut.
5. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 6 ounces broken lasagna noodles or favorite pasta
- 4½ cups beef broth
- ricotta cheese
- shredded mozzarella cheese

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. If using the frozen meal, turn on the sauté setting and add a lid. I use a glass slow-cooker lid, but you could just use a regular pot lid. Add 4½ cups beef broth. Heat on sauté for 10–15 minutes, stirring occasionally, until most of the liquid has thawed. Add 6 ounces broken lasagna noodles. Press the Cancel/Off button to turn off the sauté feature.
3. Cover with the electric pressure cooker lid and set the vent to sealing. Select the Manual or Pressure button. Make sure that the pressure is set to high and set the time to 4 minutes. Once the cook time is complete, allow the pot to depressurize naturally for 10 minutes. Manually release any remaining pressure.
4. Stir and serve.
5. Top each bowl of soup with some ricotta cheese and a good sprinkle of shredded mozzarella cheese.

COOK FROM FRESH

See next page.

SERVING SUGGESTIONS

Sides: Garlic bread and green salad

MEAL #6 CONT.

ELECTRIC PRESSURE COOKER

Lasagna Soup

YIELD: 6 SERVINGS | PREP TIME: 10 MINUTES | COOK TIME: 4 MINUTES + PRESSURE BUILD/RELEASE TIME

COOK FROM FRESH

Ingredients:

- 1 pound lean ground beef (or sausage, if preferred)
- 1 Tablespoon olive oil
- 2 Tablespoons chopped onions
- 2 teaspoon minced garlic
- 14.5-ounce can diced tomatoes (undrained)
- 1 jar (24-ounce) spaghetti sauce
- 2 teaspoons dried basil
- ½ teaspoon dried oregano
- 6 ounces broken lasagna noodles or favorite pasta
- 4½ cups beef broth
- ricotta cheese
- shredded mozzarella cheese



Instructions:

1. Press sauté button. Wait until the display reads HOT then add 1 Tablespoon olive oil. Add the onions and garlic. Cook for 2 minutes, stirring regularly.
2. Add ground beef and cook about 4–5 minutes, until no longer pink. Drain grease and return meat to pot.
3. Add the diced tomatoes.
4. Add spaghetti sauce, basil, oregano, beef broth, and broken lasagna noodles.
5. Stir to make sure noodles are covered with liquid.
6. Set electric pressure cooker to Manual/High Pressure for 4 minutes.
7. Natural Release.
8. Serve each bowl of soup topped with some ricotta cheese and a good sprinkle of shredded mozzarella cheese.

SERVING SUGGESTIONS

Sides: Garlic bread and green salad

MEAL #7

ELECTRIC PRESSURE COOKER

Salmon with Lemon and Dill

YIELD: 4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES + PRESSURE BUILD/RELEASE TIME

PREPARE TO FREEZE

Ingredients:

- 4 salmon fillets

Instructions:

1. Place the four salmon fillets in a freezer bag.
2. Remove as much air as possible and seal shut.
3. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 3–4 medium lemons, separated
- $\frac{3}{4}$ cup water
- 1 bunch dill weed, fresh
- $1\frac{1}{2}$ Tablespoons butter, unsalted
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Instructions:

1. Place $\frac{1}{4}$ cup fresh lemon juice, plus $\frac{3}{4}$ cup water in the bottom of the electric pressure cooker. Add the metal steamer insert.
2. Place the frozen salmon fillets on top of the steamer insert.
3. Sprinkle fresh dill on top of the salmon, then place one slice of fresh lemon on top of each one.
4. Lock the lid, then set to Manual/High Pressure for 5 minutes.
5. When the timer beeps, press “Cancel” and carefully flip the Quick Release valve to let the pressure out.
6. Serve immediately with butter, extra dill and lemon, and salt and pepper.

COOK FROM FRESH

Ingredients:

All ingredients from [Prepare to Freeze](#) and [Cook from Frozen](#) sections above.

Instructions:

Same as in [Cook from Frozen](#) instructions but cook for 3 minutes in step 4.

SERVING SUGGESTIONS

Sides: Brown rice and green beans