

Recipe

Instant Pot Chicken Lo Mein

Date

INSTRUCTIONS:

To cook from Frozen:

- Add 1 TBS oil to bottom of IP.
- Fan out 7 oz of noodles and then top with water or chicken stock. Just enough to cover the pasta.
- Toss in frozen chicken (veggies optional)
- Cook 4 minutes with Quick Release
- Saute mode to stir in frozen veggies if you didn't add them early

EXTRA'S

Green Onions



See more at bakemesomesugar.com

Recipe

Instant Pot Italian Beef

Date

INSTRUCTIONS:

To cook from Frozen:

- Place the roast and contents in the Instant Pot. Pour in 3 cups of beef broth.
- Seal the instant pot lid, and do 60 minutes. Allow your pressure cooker to fully naturally release this will take around 30 minutes.
- When done open lid and shred the meat.
- Use the sauce for dipping if you would like.

EXTRA'S

Hoagie Buns
Mozzarella or/
Provolone
cheese



See more at bakemesomesugar.com

Recipe

Instant Pot Pulled Pork

Date

INSTRUCTIONS:

To cook from Frozen:

- Place all contents in the Instant Pot.
- Add 2 1/2 cups broth or water in, and cook on high pressure for 1 hour and 15 minutes with a natural release.
- Shred meat and serve how you would like.

EXTRA'S

Hamburger Buns
Coleslaw

See more at bakemesomesugar.com



Recipe

Instant Pot Chicken Caesar Wraps

Date

INSTRUCTIONS:

To cook from Frozen:

- Place chicken mixture in Instant Pot and add 1 cup of chicken stock.
- Put the lid on in sealing position. Cook 5 minutes with a quick release.
- Once done, stir and then assemble wraps as directed above.

EXTRA'S

Tortillas
Lettuce
Tomatoes
Parmesan



See more at bakemesomesugar.com

Recipe

Instant Pot Sausage Rigatoni

Date

INSTRUCTIONS:

To cook from Frozen:

- Add pasta in, and cover with beef broth. Make sure all the pasta is covered in liquid. You will use around 3-4 cups of broth.
- Place sausage mix on top of noodles.
- Cook on high pressure sealed for 4 minutes, with a quick release.
- Open the lid and pour in ricotta, parmesan, and mozzarella and stir well.
- Then serve.

EXTRA'S

Parmesan for topping

See more at bakemesomesugar.com



Recipe

Instant Pot Chicken Fajitas

Date

INSTRUCTIONS:

To cook from Frozen:

- Toss the meat mixture in pressure cooker with 1 cup water.
- Seal and cook for 5 minutes with quick release.
- Turn Instant Pot to saute and toss in frozen onions and peppers, cook until your veggies reach the desired texture.

EXTRA'S

Tortillas
Limes
Sour Cream
Guacamole, etc



See more at bakemesomesugar.com

Recipe

Instant Pot Chili

Date

INSTRUCTIONS:

To cook from Frozen:

- Dump freezer meal in the Instant Pot.
- Add in 1 can of v8 (11.5 oz) 1 cup water or beef broth
- Seal the pressure cooker lid, and do 10 minutes with a quick release.

EXTRA'S

Crackers

Shredded Cheese



See more at bakemesomesugar.com

Recipe

Instant Pot Crumble Burgers

Date

INSTRUCTIONS:

To cook from Frozen:

- Toss meat mixture in Instant Pot.
- Add 1 cup of water or broth.
- Seal pressure cooker and cook on high 5 minutes, with a quick release.
- Pile on buns and enjoy.

EXTRA'S

Buns

Ketchup, mustard, etc



See more at bakemesomesugar.com

Recipe

Instant Pot Spaghetti & Meatballs *Date*

INSTRUCTIONS:

- To cook from Frozen:
- Add pasta in, and cover with beef broth. Make sure all the pasta is covered in liquid.
- Toss in frozen bag of meatballs and sauce.
- Cook on high pressure sealed for 4 minutes, with a quick release.
- Stir and serve

EXTRA'S

Parmesan



See more at bakemesomesugar.com

Recipe

Instant Pot Taco Pasta

Date

INSTRUCTIONS:

To cook from Frozen:

- Place noodles and then top with water or beef stock. Just enough to cover the pasta.
- Toss in frozen meat
- Cook 4 minutes with Quick Release
- Toss in cheese, and mix and then serve

EXTRA'S

Sour cream
Shredded cheese
Other taco toppings

See more at bakemesomesugar.com

