Delicious Make-Ahead Freezer Meal Instant Pot Recipes

Spicy Turkey Chili

Easy to prepare, this turkey chili recipe is perfect for weeknight dinners. This Instant Pot Turkey Chili is a comfort food that has a lot of natural sugars, vegetables, and lean protein without sacrificing that must-have slow-cooked flavor we all know and love.

Serves 6 | *Prep. time 20 minutes* | *Cooking time 40 minutes*

Ingredients

For the chili

- 2 pounds ground turkey
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 ½ teaspoons salt
- 3 cloves garlic
- 1 carrot, roughly chopped
- 2 stalks celery, roughly chopped
- 1 pinch or more cayenne pepper, to taste (optional)
- 1 onion, peeled and quartered
- 2 tablespoons tomato paste
- 28 ounces canned crushed tomatoes
- 2 cups kale, stems removed and finely chopped
- 1 (15ounce) can black beans, drained and rinsed

For Serving

- Lime wedges
- ½ cup Greek yogurt
- ¼ cup green onions, sliced
- ¾ cup cheddar cheese, grated

Directions

For the chili

1. Set your Instant Pot to sauté. Add the turkey, chili powder, cumin, cayenne pepper (if using), and salt. Combine turkey with the spices and break it up. Brown the turkey, stirring intermittently, for approximately 8 minutes.
2. In a food processor, combine the garlic, carrot, celery, and onion. Pulse until the vegetables are smooth.
3. Add the vegetable paste to the pot and stir it into the turkey. Then add crushed tomatoes and kale and stir.
4. Set Instant Pot to "Chili" and cook for 30 minutes. For quick release, use the vent or allow the pressure to release for up to 15 minutes. Stir in the beans and let them heat through.
5. The chili can be enjoyed at this point if you want a quick serving before freezing. Simply top with the garnish and enjoy.

For Freezing

1. Once cooled completely, scoop your chili into freezer-safe airtight containers and place them in the freezer immediately.
2. Label your containers with the date of preparation and the number of servings in each.
3. Be sure to freeze your chili on the same day it is cooked. Leaving it in the danger zone for too long will cause it to spoil while reheating.

For Serving

1. Set your chili to thaw in your refrigerator the night before you intend to serve it. Thaw only the portions you need.
2. Transfer your chili to your Instant Pot directly from the fridge. Stir in your tomato.
3. 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 of chili you are reheating.
4. Garnish chili bowls with lime wedges, Greek yogurt, green onion, and cheese, and yogurt.

Nutrition (per serving)
Calories 292, fat 2 g, carbs 37 g, sugar 8 g, Protein 23 g, sodium 494 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
1. When the mixture has cooled completely, transfer it to a large resealable bag or air-tight container. (You can also make individual packets.)
2. Record the date you prepared the meal and note the number of portions.
3. Freeze for up to two months.

For Serving
1. Set your chicken mixture to thaw in the refrigerator the night before you intend to serve it.
2. Transfer the mixture to your Instant Pot directly from the fridge. Stir and add a little water if needed to thin the sauce.
3. Close the lid and set the vent to Sealing. Cook on the Manual/Pressure Cook setting with a cook time of zero.
4. 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.
5. 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

Easy Instant Pot Beef Stew

When you make his beef stew ahead of time, you'll enjoy a hearty meal with almost no effort.

Serves 6 | *Prep. time 10 minutes* | *Cooking time 45 minutes*

Ingredients

For the Beef Prep

- 6 carrots, sliced in thick pieces diagonally
- 2 pounds beef chuck, trimmed and cut into 1-inch chunks
- 1 medium onion, sliced
- 2 stalks celery, sliced in thick pieces diagonally
- 1 tablespoon sugar
- 2 tablespoons cornstarch
- ½ cup tomato juice
- 2 teaspoons salt

Directions

For the Beef Prep

1. In your Instant Pot, combine all the ingredients.
2. Cook on the Stew/Meat setting for 35 minutes.
3. Using the Natural Release method, allow the Instant Pot to cool for about 10 minutes before opening it carefully.

For Freezing

1. Allow the beef to cool completely, and then portion it out into freezer-safe airtight containers.
2. Wrap tightly in cling film or freezer bags before freezing.
3. Label your containers with the date of preparation and the number of servings in each.

For Serving

1. Set your stew to thaw in the refrigerator the night before you intend to serve it.
2. Transfer the mixture to your Instant Pot directly from the fridge.
3. 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, depending on the amount you are heating.
4. Serve hot and enjoy!

Nutrition (per serving)

Calories 329, fat 17.6 g, carbs 13.4 g, sugar 6.8 g, Protein 30.1 g, sodium 958 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

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

For Serving

1. Thaw the pork in the refrigerator for 24 hours.
2. Add the pork and gravy and lock the lid.
3. Cook on Manual/Pressure Cook for 15 minutes on high.
4. Release the steam naturally.
5. 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

Classic Vegetarian Quinoa

This recipe is prepared with superfoods like quinoa and beans for a filling and nutritious vegetarian meal.

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

Ingredients

To prepare

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 jalapeno peppers, minced
- 1 ½ cup dry quinoa, rinsed
- 1 ½ cups low-sodium vegetable broth
- 1 (12-ounce) can of black beans
- 1 cup diced tomatoes
- 1 cup corn kernels, frozen
- 2 teaspoons chili powder
- ½ teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon black pepper

For Serving

- 1 avocado, halved, seeded, peeled, and diced
- Juice of 1 lime
- Thinly sliced red onion
- 2 tablespoons chopped fresh cilantro leaves

For Preparation

1. Using sauté mode in the Instant Pot, heat the oil.
2. Add the garlic and jalapeno and cook for 1 minute, then add the rest of the ingredients.
3. Bring it to a boil, then lock the lid and cook on high for 20 minutes.
4. Quick-release the steam and let the mixture cool.

For Freezing

1. When the quinoa and beans are cooled, transfer them to an airtight container or portion the mixture into bags.
2. Label the bags or containers and freeze them for up to three months.

For Serving

1. Remove the quinoa mixture from the freezer the day before you intend to serve it.
2. Transfer the mixture to your Instant Pot. Set it to the Manual/Pressure Cook setting with a cook time of zero minute. This will heat up quickly then switch it over to the Keep Warm setting. It will take about 10 minutes, depending on the amount you are reheating.
3. Serve with avocado, lime juice, thinly sliced red onion, and cilantro.

Nutrition (per serving)

Calories 442, fat 12.1 g, carbs 68 g, sugar 2.6 g, Protein 17.3 g, sodium 1114 mg

Apple Crisp

When you make it in the Instant Pot and freeze it, you can enjoy this hearty dessert any time you like.

Serves 8 | Prep. time 15 minutes | Cooking time 12 minutes

Ingredients

- 6 apples, cored, peeled, and diced
- 1 tablespoon lemon juice
- 2 teaspoons cinnamon, divided
- ½ teaspoon nutmeg
- ¾ cup brown sugar, divided
- ½ cup butter, melted
- ½ cup all-purpose flour
- 2 cups rolled oats
- 1 teaspoon salt
- 1 scoop vanilla ice cream, for serving

Directions

For Preparation

1. In a mixing bowl, combine the apples with the lemon juice and mix well. Toss in half the cinnamon, the nutmeg, and ¼ cup of brown sugar.
2. In a separate bowl, mix the melted butter, remaining brown sugar, flour, oats, and salt.
3. Pour it in the bottom of your PIP container and spoon the apples on top.

For Freezing

1. Cover the PIP container with foil and plastic wrap. Freeze for up to 3 weeks.

For Serving

2. Remove the PIP container and thaw the dessert.
3. Pour 1 cup of water in the bottom of the Instant Pot and put it in the trivet.
4. Place the PIP container in the Instant Pot on top of the trivet.
5. Set it to Manual/Pressure Cook for 12 minutes.
6. Then quick release the steam and serve with a cup of vanilla ice cream.

Nutrition (per serving)

Calories 360, fat 13.1 g, carbs 59.3 g, sugar 34.5 g, Protein 4 g, sodium 400 mg

*****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.**

