

Recipe:

Instant Pot Tuscan Chicken Stew

Date:

Instructions:

Take 2 bags of shredded chicken, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Empty contents of your Tuscan Chicken Stew freezer bag in to your pot.

Then add the shredded chicken in to your pot.

Pour 4 Cup of chicken broth in. Put lid on your pot. Turn to sealing position.

Manual High pressure for 5 min. When cooking cycle ends do a quick release.

Give stew a good stir. If any of your stew still seems a bit frozen, put back on PC for 1 or 2 minutes depending on how much more cooking you may need.

Mix Cornstarch into the water and then pour into your stew. Give a stir to start thickening. Add 1 TBSP Balsamic Vinegar and stir.

Serve with rolls and salad for a nice hearty dinner.

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Recipe:

Instant Pot Pineapple Chicken

Date:

Instructions:

To REHEAT:

Empty contents of your pineapple chicken freezer bag in to your pot.

Manual High pressure for 12 min. When cooking cycle ends do a natural release for 10 minutes. Then release remaining pressure.

Give a good stir. If any of your pineapple chicken still seems a bit frozen, put back on PC for 1 or 2 minutes depending on how much more cooking you may need.

Combine cornstarch with 1 TBSP of water. Add to your pot. Stir into sauce to thicken. You can turn pot to saute to promote thickening.

Serve with Instant Pot Chipotle's Cilantro Lime Rice or Instant Pot White Rice.

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Recipe:

Instant Pot Lasagna Soup

Date:

Instructions:

To REHEAT: (Frozen food will take longer to come to pressure, be patient)

Take 1 bag of frozen ground beef, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Empty contents of your Lasagna soup freezer bag in to your pot.

Then add the ground beef in to your pot.

Pour 4 1/2 Cups of beef broth in. Put lid on your pot. Turn to sealing position.

Manual High pressure for 4 min. When cooking cycle ends do a quick release.

Give a good stir.

Top each bowl of soup with some ricotta cheese and a good sprinkle of shredded mozzarella cheese.

for more see sparklestosprinkles.com



Recipe:

Date:

Instant Pot Asian Beef Lettuce Wraps

Instructions:

To REHEAT:

Take 2 bags of frozen ground beef, remove bags from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen ground beef from the Ziploc)

Empty contents of your Asian Beef Lettuce Wraps freezer bag in to your pot.

Then add the ground beef in to your pot.

Pour 1/4 Cup of beef broth in. Put lid on your pot. Turn to sealing position.

Manual High pressure for 3 min. When cooking cycle ends do a quick release.

Give meat a good mix.



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and everything in between

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Recipe:

Instant Pot Cabbage Roll Soup

Date:

Instructions:

To REHEAT:

Take 1 bag cooked ground beef, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Empty contents of your cabbage roll soup freezer bag in to your pot.

Then add the frozen ground beef in to your pot.

Pour 1 Cup of white rice in.

Pour 5 cups of beef broth in. Put the lid on your pot. Turn to sealing position.

Manual low pressure for 12 min. When cooking cycle ends do a quick release.



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Recipe:

Instant Pot White Chicken Chili

Date:

Instructions:

To REHEAT:

Take 1 bag cooked ground beef, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Empty contents of your cabbage roll soup freezer bag in to your pot.

Then add the frozen ground beef in to your pot.

Pour 1 Cup of white rice in.

Pour 5 cups of beef broth in. Put the lid on your pot. Turn to sealing position.

Manual low pressure for 12 min. When cooking cycle ends do a quick release.



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Recipe:

Instant Pot Pasta E Fagioli

Date:

Instructions:

To REHEAT:

Take 1 bag cooked ground beef, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Empty contents of your cabbage roll soup freezer bag in to your pot.

Then add the frozen ground beef in to your pot.

Pour 1 Cup of white rice in.

Pour 5 cups of beef broth in. Put the lid on your pot. Turn to sealing position.

Manual low pressure for 12 min. When cooking cycle ends do a quick release.



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Recipe:

Instant Pot Chicken Posole

Date:

Instructions:

To REHEAT:

Take 1 bag cooked ground beef, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Empty contents of your cabbage roll soup freezer bag in to your pot.

Then add the frozen ground beef in to your pot.

Pour 1 Cup of white rice in.

Pour 5 cups of beef broth in. Put the lid on your pot. Turn to sealing position.

Manual low pressure for 12 min. When cooking cycle ends do a quick release.



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Recipe:

Instant Pot Salsa Chicken

Date:

Instructions:

To REHEAT:

Take 2 bags of shredded chicken, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Put 1/2 cup of salsa in the inner pot (spread it so it is covering the bottom).

Then add the shredded chicken in to your pot. Sprinkle taco seasoning over the chicken.

Pour the remaining salsa over the chicken, covering it as much as you can.

Manual High pressure for 3 min. When cooking cycle ends do a quick release.

Give salsa chicken a good stir. If any of your chicken still seems a bit frozen, put back on PC for 1 or 2 minutes depending on how much more cooking you may need.

You can also add as much as an additional 8 ounces of Salsa to your chicken. (I found I needed a little extra salsa for 2 bags of shredded chicken.)

Serve with Instant Pot Chipotle's Cilantro Lime Rice or Instant Pot White Rice.

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Recipe:

Instant Pot Thai Mango Chicken

Date:

Instructions:

To REHEAT:

Take 1 bags of shredded chicken, remove bag from freezer and sit on the counter while preparing dinner. (If in a rush, you can run the bag over warm water to loosen the frozen rice from the Ziploc)

Empty contents of your Thai mango chicken freezer bag in to your pot.

Then add the shredded chicken in to your pot.

Pour 1 Cup of chicken broth in. Put lid on your pot. Turn to sealing position.

Manual High pressure for 3 min. When cooking cycle ends do a quick release.

Give chicken a good stir. If any of your chicken still seems a bit frozen, put back on PC for 1 or 2 minutes depending on how much more cooking you may need.

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