

INSTANT POT STEAK FAJITAS

FREEZE TOGETHER

*Coat Flank steak in avo oil & seasoning:

Flank Steak or skirt steak, sliced (1.5lbs)

1 Tbsp Avocado Oil

2 Tbsp Chili Powder

2 tsp Salt

1 tsp Cumin

1 tsp Garlic Powder

1/2 tsp Onion Powder

1/4 tsp Coriander

1 Green Bell Pepper sliced

1 Red Bell Pepper sliced

1/2 Jalapeno sliced

1/2 cup Red Onion diced

3 cloves Garlic minced

1/2 cup Beef Broth

2 Tbls Tomato Paste

COOKING INSTRUCTIONS

Instant Pot: From frozen, to high pressure cook for 12 minutes

TO SERVE

Serve over cauliflower rice or in a tortilla & garnish with Salsa, Avocado & Cilantro

SLOW COOKER CHICKEN CHILI VERDE

FREEZE TOGETHER

2 C Salsa Verde

1 1/2 -2 LBS Chicken breasts

1 C Chicken Broth

1/2 Onion Sliced

1 Dried Bay leaf

1 tsp coriander

1/2 C Fresh Cilantro

Salt & Pepper

COOKING INSTRUCTIONS

Instant Pot: Add to Instant Pot with 1/2 C Water, cook on Soup function for 16 minutes.

Slow Cooker: Place contents in crockpot with 1/2 C water Place lid on crockpot and cook on low for 6-8 hours of High 4-5 hours.

TO SERVE

Shred Chicken & garnish with avocado, jalapenos & red onion.

INSTANT POT TEXAS STYLE BRISKET TACOS

FREEZE TOGETHER

FOR THE SAUCE:

2 tbsp tomato paste

2 tsp dijon mustard

1/4 cup coconut aminos

1/4 cup beef broth

1/2 tsp chipotle chili powder

1/2 tsp ground cumin

FOR THE TACOS

3 lbs flat cut brisket

2 medium sized poblano peppers, sliced

1 medium white onion, sliced

COOKING INSTRUCTIONS

Instant Pot: Cook on High pressure for 60 minutes

TO SERVE

Shred the Brisket & add back to the sauce in the instant pot to allow it to absorb some additional flavor. Serve over cauli rice or in tortillas with cilantro.

CHICKEN & WILD RICE SOUP

FREEZE TOGETHER

1 cup yellow onion, finely diced

1 cup carrot, diced small

1 cup celery, diced small

4 cloves garlic, minced

1 tsp kosher salt, or more to taste

1/2 tsp freshly cracked black pepper, or more to taste

8 cups low-sodium chicken broth (or homemade turkey stock)

2 bay leaves

1/2 tsp dried thyme (or 1 tsp fresh thyme leaves)

1/2 tsp dried rosemary (or 1/2 tsp freshly chopped rosemary leaves)

1/2 tsp dried oregano

dash of cayenne pepper, optional

1 cup uncooked wild rice

1 - 1.5 lbs boneless, skinless chicken breast.

*Before Freezing Make the Mirepoix. Sauté the Onion, Carrot & celery in 2 Tbsp of Olive oil. Allow to cool & add to freezer bag.

COOKING INSTRUCTIONS

Instant Pot: Cook 30 minutes on High, allow 10 minutes of natural release.

TO SERVE

In a small bowl, MIX:

3/4 cup Nutpods Dairy-Free Original Creamer you can use heavy creamer here

2 tbsp arrowroot starch

2 tbsp lemon juice or the juice of 1 lemon

While slowly stirring the soup with the IP on Saute - slowly pour in the creamer/arrowroot mixture until it is well combined in the soup. Continue to cook the soup, uncovered and simmering, stirring often until it has thickened, 5 to 10 more minutes.

SLOW COOKER ENCHILADA STUFFED SWEET POTATOES

MAKE AHEAD

- 2.5 - 3 pound chuck roast
- 1 tbsp salt
- 1 small yellow onion
- 4 cloves of garlic, smashed
- 1/4 cup apple cider vinegar
- 2 cups enchilada sauce
- 1 can green chilies
- 2 dried bay leaves

COOKING INSTRUCTIONS

Add to Instant Pot with 1/2 C Water, cook on Soup function for 16 minutes. Slow Cooker: Place contents in crockpot with 1/2 C water Place lid on crockpot and cook on low for 6-8 hours of High 4-5 hours.

TO SERVE

Allow Meat to thaw in refrigerator overnight. Make 4 Baked Sweet Potatoes & serve with avocado, jalapenos & red onion.

YELLOW COCONUT CURRY

FREEZE TOGETHER

- 1/2 yellow onion, diced
 - 2 cloves garlic, minced
 - 1 lg. sweet potato, diced into 1 inch cubes
 - 2 carrots, cut into 1/4-inch thick slices
 - 2 russet potatoes, cut into 1-inch cubes
 - 1 1/2 C cauliflower florets
- MIX TOGETHER THE BELOW SAUCE INGREDIENTS before adding to freezer bag:
- 3 tbsp. yellow curry powder
 - 1 1/2 tbsp. red curry paste
 - 3 c. low-sodium chicken broth, more if needed
 - 2 tbsp. brown sugar or coconut sugar
 - 1 tsp. fish sauce (optional)

COOKING INSTRUCTIONS

Instant Pot for 15 Minutes

TO SERVE

Add 1 (14 oz.) can full-fat coconut milk and stir. Garnish with cilantro & Serve over rice or cauliflower rice.

INSTANT POT PAD THAI

FREEZE TOGETHER

- 3 Chicken Breasts cubed
 - 1/4 cup Green Onion chopped
 - 3 Carrots cut into matchsticks
 - 1 red bell pepper cut into matchsticks
- MIX FOLLOWING INGREDIENTS TOGETHER BEFORE ADDING TO FREEZER BAG
- 1/2 cup coconut aminos
 - 3 Tbsp Fish Sauce Red Boat
 - 2 Tbsp Sesame Oil
 - 2 Tbsp Rice Vinegar
 - 1/3 cup coconut sugar
 - 3 Tbsp Peanut Butter natural, creamy
 - 3 cloves Garlic minced
 - 1 Tbsp Fresh Ginger minced (or 1 tsp powdered ginger)
 - 1/4 tsp Crushed Red Pepper Flakes
 - 1 cup Chicken Broth low sodium

COOKING INSTRUCTIONS

Instant Pot: Cook 9 minutes on Manual. After Release, add rice noodles & put lid back on for 2-5 minutes while the noodles cook.

TO SERVE

Garnish with cilantro, lime & peanuts.

MOROCCAN LENTIL STEW

FREEZE TOGETHER

- 1 medium white or yellow onion, chopped
- 6 cloves of garlic, minced
- 2 teaspoons cumin
- 1 teaspoon cinnamon
- 1 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper
- 1 (28 ounce) can crushed tomatoes
- 2 1/2 cups organic low sodium vegetable broth
- 1 (15 ounce) can chickpeas, rinsed and drained
- 4 cups cubed butternut squash or Sweet Potatoes
- 1 cup green lentils, rinsed well
- 1/2 teaspoon salt
- Freshly ground black pepper

COOKING INSTRUCTIONS

Instant Pot: Cook on Manual for 12 Minutes

TO SERVE

Stir in juice of 1/2 a lemon & garnish with chopped cilantro