

BACK TO SCHOOL EDITION 2020

DINNER COOKS ITSELF - INSTANT POT

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1. Instant Pot Lemon & Dill Salmon

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 2 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.*

Ingredients for Single Meal

- 1 - lb(s) salmon fillet
 - - Salt and pepper
 - 2 - tsp lemon juice
 - 2 - tsp fresh dill
 - Side: - veggies**
 - Side: - rice**
 - 1 - gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. Add 1 cup of water to the electric pressure cooker insert and then add the steam rack.
2. Place the 4 salmon fillets flat on the steam rack, skin side down. Sprinkle each with little salt and pepper over the top. Drizzle lemon juice over the salmon pieces. Place fresh chopped dill sprigs on salmon.
3. Steam valve: Sealing.
4. Cook on: Manual/High for 2 minutes.
5. Release: Natural or Quick.
6. Cook rice as directed on package.
7. Prepare veggies, as needed.
8. Once salmon is cooked, carefully lift it out of the electric pressure cooker insert onto a shallow serving dish. Remove skin and serve.
9. Serve Instant Pot Lemon & Dill Salmon with rice and veggies.

Assembly Prep Directions for 2 Meals

Cut 2 lbs. salmon into 8 - 1/4 lb. fillets.

Halve 4 lemons.

Finely chop 4 tsp fresh dill.

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- Half of the salmon fillets
- Salt and pepper
- Juice from 2 lemons
- Half of the chopped dill

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the electric pressure cooker and cooking as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

2. Instant Pot Chicken No-Tortilla Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 25 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - large boneless chicken breasts
- 1 - red bell pepper(s)
- 1 - 15 oz. can(s) tomato sauce
- 1 - 15 oz can(s) petite diced tom
- 1 - Tbsp chili powder
- 1 - tsp ground cumin
- 1 - tsp garlic powder
- 1 - tsp onion powder
- 2 - cup(s) chicken or vegetable stock
- - Salt and pepper
- Garnish: - avocado slices**
- Side: - salad or veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Seed and dice the red bell pepper.
2. To the electric pressure cooker insert, add the chicken with the tomato sauce, diced tomatoes, chili powder, cumin, garlic powder, onion powder, red bell pepper, and chicken or vegetable stock.
3. Steam valve: Sealing.
4. Cook on: Manual/High for 15 minutes.
5. Release: Natural or Quick.
6. Before serving, use 2 forks to pull the chicken apart in the soup. Then ladle soup into bowls and add the avocado slices into each bowl.
7. Serve Instant Pot Chicken No-Tortilla Soup with avocado slices.

Assembly Prep Directions for 2 Meals

Seed and dice 2 red bell peppers.

Open 2 cans of tomato sauce.

Open 2 cans of diced tomatoes.

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 4 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp chili powder
- 2 cups chicken or vegetable stock
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before adding contents of bag plus water to electric pressure cooker insert. Pressure cook as directed.

Special Notes: See myfreezeasy.com/EPC for more tips and tricks.

Add 5-10 minutes of pressure cooking time, if cooking from completely frozen or mostly frozen. Note that preheat time and release time may vary by appliance.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when



served with gluten-free sides.

3. Instant Pot Pineapple & Salsa Verde Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 40 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 4 - small boneless chicken breasts
- 1/2 - cup(s) hot water**
- 1 - cup(s) salsa verde sauce
- 1 - 8 oz. can(s) crushed pineapple
- 1 - Tbsp minced onion
- 1 - tsp minced garlic
- - Salt and pepper
- Garnish: - jalapeño(s)**
- Garnish: - chopped cilantro**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of crushed pineapple.
2. Place the chicken breasts into the electric pressure cooker insert with the hot water.
3. Pour the salsa verde and crushed pineapple over and around the chicken. Sprinkle in the minced onion and minced garlic. Season with salt and pepper.
4. Steam valve: Sealing.
5. Cook on: Manual/High for 15 minutes.
6. Release: Natural or Quick.
7. Once cooked, shred the chicken with 2 forks. Strain and serve.
8. Cook the rice as directed.
9. Prepare the salad.
10. Serve Instant Pineapple & Salsa Verde Chicken with chopped jalapeno and chopped cilantro garnish, over rice with a side salad.

Assembly Prep Directions for 2 Meals

Open 2 cans of crushed pineapple.

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 4 small boneless chicken breasts
- 1 cup salsa verde
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before adding contents of bag plus water to electric pressure cooker insert. Pressure cook as directed.

Special Notes: Serve with cauliflower rice for Paleo meal. See myfreezeasy.com/EPC for more tips and tricks. Add 5-10 minutes of pressure cooking time, if cooking from completely frozen or mostly frozen. Note that preheat time and release time may vary by appliance.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

Complete Shopping List by Recipe

1. Instant Pot Lemon & Dill Salmon

- ☐ 2 - lb(s) salmon fillet
- ☐ - Salt and pepper
- ☐ 4 - tsp lemon juice
- ☐ 4 - tsp fresh dill
- ☐ - veggies
- ☐ - rice
- ☐ 2 - gallon-size freezer baggie(s)

2. Instant Pot Chicken No-Tortilla Soup

- ☐ 8 - large boneless chicken breasts
- ☐ 2 - red bell pepper(s)
- ☐ 2 - 15 oz. can(s) tomato sauce
- ☐ 2x1 - 15 oz can(s) petite diced tom
- ☐ 2 - Tbsp chili powder
- ☐ 2 - tsp ground cumin
- ☐ 2 - tsp garlic powder
- ☐ 2 - tsp onion powder
- ☐ 4 - cup(s) chicken or vegetable stock
- ☐ - Salt and pepper
- ☐ - avocado slices
- ☐ - salad or veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Instant Pot Pineapple & Salsa Verde Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 1 - cup(s) hot water
- ☐ 2 - cup(s) salsa verde sauce
- ☐ 2x1 - 8 oz. can(s) crushed pineapple
- ☐ 2 - Tbsp minced onion
- ☐ 2 - tsp minced garlic
- ☐ - Salt and pepper
- ☐ - jalapeño(s)
- ☐ - chopped cilantro
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 2 lb(s) salmon fillet
- ☐ 8 large boneless chicken breasts
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ **Side:** rice
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2x1 8 oz. can(s) crushed pineapple
- ☐ **Side:** rice

Spices

- ☐ Salt and pepper
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic

Produce

- ☐ 4 tsp lemon juice
- ☐ 4 tsp fresh dill
- ☐ **Side:** veggies
- ☐ 2 red bell pepper(s)
- ☐ avocado slices
- ☐ **Side:** salad or veggies
- ☐ **Garnish:** jalapeño(s)
- ☐ **Garnish:** chopped cilantro
- ☐ **Side:** salad

Sauces/Condiments

- ☐ 2 cup(s) salsa verde sauce

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)
- ☐ 1 cup(s) hot water

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Instant Pot Lemon & Dill Salmon

- ☐ 2 lb(s) salmon fillet
- ☐ Salt and pepper
- ☐ 4 tsp lemon juice
- ☐ 4 tsp fresh dill
- ☐ 2 gallon-size freezer baggie(s)

2. Instant Pot Chicken No-Tortilla Soup

- ☐ 8 large boneless chicken breasts
- ☐ 2 red bell pepper(s)
- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Instant Pot Pineapple & Salsa Verde Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) salsa verde sauce
- ☐ 2x1 8 oz. can(s) crushed pineapple
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)



Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- ☐ 2 lb(s) salmon fillet
- ☐ 8 large boneless chicken breasts
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) tomato sauce
- ☐ 2x1 15 oz can(s) petite diced tom
- ☐ 4 cup(s) chicken or vegetable stock
- ☐ 2x1 8 oz. can(s) crushed pineapple

Spices

- ☐ Salt and pepper
- ☐ 2 Tbsp chili powder
- ☐ 2 tsp ground cumin
- ☐ 2 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 Tbsp minced onion
- ☐ 2 tsp minced garlic

Produce

- ☐ 4 tsp lemon juice
- ☐ 4 tsp fresh dill
- ☐ 2 red bell pepper(s)

Sauces/Condiments

- ☐ 2 cup(s) salsa verde sauce



Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- ☐ Cut 2 lbs. salmon into 8 - 1/4 lb. fillets.
- ☐ Halve 4 lemons.
- ☐ Finely chop 4 tsp fresh dill.
- ☐ Seed and dice 2 red bell peppers.
- ☐ Open 2 cans of tomato sauce.
- ☐ Open 2 cans of diced tomatoes.
- ☐ Open 2 cans of crushed pineapple.

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Instant Pot Lemon & Dill Salmon

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- Half of the salmon fillets
- Salt and pepper
- Juice from 2 lemons
- Half of the chopped dill

Remove as much air as possible and seal. Add label to baggie and freeze.

Instant Pot Chicken No-Tortilla Soup

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 4 boneless, skinless chicken breasts
- Half of the diced red bell pepper
- Half of the diced tomatoes
- Half of the tomato sauce
- 1 Tbsp chili powder
- 2 cups chicken or vegetable stock
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder

Remove as much air as possible and seal. Add label to baggie and freeze.

Instant Pot Pineapple & Salsa Verde

Chicken

To each gallon-size plastic freezer baggie in a round bowl/dish, add the following ingredients:

- 4 small boneless chicken breasts
- 1 cup salsa verde
- 1 - 8 oz. can crushed pineapple
- 1 Tbsp minced onion
- 1 tsp minced garlic
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.