

DINNER COOKS ITSELF 2024

SLOW COOKER RECIPES

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1. Slow Cooker Root Beer Pulled Pork

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

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

- 2 - lb(s) pork roast
- 1/2 - small red onion(s)
- - Salt and pepper
- 1 - 12 oz can(s) root beer
- 16 - oz. BBQ sauce
- 8 - hamburger buns**
- Side: - Coleslaw salad kit**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Thinly slice the red onion.
2. Place the pork roast and red onion slices in the base of the slow cooker and sprinkle with salt and pepper. Pour the root beer and BBQ sauce over the pork roast. Set the slow cooker on low and cook for 8 hours.
3. Prepare the Coleslaw salad just before serving.
4. Once the pork roast is cooked, shred the meat with 2 forks and toss with the sauce. Spoon shredded pork onto hamburger buns and top with Coleslaw.
5. Serve Slow Cooker Root Beer Pulled Pork with chips.

Assembly Prep Directions for 2 Meals

Thinly slice 1 small red onion.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lbs. pork roast
- Half of the red onion slices
- Salt and pepper
- 12 oz. can root beer
- 16 oz. bottle BBQ sauce

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 slow cooker and cooking on low for 8 hours.*

Special Notes: *Serve these on Kaiser rolls or onion topped buns for fuller flavor. Also, you could substitute the root beer for Dr. Pepper soda.*

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

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free buns or over other gluten-free side like rice.*

2. Slow Cooker Mississippi Beef Roast

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours

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

- 2 - lb(s) beef chuck roast
- 1 - packet(s) ranch dressing mix
- 8 - pepperoncini peppers
- 1 - tsp pepper
- Side: - dinner rolls**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the beef roast in the base of the slow cooker and season with Ranch dressing mix. Add the pepperoncini peppers directly on the roast and sprinkle the pepper on top. Set slow cooker on low and cook for 8 hours.
2. Warm the dinner rolls.
3. Prepare veggies.
4. Serve Slow Cooker Mississippi Mud Beef Roast with veggies and dinner rolls.

Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. beef chuck roast
- 1 packet Ranch dressing mix
- 8 pepperoncini peppers
- 1 tsp 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 transferring to the slow cooker and cooking on low for 8 hours.*

Dairy-Free Modifications: *Recipe is dairy-free when you use a dairy-free Ranch dressing mix.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides, such as rice.*

3. Slow Cooker Cheesy Salsa Chicken

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

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 - cup(s) red salsa
- 2 - Tbsp taco seasoning
- 1/2 - cup(s) sour cream**
- 2 - cup(s) shredded cheese**
- - Salt and pepper
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the slow cooker and pour the red salsa and taco seasoning over and around the chicken. (Note: Do not add the sour cream before slow cooking.)
2. Set on low and cook for 8 hours. With 30 minutes, left in the cooking cycle, stir in the sour cream and let finish cooking. Once finished cooking, add the shredded cheese on top and let melt. Season with salt and pepper to taste.
3. Cook the rice as directed.
4. Prepare the salad.
5. Serve Slow Cooker Cheesy Salsa Chicken with shredded cheese garnish over rice with salad.

Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless chicken breasts
- 1 cup red salsa
- 2 Tbsp taco seasoning
- Do NOT add the sour cream or shredded cheese before freezing.

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 slow cooker and cooking on low for 8 hours. Stir in the sour cream at the end of the cooking cycle as directed. Top with shredded cheese, once finished cooking.

Dairy-Free Modifications: Unfortunately, there is not a great dairy-free option for this meal.

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

Complete Shopping List by Recipe

1. Slow Cooker Root Beer Pulled Pork

- ☐ 4 - lb(s) pork roast
- ☐ 1 - small red onion(s)
- ☐ - Salt and pepper
- ☐ 2 - 12 oz can(s) root beer
- ☐ 32 - oz. BBQ sauce
- ☐ 16 - hamburger buns
- ☐ - Coleslaw salad kit
- ☐ - chips
- ☐ 2 - gallon-size freezer baggie(s)

2. Slow Cooker Mississippi Beef Roast

- ☐ 4 - lb(s) beef chuck roast
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 16 - pepperoncini peppers
- ☐ 2 - tsp pepper
- ☐ - dinner rolls
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

3. Slow Cooker Cheesy Salsa Chicken

- ☐ 8 - small boneless chicken breasts
- ☐ 2 - cup(s) red salsa
- ☐ 4 - Tbsp taco seasoning
- ☐ 1 - cup(s) sour cream
- ☐ 2 - cup(s) shredded cheese
- ☐ - Salt and pepper
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)



Complete Shopping List by Store Section/Category

Meat

- ☐ 4 lb(s) pork roast
- ☐ 4 lb(s) beef chuck roast
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 12 oz can(s) root beer
- ☐ 2 cup(s) red salsa
- ☐ **Side:** rice

Sauces/Condiments

- ☐ 32 oz. BBQ sauce

Dairy/Frozen

- ☐ 1 cup(s) sour cream
- ☐ **Side:** 2 cup(s) shredded cheese

Produce

- ☐ 1 small red onion(s)
- ☐ **Side:** Coleslaw salad kit
- ☐ 16 pepperoncini peppers
- ☐ **Side:** veggies
- ☐ **Side:** salad

Starchy Sides

- ☐ 16 hamburger buns
- ☐ **Side:** chips
- ☐ **Side:** dinner rolls

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp pepper
- ☐ 4 Tbsp taco seasoning

Supplies

- ☐ **Side:** 6 gallon-size freezer baggie(s)



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. Slow Cooker Root Beer Pulled Pork

- ☐ 4 lb(s) pork roast
- ☐ 1 small red onion(s)
- ☐ Salt and pepper
- ☐ 2 12 oz can(s) root beer
- ☐ 32 oz. BBQ sauce
- ☐ 2 gallon-size freezer baggie(s)

2. Slow Cooker Mississippi Beef Roast

- ☐ 4 lb(s) beef chuck roast
- ☐ 2 packet(s) ranch dressing mix
- ☐ 16 pepperoncini peppers
- ☐ 2 tsp pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Slow Cooker Cheesy Salsa Chicken

- ☐ 8 small boneless chicken breasts
- ☐ 2 cup(s) red salsa
- ☐ 4 Tbsp taco seasoning
- ☐ 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

- ☐ 4 lb(s) pork roast
- ☐ 4 lb(s) beef chuck roast
- ☐ 8 small boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 12 oz can(s) root beer
- ☐ 2 cup(s) red salsa

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 tsp pepper
- ☐ 4 Tbsp taco seasoning

Produce

- ☐ 1 small red onion(s)
- ☐ 16 pepperoncini peppers

Sauces/Condiments

- ☐ 32 oz. BBQ 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

- ☐ Thinly slice 1 small red onion.

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.

Slow Cooker Root Beer Pulled Pork

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lbs. pork roast
- Half of the red onion slices
- Salt and pepper
- 12 oz. can root beer
- 16 oz. bottle BBQ sauce

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

Slow Cooker Mississippi Beef Roast

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lb. beef chuck roast
- 1 packet Ranch dressing mix
- 8 pepperoncini peppers
- 1 tsp pepper

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

Slow Cooker Cheesy Salsa Chicken

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless chicken breasts
- 1 cup red salsa
- 2 Tbsp taco seasoning
- Do NOT add the sour cream or shredded cheese before freezing.

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

DINNER COOKS ITSELF 2024

INSTANT POT RECIPES

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Freezer Meal Prep Day Shopping List by Store Section/Category

Assembly of Meals

Assembly Prep Instructions
Meal Assembly Instructions

1. Instant Pot Root Beer Pulled Pork

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

- 2 - lb(s) pork roast
- 1/2 - cup(s) hot water**
- 1/2 - small red onion(s)
- - Salt and pepper
- 1 - 12 oz can(s) root beer
- 16 - oz. BBQ sauce
- 8 - hamburger buns**
- Side: - Coleslaw salad kit**
- Side: - chips**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Thinly slice the red onion.
2. Place the pork roast and red onion slices into the electric pressure cooker insert with the hot water. Sprinkle with salt and pepper. Pour the root beer and BBQ sauce over the pork roast.
3. Steam valve: Sealing.
4. Cook on: Manual/High for 40 minutes.
5. Release: Natural or Quick.
6. Prepare the Coleslaw salad just before serving.
7. Once the pork roast is cooked, shred the meat with 2 forks and toss with the sauce. Spoon shredded pork onto hamburger buns and top with Coleslaw.
8. Serve Instant Pot Root Beer Pulled Pork with chips.

Assembly Prep Directions for 2 Meals

Thinly slice 1 small red onion.

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

- 2 lbs. pork roast
- Half of the red onion slices
- Salt and pepper
- 12 oz. can root beer
- 16 oz. bottle BBQ sauce

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 and dairy-free Cole slaw.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free buns or over other gluten-free side like rice.

2. Instant Pot Mississippi Beef Roast

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 60 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

- 3 - lb(s) beef chuck roast
- - Salt and pepper
- 1 - packet(s) ranch dressing mix
- 1 - cup(s) pepperoncini peppers
- 4 - Tbsp butter
- 1 - cup(s) hot water**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Add the beef roast into the Instant Pot/EPC insert. Season with salt and pepper. Sprinkle the dry ranch dressing mix onto the beef roast, coating well. Then add the pepperoncini peppers and butter cut into thin pads over the top. Carefully add 1 cup of water around the edge of the insert.
2. Set to Sealing.
3. Manual, High, Adjust to 55 Minutes.
4. Quick release. Slice or shred the beef into the sauce.
5. Prepare the salad.
6. Serve Instant Mississippi Beef Roast with side salad.

Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 3 lbs. beef roast
- Salt and pepper
- 1 packet dry ranch dressing mix
- 1 cup pepperoncini peppers
- 4 Tbsp butter

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 just the beef roast and liquid into the the Instant Pot/EPC insert. Cook as directed, then add potatoes and cook as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free dry ranch dressing mix.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free dry ranch dressing mix.*

3. Instant Pot Cheesy Salsa Chicken

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
- - Salt and pepper
- 1/2 - cup(s) hot water**
- 1 - cup(s) red salsa
- 2 - Tbsp taco seasoning
- 2 - cup(s) shredded cheese**
- 1/2 - cup(s) sour cream**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Place the chicken breasts in the base of the electric pressure cooker insert and sprinkle with taco seasoning and a pinch of salt and pepper. Pour the hot water and red salsa around the chicken
2. Steam valve: Sealing.
3. Cook on: Manual/High for 25 minutes.
4. Release: Natural or Quick.
5. Once cooked, shred the chicken with 2 forks. Stir in the sour cream and shredded cheese and mix until cheesy salsa chicken forms.
6. Cook the rice as directed.
7. Prepare salad for side dish.
8. Serve Instant Pot Cheesy Salsa Chicken over rice, with salad.

Assembly Prep Directions for 2 Meals

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

- 4 large boneless chicken breasts
- 2 Tbsp taco seasoning
- 16 oz. red salsa
- Salt and pepper
- Do NOT add the sour cream and shredded cheese to the freezer bags.

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 pressure cooker insert with hot water. Pressure cook as directed. Stir in the sour cream and shredded cheese after pressure cooking.

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

Dairy-Free Modifications: Unfortunately, there is not a great dairy-free option for this meal.

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

Complete Shopping List by Recipe

1. Instant Pot Root Beer Pulled Pork

- ☐ 4 - lb(s) pork roast
- ☐ 1 - cup(s) hot water
- ☐ 1 - small red onion(s)
- ☐ - Salt and pepper
- ☐ 2 - 12 oz can(s) root beer
- ☐ 32 - oz. BBQ sauce
- ☐ 16 - hamburger buns
- ☐ - Coleslaw salad kit
- ☐ - chips
- ☐ 2 - gallon-size freezer baggie(s)

3. Instant Pot Cheesy Salsa Chicken

- ☐ 8 - large boneless chicken breasts
- ☐ - Salt and pepper
- ☐ 1 - cup(s) hot water
- ☐ 2 - cup(s) red salsa
- ☐ 4 - Tbsp taco seasoning
- ☐ 2 - cup(s) shredded cheese
- ☐ 1 - cup(s) sour cream
- ☐ - rice
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

2. Instant Pot Mississippi Beef Roast

- ☐ 6 - lb(s) beef chuck roast
- ☐ - Salt and pepper
- ☐ 2 - packet(s) ranch dressing mix
- ☐ 2 - cup(s) pepperoncini peppers
- ☐ 8 - Tbsp butter
- ☐ 2 - cup(s) hot water
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)



Complete Shopping List by Store Section/Category

Meat

- ☐ 4 lb(s) pork roast
- ☐ 6 lb(s) beef chuck roast
- ☐ 8 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 12 oz can(s) root beer
- ☐ 2 cup(s) red salsa
- ☐ **Side:** rice

Sauces/Condiments

- ☐ 32 oz. BBQ sauce

Dairy/Frozen

- ☐ 8 Tbsp butter
- ☐ **Side:** 2 cup(s) shredded cheese
- ☐ 1 cup(s) sour cream

Produce

- ☐ 1 small red onion(s)
- ☐ **Side:** Coleslaw salad kit
- ☐ 2 cup(s) pepperoncini peppers
- ☐ **Side:** salad

Starchy Sides

- ☐ 16 hamburger buns
- ☐ **Side:** chips

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 Tbsp taco seasoning

Supplies

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



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 Root Beer Pulled Pork

- ☐ 4 lb(s) pork roast
- ☐ 1 small red onion(s)
- ☐ Salt and pepper
- ☐ 2 12 oz can(s) root beer
- ☐ 32 oz. BBQ sauce
- ☐ 2 gallon-size freezer baggie(s)

2. Instant Pot Mississippi Beef Roast

- ☐ 6 lb(s) beef chuck roast
- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 2 cup(s) pepperoncini peppers
- ☐ 8 Tbsp butter
- ☐ 2 gallon-size freezer baggie(s)

3. Instant Pot Cheesy Salsa Chicken

- ☐ 8 large boneless chicken breasts
- ☐ Salt and pepper
- ☐ 2 cup(s) red salsa
- ☐ 4 Tbsp taco seasoning
- ☐ 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

- ☐ 4 lb(s) pork roast
- ☐ 6 lb(s) beef chuck roast
- ☐ 8 large boneless chicken breasts

Pantry Staples - Canned, Boxed

- ☐ 2 12 oz can(s) root beer
- ☐ 2 cup(s) red salsa

Spices

- ☐ Salt and pepper
- ☐ 2 packet(s) ranch dressing mix
- ☐ 4 Tbsp taco seasoning

Produce

- ☐ 1 small red onion(s)
- ☐ 2 cup(s) pepperoncini peppers

Sauces/Condiments

- ☐ 32 oz. BBQ sauce

Dairy/Frozen

- ☐ 8 Tbsp butter



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

- ☐ Thinly slice 1 small red onion.

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 Root Beer Pulled Pork

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

- 2 lbs. pork roast
- Half of the red onion slices
- Salt and pepper
- 12 oz. can root beer
- 16 oz. bottle BBQ sauce

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

Instant Pot Mississippi Beef Roast

To each gallon-size plastic freezer baggie, add the following ingredients:

- 3 lbs. beef roast
- Salt and pepper
- 1 packet dry ranch dressing mix
- 1 cup pepperoncini peppers
- 4 Tbsp butter

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

Instant Pot Cheesy Salsa Chicken

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

- 4 large boneless chicken breasts
- 2 Tbsp taco seasoning
- 16 oz. red salsa
- Salt and pepper
- Do NOT add the sour cream and shredded cheese to the freezer bags.

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