



# Healthy Freezer

# Meal Prep

# #1

BUFFALO CHICKEN  
CHILI  
INSTANT POT-30 MINS  
QUICK RELEASE

ifoodreal

# Buffalo Chicken Chili



## Ingredients to Freeze

- 5 garlic cloves, minced
- 1 large onion, chopped
- 3 large carrots, chopped
- 3 large celery stalks, chopped
- 2 x 15 oz cans any low sodium beans, drained & rinsed
- 1/4 cup Frank's red hot sauce
- 2 tbsp maple syrup or honey
- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tbsp smoked paprika
- 1/2 tsp salt
- 2 lbs chicken breasts, skinless & boneless
- 28 oz can diced tomatoes, low sodium

## To Serve

- 1/2 cup blue cheese, crumbled
- Cilantro and/or green onion
- Lime
- Tortilla chips

For cooking in Instant Pot, it is important to finish with tomatoes on top to avoid "Burn".

## Instant Pot

Pressure cook on High from frozen for 30 minutes with Quick Release.

## Slow Cooker

Sauté onion, garlic, carrots and celery before freezing with other ingredients. Thaw in the fridge for 24 hours (food safety thing), then add to a large slow cooker and cook for 4 hours on High or 8 hours on Low.

## After Cooking

Remove chicken and shred with 2 forks. Return to the pot.

*Please note this is large meal, so if you are cooking in anything other than 8 quart Instant Pot (I have one) then freeze in 2 bags or 2 containers. For 8 quart Instant Pot freeze the bag standing upright, then it fits and lid will close.*

## Container Label

Instant Pot – 30 mins, QR

Slow Cooker – Thaw 24 hrs. Low 8 hrs, High 4 hrs.

After – shred chicken.

# Green Lentil Curry



## Ingredients to Freeze

- 1 large onion, finely chopped
- 6 garlic cloves, crushed
- 1 tsp coconut oil
- 1 tsp turmeric
- 1/2 tsp coriander, ground
- 1 tsp curry powder
- 1 tsp cumin
- 1 1/4 tsp salt
- 14 oz can coconut milk, full fat
- 6 oz can tomato paste
- 2 cups green lentils, uncooked & rinsed

## To Serve

- Cilantro and/or green onion
- Greek yogurt
- Avocado

## Before Freezing (Slow Cooker)

Pan fry onion and garlic with spices sauteed for 30 seconds at the end. Transfer to a gallon size Ziploc bag with remaining ingredients.

## Before Cooking

Add 3 cups of water.

## Instant Pot

Cook from frozen for 25 minutes with Quick Release.

## Slow Cooker

Cook from frozen on Low for 9 hours or on High for 5 hours.

## Container Label

Instant Pot – 25 mins, QR

Slow Cooker – Low 9 hrs, High 5 hrs.

Before – 3 cups water.

# Butter Chicken



## Ingredients to Freeze

- 1 large onion, chopped
- 4 large garlic cloves, minced
- 2 inch ginger root, minced
- 1 tbsp curry powder
- 1 tbsp garam masala
- 1 tsp chili powder
- 1 1/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 14 oz can coconut milk, full fat
- 6 oz can tomato paste
- 2 tbsp maple syrup
- 3 – 3.5 lbs chicken drumsticks or thighs



## To Finish and Serve

- 1/4 cup cold water
- 4 tbsp cornstarch
- Brown rice
- Cilantro

## Before Cooking

Add 2 cups of water.

## Instant Pot

Cook from frozen for 30 minutes with Quick Release.

## Slow Cooker

Thaw in the fridge for 24 hours before cooking. Cook on Low for 8 hours or on High for 4 hours.

## After Cooking

Open the lid and press Sauté (cancel Keep Warm if it's on). In a small bowl, whisk water and cornstarch with a fork. Pour over chicken and stir gently. Cook for a few minutes until sauce has thickened a bit. Serve with cilantro over a bed of brown rice and with naan/pita bread.

## Container Label

Instant Pot – 30 mins, QR

Slow Cooker – Thaw 24 hrs. Low 8 hrs, High 4 hrs.

Before – 2 cups water.

After – 2 tbsp butter, 1/4 cup cold water + 4 tbsp cornstarch, Saute until thick.

# Lentil Soup



## Ingredients to Freeze

For 6 quart Instant Pot

- 1 medium onion, chopped
- 2 large carrots, chopped
- 2 small celery, chopped
- 2 cups green lentils, rinsed & drained
- 1 1/2 tsp cumin
- 1 1/2 tsp oregano
- 1 tsp salt
- Ground black pepper, to taste
- 2 bay leaves
- 28 oz can diced or crushed tomatoes, low sodium

For cooking in Instant Pot, it is important to finish with tomatoes on top to avoid “Burn”.

## For Serving

- 11 oz box of spinach
- 1 large garlic clove, grated
- Parmesan cheese, for serving

## Before Cooking

Add 2 bouillon cubes + 10 cups water or 10 cups low sodium veggie stock.

## Instant Pot

Cook from frozen for 20 minutes with Quick Release.

## Slow Cooker

Cook from frozen on Low for 10 hours or on High for 5 hours.

## After Cooking

Add spinach and garlic. Stir and serve hot garnished with Parmesan cheese.

## Container Label

Instant Pot – 20 mins, QR

Slow Cooker – Low 10 hrs, High 5 hrs.

Before – 10 cups broth. After – 1 box spinach and 1 grated garlic.

# Healthy Chicken Wild Rice Soup



## Ingredients to Freeze

- 1.5 lbs any chicken pieces
- 1 large onion, finely chopped
- 2 large garlic cloves, minced
- 2 large carrots, coarsely chopped
- 3 large celery stalks, diced
- 2 large potatoes, diced
- 1/2 cup dried mushrooms or 1 cup fresh, sliced
- 1 1/2 cups wild rice
- 1 tbsp mustard
- 2 tsp garlic powder
- 1/2 tsp thyme, dried
- 2 1/4 tsp salt
- Ground black pepper, to taste

## To Finish and Serve

- 1-2 cups whole milk
- Small bunch parsley, finely chopped

## Before Cooking

Add 9 cups water or low sodium chicken broth.

## Instant Pot

Cook from frozen for 35 minutes with Quick Release.

## Slow Cooker

Thaw in the fridge for 24 hours before cooking. Cook on Low for 10 hours or on High for 6 hours.

## After Cooking

Remove chicken and shred with 2 forks. Blend a bit with an immersion blender until desired consistency. Add chicken and parsley. Stir and serve hot.

## Container Label

Instant Pot – 35 mins, QR

Slow Cooker – Thaw 24 hrs. Low 10 hrs, High 6 hrs.

Before – 9 cups water/broth.

After – shred chicken, puree soup, 1 small bunch parsley.

# Shopping List

## Meat

- 2 lbs chicken breasts, skinless & boneless
- 3 – 3.5 lbs chicken drumsticks or thighs
- 1.5 lbs any chicken pieces

## Produce

- 16 large garlic cloves
- 5 large onions
- 2 inch ginger root
- 8 large carrots
- 8 large celery stalks
- 11 oz box of spinach
- 2 large potatoes
- 1/2 cup dried mushrooms or 1 cup fresh brown mushrooms
- 1 small bunch parsley
- 2 bunches cilantro
- Avocado, for serving

## Grains and Pulses

- 5 cups green lentils
- Brown rice, for serving Butter Chicken
- 1 1/2 cups wild rice

## Cans and Condiments

- 2 x 15 oz can red kidney and pinto beans, low sodium
- 2 x 28 oz can diced or crushed tomatoes, low sodium
- 2 x 14 oz can coconut milk, full fat
- 2 x 6 oz can tomato paste, low sodium
- 1/4 cup Frank's red hot sauce
- 1 tbsp mustard

## Spices and Flavorings

- Maple syrup or honey
- Cornstarch
- Garlic powder
- Cumin
- Chili powder
- Smoked paprika
- Turmeric
- Coriander
- Curry powder
- Garam masala
- Oregano
- Thyme
- Salt
- Ground black pepper
- Bay leaves
- 3 bouillon cubes

## Dairy

- Greek yogurt, for serving
- 1/2 cup crumbled blue cheese
- Parmesan cheese, for serving
- 2 cups homo milk

## Other

Tortilla chips, for serving