

BEEF AND BROCCOLI TERIYAKI

NO COOK-PREP, GLUTEN-FREE, DAIRY FREE, SKILLET MEAL -- SERVES 4-6

INGREDIENTS

1 lb thinly sliced steak (I buy mine pre-sliced to save time)

1/4 cup cornstarch

1/2 cup soy or tamari sauce

4 tbsp brown sugar

1 tsp minced garlic (about 1 clove)

1/2 tsp minced fresh ginger

1 tsp sesame seeds

1/2 tsp toasted sesame oil

1/4 tsp red pepper flakes

3-4 cups broccoli florets, fresh or frozen

On cooking day: 3-4 tbsp vegetable or canola oil

1. Add sliced steak + cornstarch into gallon-sized freezer bag. Shake bag until all sides of steak pieces are coated. Seal bag, removing air.
2. In a small bowl (or place directly into quart sized freezer bag) combine tamari or soy sauce, brown sugar, garlic, ginger, sesame seeds, sesame oil and red pepper flakes.

MAKE IT NOW

Add 3-4 tbsp vegetable or canola oil to a wok or large skillet and heat on high. Add steak into wok and stir-fry, separating pieces and stirring constantly until the majority of the pieces have some golden or crispy edges on them, about 3-4 minutes. Add broccoli, cook 1-2 minutes until crisp-tender. Add sauce, and cook, stirring constantly for about 1 minute until sauce slightly thickens. Serve.

MAKE IT A FREEZER MEAL

Label a new gallon-sized freezer bag. Add to labeled bag the sealed steak with cornstarch bag, sealed sauce bag, and add in broccoli florets on top. Seal bags together and freeze.

QUICK THAW: Thaw steak and sauce packets quickly by running under warm water until you can break the packets up. Or place the whole kit in the fridge first thing in the morning so the meat will be thawed by dinner time.

COOK IN WOK OR LARGE SKILLET: Add 3-4 tbsp vegetable or canola oil over high heat. Pour steak into wok, stir-fry, separating pieces and stirring constantly until the majority of the pieces have some golden or crispy edges on them, about 3-4 minutes. Add broccoli, cook 1-2 minutes until crisp-tender. Add sauce, and cook, stirring constantly for about 1 minute until sauce slightly thickens. Serve.

SESAME HONEY CHICKEN LETTUCE CUPS

NO COOK-PREP, GLUTEN-FREE, DAIRY-FREE, SKILLET MEAL -- SERVES 4-6

INGREDIENTS

2 lbs boneless chicken breasts, cut into bite-sized pieces
1/3 cup cornstarch
1/4 cup honey
1 tbsp soy or tamari sauce
1 tsp minced garlic (about 1 clove)
1 tsp sesame seeds
1/4 tsp (1 mL) red pepper flakes

On cooking day: 1 head iceberg or butter lettuce. Other optional toppings: shredded carrots, finely sliced cucumber, sliced green onion, crispy rice noodles

1. Add sliced chicken + cornstarch into gallon-sized freezer bag. Shake bag until all sides of chicken pieces are coated. Seal bag, removing air.
2. In a small bowl (or place directly into quart sized freezer bag) combine honey, tamari or soy sauce, minced garlic, sesame seeds, and red pepper flakes.

MAKE IT NOW

Add 3-4 tbsp vegetable or canola oil to a wok or large skillet and heat on high. Add chicken into wok and stir-fry, separating pieces and stirring constantly until the majority of the pieces have some golden or crispy edges on them, about 4 minutes. Add sauce, and cook, stirring constantly for about 1-2 minutes until sauce is boiling and slightly thickens. Serve in lettuce cups and top with additional toppings if desired.

MAKE IT A FREEZER MEAL

Label a new gallon-sized freezer bag. Add to labeled bag the sealed chicken with cornstarch bag and sealed sauce bag. Seal bags together and freeze.

QUICK THAW: Thaw chicken and sauce packets quickly by running under warm water until you can break the packets up. Or place the whole kit in the fridge first thing in the morning so the meat will be thawed by dinner time.

COOK IN WOK OR LARGE SKILLET: Add 3-4 tbsp vegetable or canola oil over high heat. Add chicken into wok and stir-fry, separating pieces and stirring constantly until the majority of the pieces have some golden or crispy edges on them, about 4 minutes. Add sauce, and cook, stirring constantly for about 1-2 minutes until sauce is boiling and slightly thickens. Serve in lettuce cups and top with additional toppings if desired.

PESTO TORTELLINI BAKE

FREEZER-TO-OVEN MEAL, EASY FREEZER MEAL -- SERVES 6

INGREDIENTS

1 lb cheese tortellini, frozen or fresh
2 jars alfredo sauce
2 cups shredded rotisserie chicken (optional for vegetarian)
1/2 cup pesto
1 cup shredded mozzarella cheese
1/4 cup shredded parmesan cheese
9x13 metal or foil baking pan or (2) 8x8 baking pans

1. In a large bowl combine tortellini, alfredo sauce, chicken if using, pesto, and mozzarella cheese.
2. Pour into baking dish. Top with shredded parmesan cheese.

MAKE IT NOW

Preheat oven to 375°F. Bake, covered with foil for 30 minutes. Remove foil and let bake an additional 10 minutes until golden and bubbly all over. Serve.

MAKE IT A FREEZER MEAL

Cover with plastic wrap, pressing down to remove as much air as possible, then cover with foil. Label and freeze.

BAKE FROM FROZEN: Remove plastic and foil, then cover again with foil. Bake covered at 375°F for 50 minutes. Remove foil and let bake an additional 10 minutes until golden and bubbly all over. Serve.

EASY RAVIOLI LASAGNA

FREEZER-TO-OVEN MEAL, VEGETARIAN -- SERVES 6-8

INGREDIENTS

1 pound frozen Ravioli
24 ounces pasta sauce
8 ounce package of frozen chopped spinach
15 ounces Fat Free Ricotta
1 tsp minced garlic
2 cups mozzarella shredded

1. Break up frozen spinach into a small bowl, mix in ricotta and garlic.
2. Put a thin layer of red sauce on the bottom of a 9x13 pan.
3. Lay down your first layer of raviolis. top with half the spinach mixture, then 1/3 of the red sauce, then 1/2 a cup of mozzarella. Repeat this layer again.
4. Top with remaining ravioli, then red sauce, then mozzarella.

MAKE IT NOW

Preheat oven to 375°F. Bake, covered with foil for 30 minutes. Remove foil and let bake an additional 10 minutes until golden and bubbly all over. Serve.

MAKE IT A FREEZER MEAL

Cover with plastic wrap, pressing down to remove as much air as possible, then cover with foil. Label and freeze.

BAKE FROM FROZEN: Remove plastic and foil, then cover again with foil. Preheat oven to 375°F. Bake for 1 hour. Remove foil and bake for 10 minutes more minutes until golden, bubbly and all the pasta is cooked through.

THAI PEANUT CHICKEN SATAY

NO COOK-PREP, GLUTEN-FREE, DAIRY-FREE, INSTANT POT MEAL, CROCKPOT -- SERVES 6-8

INGREDIENTS

2 pounds boneless skinless chicken thighs, trimmed
14 oz can coconut milk
1/2 cup creamy peanut butter
3 tbsp lime juice
1 tbsp ginger, grated
2 tbsp tamari or soy sauce
3 tbsp honey
1 tbsp toasted sesame oil
2 tsp minced garlic
2 tsp curry powder yellow
1 tsp cumin
1 tsp garam masala
1/2 tsp red pepper flakes

1. In a medium bowl combine coconut milk, peanut butter, lime juice, ginger, tamari, honey, sesame oil, garlic, curry powder, cumin, garam masala and red pepper flakes. Whisk all together until smooth. Add chicken.

MAKE IT NOW

Add chicken and sauce to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL

Transfer chicken and sauce to a labeled container or freezer bag and freeze.

COOK IN INSTANT POT

From frozen, transfer chicken and sauce into an instant pot. Add in 1/4 cup water or chicken broth. Cook for 15 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer chicken and sauce into an instant pot. Cook for 12 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From thawed or freshly made, transfer chicken and sauce into slow cooker. Cook on high for 4 hours or low 6 hours.

SERVE WITH: My favorite way to serve this is in lettuce cups with chopped fresh cilantro and peanuts on top, but this is also great served over rice, in burritos, or on a salad.

CILANTRO LIME CHICKEN

NO COOK-PREP, GLUTEN-FREE, DAIRY-FREE, INSTANT POT MEAL, CROCKPOT -- SERVES 6

INGREDIENTS

1 lb boneless skinless chicken breast
1 cup orange juice
1 cup chicken broth
juice of 2 fresh limes
2 tsp minced garlic
1/2 cup chopped cilantro leaves
1 can black beans, drained and rinsed
2 cups frozen corn
1 tbsp ground cumin

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Add to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 12 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 6 hours.

SERVE WITH: My favorite way to serve this is homemade burrito bowls. Just add rice, sour cream, guac and cilantro for a super delicious meal. Tacos and nachos are great ways to serve this as well.

CUBE STEAKS WITH GRAVY

NO COOK-PREP, DAIRY-FREE, INSTANT POT MEAL, CROCKPOT -- SERVES 6

INGREDIENTS

6 cube steaks
2 cups water
1 cup pureed yellow or white onion
1/2 cup soy or tamari sauce
2 tbsp Worcestershire sauce
2 tsp minced garlic
2 tbsp beef bouillon
1 tsp salt
dash pepper

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Add to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 23 minutes at high pressure, then do quick release. Place on saute. Remove steaks. Whisk in a small bowl 1/4 cup cornstarch with 1/2 cup water until smooth. Pour mixture into the liquids left in the Instant Pot. Whisk continually until gravy starts to thicken. Add cubed steaks back into the pot, heat until warmed through then serve.

From thawed or freshly made, transfer into an instant pot. Cook for 20 minutes at high pressure, then do quick release. Place on saute. Remove steaks. Whisk in a small bowl 1/4 cup cornstarch with 1/2 cup water until smooth. Pour mixture into the liquids left in the Instant Pot. Whisk continually until gravy starts to thicken. Add cubed steaks back into the pot, heat until warmed through then serve.

COOK IN CROCK POT

From thawed or freshly made, transfer into slow cooker. Cook on low for 6 hours. Remove steaks. Transfer remaining liquid to medium saucepan. Whisk in a small bowl 1/4 cup cornstarch with 1/2 cup water until smooth. Bring saucepan liquids to simmer over medium-high heat. Slowly add while whisking the cornstarch mixture into the sauce. Whisk continually until gravy starts to thicken. Add cubed steaks into the pot, and heat until warmed through, then serve.

CHICKEN FRENCH DIP SANDWICHES

NO COOK-PREP, GLUTEN-FREE, DAIRY-FREE, INSTANT POT MEAL, CROCKPOT
-- SERVES 6

INGREDIENTS

6 boneless/skinless chicken breasts
1/2 large onion, pureed
2 tsp butter, diced
14.5 oz can beef broth
1 tbsp Worcestershire sauce
2 tbsp cornstarch
1 tbsp garlic, minced (about 6 cloves)
1 tsp salt
1 tsp parsley
1/2 tsp black pepper
1/4 tsp thyme
On serving day: 6 slices Havarti cheese + 6 hoagie rolls

1. In a large bowl mix together onion, butter, beef broth, Worcestershire, cornstarch, garlic, salt, parsley, pepper, and thyme. Add chicken and transfer to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Add to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 30 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 28 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 6-7 hours.

TO SERVE: Shred chicken. Toast hoagie rolls under the broiler until golden. Place some shredded chicken on hoagie bottom, and top with a slice of havarti cheese. Spoon off fat or use fat separator on liquids left in crock pot. Serve this "jus" into small bowls and serve with each sandwich for dipping.

CHICKPEA WILD RICE SOUP

NO COOK-PREP, GLUTEN-FREE, INSTANT POT, CROCKPOT, VEGETARIAN
SERVES 6

INGREDIENTS

1/2 cup yellow onion, diced
1 cup shredded carrots
1 tsp minced garlic
1 cup uncooked wild rice
1 can chickpeas, drained
4 cups vegetable or chicken broth
1 tsp salt
1 tsp poultry seasoning
1/4 tsp (1 mL) celery salt
pinch of red pepper flakes
1 lb chicken breasts (optional)

On serving day:

1/4 cup butter
1/4 cup cornstarch
2-1/2 cups whole milk

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Add to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 30 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 28 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT: ***From frozen***, transfer to slow cooker. Cook on high for 4-5 hours. ***From thawed or freshly made***, transfer into slow cooker. Cook on high for 3-4 hours or low 6-7 hours.

TO SERVE: After cooking in Instant Pot or Crock Pot, shred chicken if using. In a small saucepan melt butter over medium heat. Add cornstarch and whisk for 30 seconds until smooth. Add in whole milk and whisk, stirring constantly until thickened. Add to soup and stir gently until all blended together and creamy.
Serve.

LOADED POTATO SOUP

NO COOK-PREP, GLUTEN-FREE, INSTANT POT, CROCKPO, VEGETARIAN
SERVES 6

INGREDIENTS

32 oz bag frozen diced hash brown potatoes

1 large onion, pureed or diced

1 cup shredded carrots

4 cups vegetable or chicken broth

3 tsp minced garlic

1/4 cup butter, cut into slices

2 tsp salt

1/2 tsp pepper

1 tsp celery salt

8 oz package diced or cubed ham (optional)

On serving day: 1-1/2 cups heavy cream + shredded cheddar cheese (optional)

1. Add hash browns, onion, carrots, broth, garlic, butter, salt, pepper, celery salt and ham (optional) to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Add to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 10 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 5 hours or low 7-8 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 6 hours.

TO SERVE: After cooking in Instant Pot or Crock Pot, add in heavy cream and stir until well combined. Serve topped with cheddar cheese, bacon bits or sour cream if desired.

EASY SAUSAGE GUMBO

NO COOK-PREP, INSTANT POT MEAL, CROCKPOT MEAL - SERVES 6

INGREDIENTS

12 oz Smoked turkey or Kielbasa sausage, sliced into thin slices
10 oz okra, fresh or frozen
1 medium onion, chopped
1 red bell pepper, chopped
2 tsp minced garlic
28 oz can of diced tomatoes, with juices
1 tbsp Worcestershire sauce
1/4 tsp salt
1/4 tsp pepper
2 dashes tabasco or hot sauce

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 10 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 9 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 3-4 hours or low 5-6 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 3 hours or low 4-5 hours.

SERVE WITH: So delicious served over rice and a crisp green salad or corn-on-the-cob.

BEEF BARLEY STEW

NO COOK-PREP, INSTANT POT MEAL, CROCKPOT - SERVES 6

INGREDIENTS

1 lb beef stew meat, diced small
1-1/4 cups diced carrot, fresh or frozen
1 onion, diced or pureed
3 ribs celery, diced
15 oz can tomato sauce
1/2 cup pearl barley
5 cups water
1 tsp parsley flakes
1/4 tsp pepper
1 tsp granulated sugar
2 tbsp Beef Bouillon powder

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Add 1/4 cup water. Cook for 30 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 27 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 5 hours or low 9 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 4-5 hours or low 8-9 hours.

SERVE WITH: My fav is a sprinkling of parmesan cheese along with a slice of crusty bread slathered with butter.

SHREDDED BEEF FAJITAS

NO COOK-PREP, INSTANT POT MEAL, CROCKPOT, WHOLE30 - SERVES 6

INGREDIENTS

1-1/2 lb beef roast or beef chuck steak
1 onion, pureed or diced
1 red bell pepper, diced
15 oz can diced tomatoes, drained
1 cup beef broth
2 tsp minced garlic
12 oz ground chorizo

1. Cut roast or steak into around 4 large pieces. Add beef, onion, bell pepper, diced tomatoes, broth, and garlic to a gallon sized freezer bag or container for instant pot. Then pinch small pieces of ground chorizo and add into mixture. Stir gently to combine.

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 60 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 55 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 4-5 hours or low 7 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 3-4 hours or low 5-6 hours.

TO SERVE: After cooking in Instant Pot or Slow cooker, shred roast, removing any fatty pieces, then place back into pot and stir to combine. Drain excess liquid if desired. Serve meat mixture in warmed tortillas and garnish with fresh lime juice and cilantro.

SWEET & TENDER BBQ RIBS

NO COOK-PREP, INSTANT POT MEAL, CROCKPOT MEAL, SERVES 6

INGREDIENTS

2-3 lbs boneless pork country-style ribs
3 cloves garlic minced
1/4 cup brown sugar
1 cup bbq sauce
salt and pepper

On serving day: 1 cup favorite barbecue sauce (I love my homemade BBQ sauce recipe!)

1. Add all ingredients to a gallon sized freezer bag or container for instant pot.

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Cook for 50 minutes at high pressure then allow 20 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 45 minutes at high pressure, then allow 20 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on low 7-8 hours.

From thawed or freshly made, transfer into slow cooker. Cook on low for 5-6 hours.

TO SERVE: After cooking in Instant Pot or Slow cooker, remove ribs, discard juices. Place meat back into pot, add bbq sauce and stir gently to coat. Serve.

BEST EVER HEALTHY TURKEY CHILI

NO COOK-PREP, INSTANT POT MEAL, CROCKPOT MEAL, SERVES 6-8

INGREDIENTS

28 oz can petite diced tomatoes, with juices
1 tbsp vinegar
1 tbsp yellow mustard
1/4 cup diced onions
2 tsp minced garlic
4 oz can diced green chilis
1 can kidney beans, drained and rinsed
1 can black beans, drained and rinsed
2 tsp chili powder
1 tsp cumin
1/2 tsp salt
1 lb extra lean ground turkey

1. Add tomatoes, vinegar, mustard, onion, garlic, chilis, kidney beans, black beans, chili powder, cumin, and salt to a gallon sized freezer bag or container for instant pot. Then pinch small pieces of ground turkey and add into mixture. Stir gently to combine.

MAKE IT NOW: Transfer contents to either the instant pot or crockpot and cook as directed below.

MAKE IT A FREEZER MEAL: Seal bag or container, removing as much air as possible and freeze.

COOK IN INSTANT POT

From frozen, add contents into an instant pot. Saute for 5 minutes or until you have about 1/4 cup of liquids. Cook for 20 minutes at high pressure then allow 10 minutes for natural release.

From thawed or freshly made, transfer into an instant pot. Cook for 17 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT

From frozen, transfer to slow cooker. Cook on high for 4 hours or low 6-7 hours.

From thawed or freshly made, transfer into slow cooker. Cook on high for 3 hours or low 5-6 hours.

SERVE WITH: My fav is a topping the chili with a sprinkling of shredded cheddar cheese. Sooo good!