

CARROT & BUTTERNUT SQUASH SOUP IN THE FREEZER:

1/2 medium butternut squash, peeled & chopped
1lb carrots, coarsely chopped
1 apple, peeled, cored, and chopped
2 tbsp minced garlic
1 cup onion, chopped
1 tsp chili powder
2 tsp cinnamon
1 tsp nutmeg
1 tsp ground ginger
1/2 tsp dried thyme
1/2 tsp turmeric
1/2 tsp dried sage
1 tbsp salt
1/2 tbsp pepper
1/4 cup Better than Bouillon chicken

NEEDED FOR SERVE DAY:

12oz pack bacon
1/2 cup fresh basil
1 pack sliced turkey
1 pack sliced cheddar cheese
1 loaf sandwich bread
1 bottle honey mustard
2 tbsp butter

PREP TIME: 50-60 mins
SERVES: 4-6

ON SERVE DAY...

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 2 cups water to IP.
3. Set IP for high, 30 minutes. Once cook cycle is up, quick release the pressure.
4. While the IP is cooking, prep sandwiches with turkey/cheese/honey mustard inside and grill with butter in a pan for 2-3 minutes per side. Chop basil and bake bacon in a 375 degree oven for 20-25 minutes.
5. Once IP cycle is done and pressure is released, use an immersion blender to puree the soup. Stir well and garnish bowls of soup with a good pinch of basil and bacon.

SIDE ITEM: Grilled Turkey &
Cheddar Sandwiches