

Beef & Broccoli

SIDE ITEM: Brown Rice

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 8 minutes, NPR.
4. Meanwhile, steam frozen broccoli in microwave for 3-5 minutes with 1 cup water.
5. Prepare boil-in-bag rice in microwave.
6. Once IP cycle is done, mix corn starch with 1/4 cup liquid from the IP and mix slurry back into IP. Stir well.
7. Stir in broccoli and serve over rice.

NEEDED FOR SERVE DAY:

- 1 14oz pack frozen broccoli florets
- 1 tbsp corn starch
- 2 pouches boil in bag brown rice

PREP TIME: 30-35 mins **SERVES:** 4-6

Taco Salads

SIDE ITEM: Mexican Cornbread

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 8 minutes, NPR.
4. Meanwhile, chop lettuce, tomatoes, and green bell pepper and mix for your salad base.
5. Prep cornbread according to package directions
5. Once IP cycle is done, scoop meat out of pot (leaving very little sauce in the meat mixture).
6. Top salads with meat, cheese, and salsa.

NEEDED FOR SERVE DAY:

- 2 cups cheddar cheese
- 1 head lettuce
- 2 tomatoes
- 1 green bell pepper
- 1 cup salsa
- 1 pack of Mexican cornbread

PREP TIME: 35-40 mins **SERVES:** 4-6

Meatball Subs

SIDE ITEM: Pasta Salad

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 10 minutes, NPR.
4. While the IP is cooking, prepare your pasta salad according to package directions.
5. Once IP cycle is done, scoop 3 meatballs, some of the peppers/onions, and a little bit of sauce into each hoagie roll. Top with cheese.
6. Toast hoagies for about 5 minutes, or until cheese is melted.

NEEDED FOR SERVE DAY:

- 1 6-pack hoagie buns
- 1 pack Provolone cheese
- 1 box pasta salad

PREP TIME: 45-50 mins **SERVES:** 6

Smokey Penne

SIDE ITEM: Breadsticks

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal, penne pasta, & 2 cups water to IP.
3. Set IP for high, 4 minutes, QR.
4. While the IP is cooking, cook breadsticks according to package directions.
5. Once IP cycle is done, stir in cheeses, half & half, and spinach.

NEEDED FOR SERVE DAY:

- 8 oz penne pasta
- 2 cups monterey jack
- 1 cup Parmesan cheese
- 1 cup half and half
- 2 cups fresh spinach
- 1 box frozen breadsticks

PREP TIME: 20-30 mins **SERVES:** 6

Italian Stuffed Bell Peppers

SIDE ITEM: Salad

1. Place 3 peppers at a time in your IP (on the trivet). Pour 1 cup of water into the bottom of the IP.
3. Set IP for high, 8 minutes, QR.
4. While peppers are cooking, prepare your salad.

NEEDED FOR SERVE DAY:

1 bag chopped salad mix
Favorite dressing

PREP TIME: 30-40 mins **SERVES:** 6

Cheesy Chicken & Bacon Sandwiches

SIDE ITEM: French Fries

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 15 minutes, NPR.
4. While IP cooks, cook fries according to package directions and toast buns.
5. Once IP cycle is done, shred chicken and stir in cheddar cheese.
6. Serve chicken on buns.

NEEDED FOR SERVE DAY:

1 pack hamburger buns
2 cups cheddar cheese
1 bag frozen French fries

PREP TIME: 35-45 mins **SERVES:** 6

Creamy White Chicken Chili

SIDE ITEM: Spicy Grilled Cheese

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 25 minutes, NPR.
4. While IP cycle runs, make grilled cheese sandwiches using half of the cream cheese and half of the pepper jack.
5. Once IP cycle is finished, shred chicken and stir in half of the cream cheese, half of the pepper jack, and 1 cup of half and half.

NEEDED FOR SERVE DAY:

1 cup half and half
8oz cream cheese, softened
8 oz shredded pepper jack cheese
1 loaf bread

PREP TIME: 1 hour **SERVES:** 6-8

Sausage Mac & Cheese

SIDE ITEM: Roasted Veggies

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal, macaroni, & 2 cups water to IP.
3. Set IP for high, 5 minutes, NPR.
4. Meanwhile, peel/cut carrots and mix on a cookie sheet with green beans. Season with salt, pepper, and olive oil.
5. Roast veggies for 25-30 minutes.
6. Once IP cycle is done, add in cheeses, butter, and half and half. Stir well.

NEEDED FOR SERVE DAY:

12oz macaroni 3 tbsp butter
2 cups cheddar 1 lb carrots
1 cup monterey jack
1 cup half and half
1 bag frozen green beans

PREP TIME: 30-40 mins **SERVES:** 8

Hidden Veggie Sloppy Joes

SIDE ITEM: Potato Salad

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 10 minutes, QR.
4. Toast buns while IP is cooking.
5. Once IP cycle is done, stir well. Serve mix on buns.

NEEDED FOR SERVE DAY:

- 1 pack Hamburger buns
- 1 tub deli potato salad

PREP TIME: 20-30 mins **SERVES:** 6-8

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Honey Sesame Chicken

SIDE ITEM: Brown Rice

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Add trivet and PIP dish to pot. Fill with 1.5 cups brown rice & 2 cups water.
4. Set IP for high, 14 minutes, NPR.
5. Remove 1 cup liquid from pot and mix with corn starch. Add slurry to pot.
6. Stir well and serve over rice.

NEEDED FOR SERVE DAY:

- 1 tbs corn starch
- 1.5 cups brown rice

PREP TIME: 20-30 mins **SERVES:** 5-6

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