

DETOX LENTIL SOUP

FREEZE TOGETHER:

- 2 cups chopped **butternut squash**, *fresh or frozen*
- 2 cups **mirepoix**, *fresh or frozen*
- 1-2 cups chopped **potatoes**, *fresh or frozen*
- 1 cup uncooked **brown lentils**
- 3 cloves **garlic**, *minced*
- 1 teaspoon **herbes de Provence**
- 1/2 teaspoon **salt** (*more to taste*)
- 4-5 cups **vegetable or chicken broth**

ADD AFTER COOKING:

- 1/4 cup **olive oil**
- 1-2 cups **kale**, *finely chopped*

INSTANT POT:

From frozen, 15 minutes on high pressure + 10 minutes natural release.

SLOW COOKER:

From frozen, 6 hours on high.

FINAL STEP:

Stir in olive oil and kale. (In the Instant Pot, the vegetables should break down enough to make it creamy! In the slow cooker, blend a little bit of the soup with the olive oil to make a creamy base.) Finish with lemon juice or red wine vinegar.

WILD RICE SOUP

FREEZE TOGETHER:

- 3 cups **mirepoix**, *fresh or frozen*
- 8 ounces **mushrooms**, *fresh or frozen*
- 3 cloves **garlic**, *minced*
- 1 cup uncooked **wild rice**
- 4 cups **vegetable or chicken broth**
- 1 teaspoon **salt**
- 1 teaspoon **poultry seasoning**
- 1 lb. **chicken breasts** (*optional*)

ADD AFTER COOKING:

- 6 tablespoons **butter**
- 1/2 cup **flour**
- 1 1/2 cups **whole milk**

INSTANT POT:

From frozen, 30 minutes on high pressure + 10 minutes natural release.

SLOW COOKER:

From frozen, 4 hours on high.

FINAL STEP:

Melt butter, whisk in flour, whisk in milk until creamy and thick. Add to the soup. Add extra water to thin to desired consistency.

SWEET POTATO PEANUT STEW

FREEZE TOGETHER:

- 3 cups chopped **sweet potatoes**, *fresh or frozen*
- 2 **jalapeños**, *minced*
- half of an **onion**, *chopped*
- 4 cloves **garlic**, *minced*
- 1 teaspoon **curry powder**
- 1 teaspoon **turmeric**
- 1 teaspoon **salt**
- 1 14-ounce can **fire roasted tomatoes**
- 1 14-ounce can **coconut milk**

ADD AFTER COOKING:

- 1/4 cup **peanut butter**
- 1/2 cup **chopped peanuts**
- 1-2 cups **kale**, *chopped*
- 1-2 cups **water**

INSTANT POT:

From frozen, 8 minutes on high pressure + 10 minutes natural release.

SLOW COOKER:

From frozen, 5-6 hours on high.

FINAL STEP:

Stir in peanut butter, peanuts, and kale. Add water to thin to desired consistency.

BEEF STEW

FREEZE TOGETHER:

- 2 lbs. **beef chuck**, *fat trimmed, cut in small-ish pieces*
- 1 medium **onion**, *sliced thinly*
- 6 stalks **celery**, *sliced diagonally*
- 6 **carrots**, *sliced diagonally*
- 2 teaspoons **salt**
- 1 tablespoon **sugar**
- 2 cans **tomato juice** (*about 1 cup*)

This recipe works best when divided between two 7-cup glass containers, or stored in a plastic bag.

ADD AFTER COOKING:

- 2 tablespoons **cornstarch** in 2 tablespoons water

INSTANT POT:

From frozen, 30 minutes on high pressure + 10 minutes natural release.

SLOW COOKER:

From thawed, 5-6 hours on high.

FINAL STEP:

After cooking in Instant Pot, turn on saute function. Add cornstarch slurry. Cook for a few minutes until slightly thickened. (For slow cooker, add cornstarch when it's done and let thicken for 30 minutes.)

MOROCCAN CHICKPEAS

FREEZE TOGETHER:

- 1 tablespoon olive oil
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon each – chili powder and cumin
- 1 teaspoon each – turmeric and garam masala
- 1 teaspoon sea salt
- dash of each – cinnamon and cayenne
- 2 14-ounce cans chickpeas (drained + rinsed)
- 2 14-ounce cans fire roasted diced tomatoes

INSTANT POT:

From frozen, 15 minutes on high pressure + quick release.

FINAL STEP:

Serve in bowls with cucumbers, couscous, mint, parsley, cilantro, yogurt or hummus, olive oil, lemon juice, and toasted pita wedges.

GOLDEN SOUP

FREEZE TOGETHER:

- 2 tablespoons olive oil
- half an onion, chopped
- 2 cloves garlic, chopped
- 1 head of cauliflower, chopped into about 5 cups of chunks or florets
- 1 cup cashews
- 1 tablespoon turmeric
- 2 teaspoons salt
- a squeeze of lemon juice

INSTANT POT:

Add three cups of water before cooking. From frozen, 10 minutes on high pressure + 7 minutes natural release.

SLOW COOKER:

Add three cups of water before cooking. From frozen, 3-4 hours on high.

FINAL STEP:

Blend soup and add water to thin as needed.

BEEF RAGU

FREEZE TOGETHER:

- 6 cloves garlic, smashed
- 1 cup mirepoix, fresh or frozen
- 2 pounds flank steak or beef chuck, cut into 4 pieces
- 2 teaspoons salt
- 1 28-ounce can crushed tomatoes
- 1/2 teaspoon thyme
- 2 bay leaves

INSTANT POT:

From frozen, 45 minutes on high pressure + 10 minutes natural release.

SLOW COOKER:

From thawed, 6 hours on high.

FINAL STEP:

Shred the meat and serve with pasta, baked potatoes, polenta, rice, cauliflower rice, gnocchi, zucchini noodles, etc.

CHICKEN TINGA

BLEND INTO SAUCE:

- 1 tablespoon olive oil
- half of an onion
- 2 cloves garlic
- 2 individual chipotles in adobo sauce
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 14-ounce can crushed fire-roasted tomatoes
- 1/2 teaspoon salt

FREEZE WITH:

- 2 lbs. boneless skinless chicken thighs

INSTANT POT:

From frozen, 12-15 minutes on high pressure + 10 minutes natural release.

SLOW COOKER:

From thawed, 4 hours on high.

FINAL STEP:

Serve as tacos, or on a salad, or in a rice bowl, or in enchiladas.... limitless possibilities!

TANDOORI CHICKEN

FREEZE TOGETHER:

- 2 lbs. boneless skinless chicken thighs
- 2 tablespoons garam masala
- 2 tablespoons honey
- 1 tablespoons chili powder
- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- 2 teaspoons salt
- 2 teaspoons turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne pepper
- 1 14-ounce can coconut milk

INSTANT POT:

From frozen, 15 minutes on high pressure + 20 minutes natural release.

SLOW COOKER:

From thawed, 4 hours on high.

FINAL STEP:

Serve in rice bowls, with roasted vegetables, with cauliflower rice, or in fusion-style tacos or burritos.

KOREAN BBQ BEEF

BLEND INTO SAUCE:

- 1 15-ounce can pears, drained (or 2 fresh pears, cored)
- a 2-inch knob of ginger
- 4 cloves garlic
- 1/4 cup soy sauce
- 1/4 cup brown sugar
- 1 tablespoon sesame oil

FREEZE WITH:

- 2 lbs beef chuck or top sirloin, cut into 4 pieces

INSTANT POT:

From frozen, 45 minutes on high pressure + 10 minutes nature release.

SLOW COOKER:

From thawed, 3-5 hours on high.

FINAL STEP:

Serve in rice bowls or fusion-style burritos or tacos (MY FAVE) with kimchi, rice, slaw, spicy mayo, etc.

ITALIAN BEEF

FREEZE TOGETHER:

- 3 pounds **beef chuck roast**, trimmed and cut into chunks
- 3 cloves **garlic**, minced
- half an **onion**, diced
- 2 teaspoons **dried oregano**
- 1 teaspoon **dried basil**
- 1 teaspoon **onion powder**
- 1 teaspoon **paprika**
- 1/2 teaspoon **garlic powder**
- 1/2 teaspoon **red pepper flakes**
- 1 teaspoon **salt**
- 1/2 teaspoon **black pepper**

INSTANT POT:

Add 2 1/2 cups broth and 1/4 cup giardiniera brine before cooking. From frozen, 1 hour 15 minutes on high pressure + 15 minutes natural release.

SLOW COOKER:

Add 2 1/2 cups broth and 1/4 cup giardiniera brine before cooking. From thawed, 5-6 hours on high.

FINAL STEP:

Serve on toasted rolls with melted cheese and chopped giardiniera!

HAWAIIAN CHICKEN TACOS

FREEZE TOGETHER:

- 1.25 lbs. **boneless skinless chicken thighs**
- 2 cups **fresh pineapple**, finely chopped
- 1 **jalapeño**, minced (remove ribs and seeds for less heat)
- half of a **red onion**, minced
- 3 cloves **garlic**, minced
- 1 teaspoon **chili powder**
- 1 teaspoon **cumin**
- 1 teaspoon **salt**
- 1 tablespoon **sriracha**
- 1 tablespoon **yellow mustard**

INSTANT POT:

Add 1/4 cup water before cooking. From frozen, 20 minutes on high pressure + quick release.

SLOW COOKER:

Add 1/4 cup water before cooking. From thawed, 3-4 hours on high.

FINAL STEP:

Shred chicken and serve with Jalapeño Ranch Slaw (on the blog) in tortillas.

CAULI WALNUT TACO MEAT

PULSE IN A FOOD PROCESSOR:

- 3 cups cauliflower florets
- 2 cups whole walnuts
- 2 individual chipotles in adobo sauce
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- optional: lime juice, onion or garlic powder, cayenne to taste

BAKE:

375 degrees for 30 minutes, stirring halfway through. Freeze for later!

FINAL STEP:

Serve in tacos (yummy!), enchiladas, rice bowls, burritos, quesadillas, nachos, the usual.

LASAGNA FLORENTINE

SAUTE:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 4 ounces fresh spinach

MIX WITH:

- 1 15-ounce container ricotta cheese
- 1 egg

LAYER WITH:

- 1 24-ounce jar of really good pasta sauce
- 10-12 uncooked lasagna noodles
- 2 1/2 cups shredded Mozzarella cheese

BAKE:

From frozen, bake at 425 degrees for 1 hour 15 minutes, covered. Remove cover and bake for 10 minutes until bubbly and browned. Let stand for 15 minutes to firm up.

CHICKEN MEATBALLS

MIX AND ROLL:

- 1 pound ground chicken or turkey
- 1 egg
- 1/2 cup panko breadcrumbs
- 1/2 cup grated Parmesan
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- black pepper to taste

BAKE:

From frozen, bake at 400 degrees for 25-30 minutes. You can also bake them first (400 degrees, 20 minutes) so that you can keep them in the freezer fully cooked and ready to go.

FINAL STEP:

Serve with literally anything – personal fave includes some kind of pasta, red sauce, and a salad.

QUINOA STUFFED PEPPERS

MIX FILLING:

- 1 cup uncooked quinoa, rinsed
- 1 14-ounce can black beans, drained
- 1 14-ounce can refried beans
- 1 1/2 cups red enchilada sauce
- 1 tablespoon taco seasoning
- 1 1/2 cups shredded cheese

STUFF INTO:

- 6-8 large hollowed out fresh bell peppers

BAKE:

From frozen, bake at 400 degrees for 1 hour 15 minutes, covered.

FINAL STEP:

Finish by melting extra cheese on top. Serve with guac, sour cream, cilantro, hot sauce, etc.