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)

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. (If using a slow cooker, add cornstarch when it’s done and let thicken for 30 minutes.)
**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.

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**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!

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**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.

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**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 natural 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.
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.