

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.

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.

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.