

DETOX LENTIL SOUP

INSTANT POT

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

SLOW COOKER

From frozen, **6 hours** on high.

FINAL STEP

Blend a little of the soup with olive oil, return to pot, and stir in kale. Finish with lemon juice or red wine vinegar.

WILD RICE SOUP

INSTANT POT

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

SLOW COOKER

From frozen, **4 hours** on high.

FINAL STEP

Melt 6 tbsp butter in a pan, whisk in 1/2 cup flour, whisk in 1 1/2 cups milk until creamy and thick. Add to the soup.

SWEET POTATO PEANUT STEW

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 1/4 cup peanut butter, 1/2 cup chopped peanuts, and 1-2 cups chopped kale. Add water to thin to desired consistency.

BEEF STEW

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 sauté function. Add a cornstarch slurry (2 tbsp each water and cornstarch). 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.)

MOROCCAN CHICKPEAS

INSTANT POT

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

FINAL STEP

Serve with couscous, cucumber, hummus, yogurt, herbs, and pita bread slices!

GOLDEN SOUP

INSTANT POT

Add 3 cups of water before cooking. From frozen, **10 minutes** on high pressure + **7 minutes** natural release.

SLOW COOKER

Add 3 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

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

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

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

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 with kimchi, rice, slaw, spicy mayo, etc.

ITALIAN BEEF

INSTANT POT

Add 2 ½ cups broth and ¼ cup giardiniera brine before cooking. From frozen, **1 hour 15 minutes** on high pressure + **15 minutes** natural release.

SLOW COOKER

Add 2 ½ cups broth and ¼ 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

INSTANT POT

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

SLOW COOKER

Add 1/4 cup of 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

TO USE

Add Cauliflower Walnut Taco Meat to a skillet to reheat, or in the microwave. Serve in tacos, enchiladas, rice bowls, burritos, quesadillas, nachos, the usual.

LASAGNA FLORENTINE

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

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

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.