



Healthy Freezer Meals Ebook



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<https://www.whattoeatmealplans.com>

Making freezer meals was by far one of the most worthwhile and smartest things I did in preparation for my son's arrival.

In reality, though, I was pretty sure while I was making these freezer meals that they would all suck and we would end up ordering take out. My idea of freezer meals is mushy grossness. That's why I was extremely picky when choosing the types of meals I made. Some of them were mushy grossness, but the winners that I'm sharing here today I would happily make again and again and again. So I promise that these meals below are not mushy grossness, they are flavor-packed winners! Hope you enjoy it!

TO DEFROST OR NOT TO DEFROST

I froze most but not all my recipes raw and then defrosted them before cooking. (Each recipe has specific instructions but in case you are looking to try other recipes.) Why? Because that way you can dump excess water, so you minimize mushiness. I know many people would rather not thaw their food first, they would prefer to have it go from freezer to oven directly for convenience. For me, I just pulled out 1-2 recipes a day to defrost so that there was always something to cook the next day. It worked for us, but that may not work for you. Pick the recipes that WILL work for you!



Freezer Pizza Stuffed Peppers

4 servings

45 minutes

Ingredients

- 1/2 Yellow Onion (chopped)
- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Chicken (Ideally preflavored hot italian or sweet italian, you can also just make your own by adding 1T italian seasoning to plain chicken)
- 1 cup Pizza Sauce
- 1/4 cup Grated Parmesan
- 1/2 cup Shredded Mozzarella Cheese
- 2 Yellow Bell Pepper (seeded, deveined and cleaned)
- 2 Red Bell Pepper (seeded, deveined and cleaned)
- 1/4 cup Parsley

Nutrition

Amount per serving	
Calories	295
Fat	16g
Carbs	14g
Fiber	3g
Sugar	5g
Protein	25g
Cholesterol	105mg
Potassium	1041mg
Vitamin A	2573IU
Vitamin C	254mg
Calcium	128mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Mix chopped onion, ground chicken/turkey, pizza sauce, mozzarella, and parmesan.
- 2 Prep bell pepper halves and then divide chicken filling evenly among them. I froze mine in a ziplock bag, but you could also do a disposable aluminum pan so that you could pop them straight in the oven.
- 3 Defrost one day ahead of time then bake on 375F bell pepper halves for about 45 minutes in a casserole dish or until the core temperature reaches 165F. I drained excess liquid from the dish halfway through and at the end.
- 4 Let sit at least 5 minutes before serving, if desired, garnish with fresh parsley leaves.

Notes

recipe link , <https://hungryhobby.net/pizza-stuffed-peppers/>



Freezer Sheet Pan Steak Fajitas

3 servings

1 hour

Ingredients

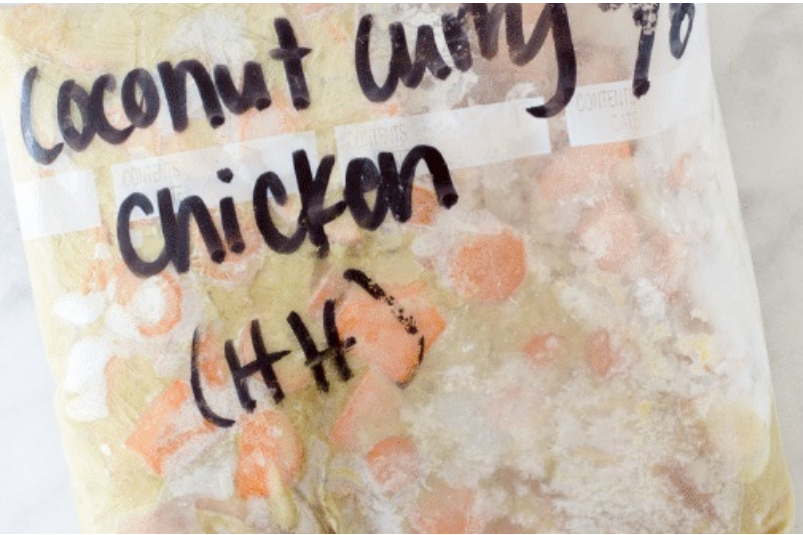
- 1 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/8 tsp Cayenne Pepper
- 1 tsp Smoked Paprika
- 1/2 tsp Sugar
- 1/8 tsp Ancho Chili Pepper Or Chili Pepper
- 1/4 tsp Sea Salt
- 1 tbs Avocado Oil
- 3 Bell Peppers (any colors, deseeded and deveined and sliced into strips)
- 1 lb Tri Tip Or Flank Steak (cut into strips)

Nutrition

Amount per serving	
Calories	300
Fat	17g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	32g
Cholesterol	101mg
Potassium	531mg
Vitamin A	409IU
Vitamin C	0mg
Calcium	48mg
Iron	3mg
Vitamin D	5IU

Directions

- 1 Combine all ingredients in a large ziplock bag and freeze.
- 2 Bake in a dish or on a sheet pan at 350F for 20 minutes after defrosting. OR add to a skillet and cook on medium high until steak reaches an internal temperature of 165F. With the skillet method, you technically do not need to defrost first.



Freezer Coconut Curry Chicken

8 servings

1 hour

Ingredients

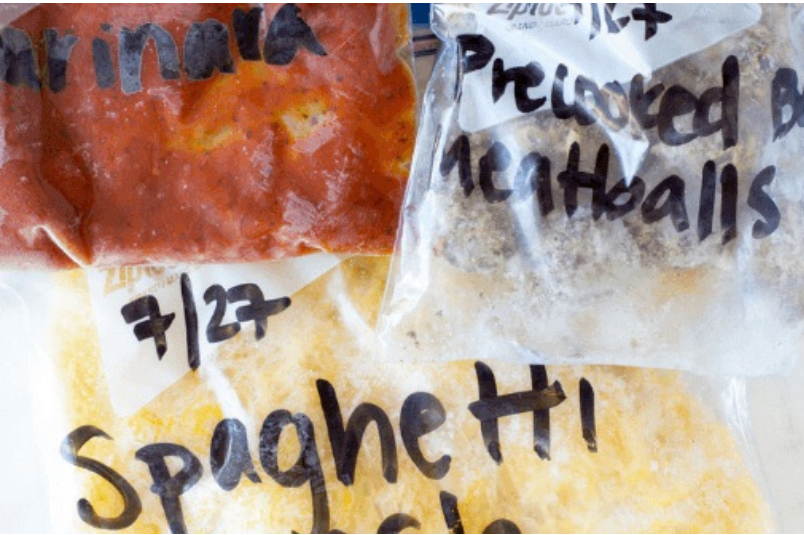
- 2 lbs Chicken Breast
- 12 ozs Green Curry Simmer Sauce (12 Ounces)
- 1/3 cup Organic Coconut Milk Canned
- 3 cups Mirepoix
- 3 cups Cauliflower Rice

Nutrition

Amount per serving	
Calories	281
Fat	11g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	36g
Cholesterol	117mg
Potassium	519mg
Vitamin A	458IU
Vitamin C	0mg
Calcium	13mg
Iron	1mg
Vitamin D	1IU

Directions

- 1 Freeze chicken breast, simmer sauce, mirepoix, and coconut milk together.
- 2 Slow cooker: Add to slow cooker from frozen 6-8 hours on high. You can shred the chicken at the halfway point in before serving. Add frozen mix at the end and stir until everything is hot.
- 3 Instant Pot: Add to instant pot from frozen, cook 20 minutes on high pressure and 20 minutes natural release. Quick release remaining pressure and add frozen cauliflower rice at the end and stir until everything is hot.



Freezer Spaghetti Squash & Meatballs

4 servings

1 hour

Ingredients

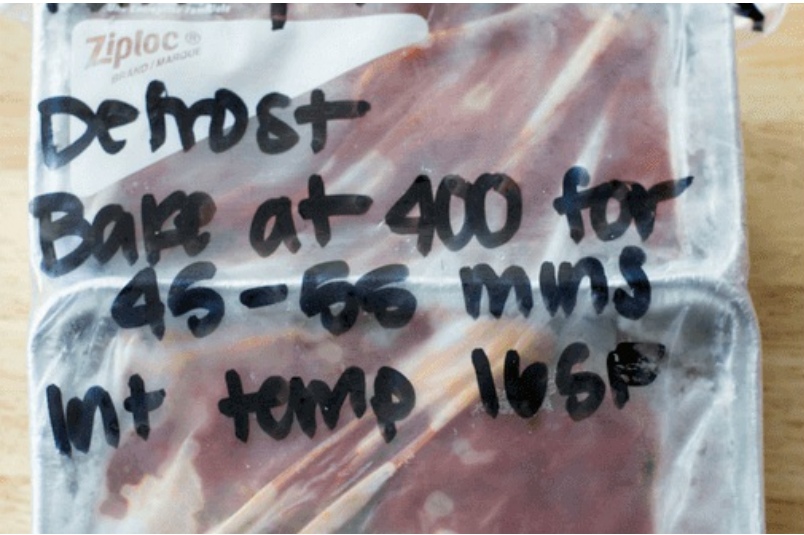
- 1 Spaghetti Squash
- 2 cups Marinara Sauce
- 1 1/4 lbs Extra Lean Ground Beef
- 1 Egg
- 1/2 Yellow Onion (chopped)
- 2 Garlic Cloves (minced)
- 1 tsp Parsley (dried)
- 1 tsp Dried Basil
- 1/2 tsp Oregano
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Cook spaghetti squash (I microwaved mine) and freeze in a gallon size ziplock bag.
- 2 Freeze marinara in a jar or ziplock (make sure to leave some room since liquid expands.)
- 3 Cook meatballs: combine 1.25lb ground beef, 1 egg, 1/2cup onion, 2 cloves minced garlic, 1 tsp parsley, 1/2 tsp basil, 1/2 tsp oregano, 1/2 tsp salt, 1/4 tsp black pepper. Make meatballs and bake on a foil lined and greased sheet pan at 400 for 20-30 mins - let cool before freezing. I froze in another bag.
- 4 You could heat all of this from frozen in the microwave, but I just let everything defrost for a day then combined into meals and heated in the microwave.

Nutrition

Amount per serving	
Calories	385
Fat	17g
Carbs	24g
Fiber	2g
Sugar	1g
Protein	33g
Cholesterol	139mg
Potassium	862mg
Vitamin A	514IU
Vitamin C	14mg
Calcium	74mg
Iron	5mg
Vitamin D	15IU



Freezer Pizza Turkey Meatloaf

4 servings

55 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 3 pieces Laughing Cow Wedges
- 1 1/2 Zucchini (shredded and squeezed dry of excess liquid)
- 1/2 cup Yellow Onion (chopped)
- 2 bulbs Garlic (cloves, minced)
- 1 tbsp Pizza Seasoning (or sub 1 tsp grand majaram + 1 tsp oregano + 1 tsp basil)
- 1 piece Egg
- 1/2 tsp Sea Salt
- 2 tbsps Parmigiano Reggiano
- 1/2 cup Shredded Mozzarella (shredded)
- 1/4 cup Pizza Sauce

Nutrition

Amount per serving	
Calories	265
Fat	14g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	28g
Cholesterol	135mg
Potassium	509mg
Vitamin A	410IU
Vitamin C	15mg
Calcium	124mg
Iron	2mg
Vitamin D	16IU

Directions

- 1 Combine all ingredients except the pizza sauce and 1/4 cup of the mozzarella cheese in a large bowl and mix well.
- 2 Spray an 8x 3.5 x 2.5 bread pan with cooking spray. Pack meat mixture into the pan and cover the top with pizza sauce.
- 3 Cover with saran wrap and place in a freezer bag with directions.
- 4 Defrost in the refrigerator. Should take 1-2 days to defrost under refrigeration. Once it's defrosted, or if you didn't freeze at all preheat the oven to 425F. If you froze it first, make sure to drain excess liquid once it's defrosted.
- 5 Add 1/4 cup mozzarella cheese on top of the meatloaf. Bake for 45-55 minutes at 425F or until internal temperature reaches 165F. Once it's done, remove it from the heat and let it sit 10-15 minutes. Cut pieces about one inch thick, it may fall apart if you cut the pieces to thin.

Notes

Recipe Courtesy of Hungry Hobby , <https://hungryhobby.net/pizza-turkey-meatloaf/>



Healthy Pumpkin Bread

10 servings

1 hour

Ingredients

- 1 cup Sunflower Seed Butter (or other nut/seed butter)
- 3/4 cup Pureed Pumpkin (puree canned)
- 1/4 cup Honey
- 2 Egg
- 1 tbsp Pumpkin Pie Spice
- 3 tbsps Coconut Flour (or oat flour)
- 1/2 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1/2 tsp Vanilla Extract
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	230
Fat	17g
Carbs	17g
Fiber	3g
Sugar	10g
Protein	7g
Cholesterol	37mg
Potassium	203mg
Vitamin A	2928IU
Vitamin C	2mg
Calcium	46mg
Iron	2mg
Vitamin D	8IU

Directions

- 1 Preheat oven to 375F.
- 2 Combine all ingredients (except for pumpkin seeds) in a food processor. Process until everything is mixed. Usually I will process mine for 5 seconds, scrape the side and process another 5 seconds.
- 3 Pour in a parchment lined bread pan (makes for SUPER easy clean up) and then top with pumpkin seeds.
- 4 Bake it for 40-45 minutes. (Depending on your altitude it may require a little longer, just bake until tooth pick inserted comes out clean!)
- 5 Let cool for 5 minutes and then eat it all up!!!!

Notes

recipe link , <https://hungryhobby.net/healthy-pumpkin-bread/>



Freezer Oven-Fried Chicken Tenders - Gluten Free, Healthy, Low Carb

4 servings

1 hour

Ingredients

- 1 lb Chicken Tenders
- 1 cup Almond Meal (not flour)
- 1 tsp Salt
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Ground White Pepper
- 1/4 tsp Ground Cumin
- 1/4 tsp Ground White Pepper

Nutrition

Amount per serving	
Calories	296
Fat	17g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	33g
Cholesterol	81mg
Potassium	7mg
Vitamin A	95IU
Vitamin C	0mg
Calcium	62mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Add chicken tenders to a large ziplock bag. Combine 1 cup almond meal and seasonings in a small bag or bowl. Pour seasonings over chicken into the large bag. Seal the large bag shut and shake till all the chicken is well coated. Lightly shake off excess coating and place on a lightly sprayed parchment lined baking sheet. Freeze them overnight then you can save them in a ziplock or whatever container you want.
- 2 To cook from frozen: Preheat oven to 450F and bake on a foil and greased sheet pan FROM FROZEN. If you want crispier tenders, you can set them on an oven-safe cooling rack. (I have done this in the past but usually, I skip it because it's just something else to wash.) Bake for 35-45 minutes or until internal temperature reaches 165F.

Notes

Tone Down the Heat, Use these ingredients to tone down the heat! 1 lb chicken tenders 1 cup almond MEAL not flour 1.5 tsp salt 1/4 tsp ground white pepper 1/4 tsp ground cumin



Freezer Steel Cut Oats

12 servings

1 hour

Ingredients

- 2 cups Steel Cut Oats (quick cooking kind)
- 6 cups Water
- 1/3 cup Maple Syrup
- 1 tbs Cinnamon (optional)

Nutrition

Amount per serving	
Calories	141
Fat	2g
Carbs	28g
Fiber	3g
Sugar	7g
Protein	3g
Cholesterol	0mg
Potassium	132mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	38mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 After oats are done cooking add 1/3 cup maple syrup. Stir to combine well.
- 2 Use cooking spray to grease a muffin tin lined with silicone muffin liners. Grease the liners, not the actual muffin tin.
- 3 Add 1/3 cup oats to each muffin hole and freeze. Remove from silicone liners and store in a freezer bag with the date.



DIY Make Ahead Starbucks Feta Wraps

6 servings

18 minutes

Ingredients

- 6 Whole Wheat Tortilla (use GF tortilla if needed - 10 inch minimum is best)
- 10 cups Baby Spinach
- Garlic Salt (sprinkle)
- 2 ozs Roasted Red Peppers (1/3 jar)
- 3/4 cup Whipped Cream Cheese
- 2 cups Liquid Egg Whites
- 3/4 cup Crumbled Feta
- 1/3 cup Sun Dried Tomatoes
- Cooking Spray

Nutrition

Amount per serving	
Calories	199
Fat	5g
Carbs	23g
Fiber	6g
Sugar	3g
Protein	15g
Cholesterol	0mg
Potassium	637mg
Vitamin A	4843IU
Vitamin C	18mg
Calcium	153mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Pull tortillas out of the fridge for 15 minutes before you start, or microwave them for 10 seconds each (otherwise whole grain tortillas tend to break when rolling them up.)
- 2 Sauté 10 cups of fresh spinach sprinkled with garlic salt in a greased medium in a nonstick pan until wilted.
- 3 In a small skillet sprayed with cooking spray, cook 1/3 cup egg whites at a time making thin omelets. You'll repeat the process six times.
- 4 Spread 2 tablespoons of cream cheese across each tortilla. Assemble your burritos, add to the center of each tortilla: 1/6 of spinach mixture, 1 tablespoon chopped roasted red peppers, 1 mini egg white omelet, 2 tablespoons feta cheese, and 1 tsp sundried tomato. One trick I found that worked well was to place the omelet in the center, all the other ingredients in it, then fold it over before rolling the burrito.
- 5 Roll your burritos. If freezing them, roll up the burrito directly on your saran wrap and then roll the saran wrap around the burrito. Date and place in the freezer immediately. If you are going to eat your burrito right then, I suggest rolling it and setting it on one of your greased skillets to brown each side and help it stay together.
- 6 Remove burrito from plastic wrap and wrap in a paper towel. Place burrito open side down in the microwave.
- 7 Microwave for 2-4 minutes or until everything is hot and steaming! If you like you can brown it at this point on the skillet or just eat up. I find that once the burritos have been frozen they stick together nicely and don't need to be browned unless you want a little crunch!



Freezer Spicy Tuna Hummus Cakes

12 servings

1 hour

Ingredients

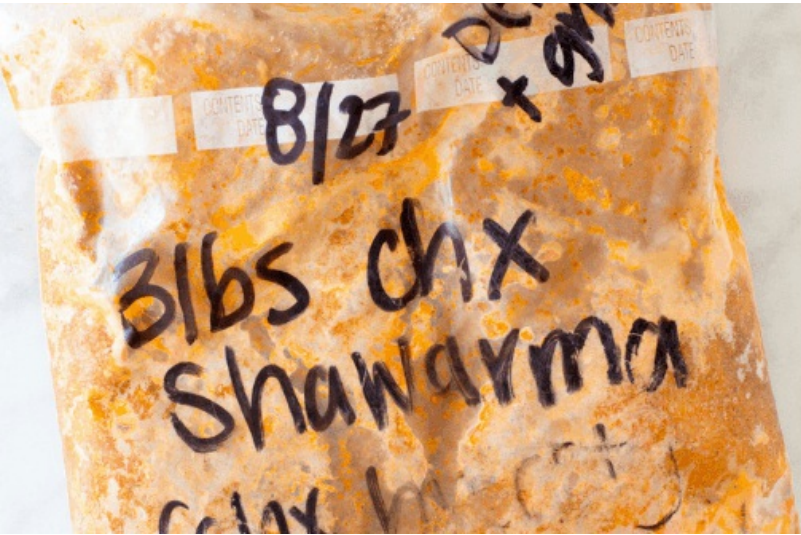
- 2 cans Tuna (5 ounces each)
- 1/2 cup Hummus (Red pepper or original)
- 2/3 cup Sweet Potato (Cooked and Mashed)
- 1 Green Onion Sliced
- 1/2 Jalapeno (deveined and deseeded, finely chopped)
- 2 Egg (Large)
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	84
Fat	3g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	8g
Cholesterol	41mg
Potassium	127mg
Vitamin A	97IU
Vitamin C	2mg
Calcium	20mg
Iron	1mg
Vitamin D	20IU

Directions

- 1 Preheat oven to 350F. Line a muffin tin with silicone muffin liners, paper liners, or grease with cooking spray.
- 2 Combine all ingredients in a large bowl.
- 3 Split evenly among 12 muffin cups.
- 4 Bake for 35 to 40 minutes until inserted toothpick comes out clean.
- 5 Remove from oven and let sit for 5 minutes.
- 6 Freeze for later use or store for up to 3 days in the refrigerator.
- 7 To eat, let defrost in the fridge or heat directly from frozen. Make sure the internal temperature reaches 165F before eating!



Freezer Chicken Shawarma

8 servings

40 minutes

Ingredients

- 3 Garlic Cloves (minced)
- 1 tbsp Coriander
- 1 tbsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 tbsp Paprika
- 1 tsp Ground Sumac
- 2 tsps Sea Salt
- 1 Lemon (juiced)
- 1/3 cup Avocado Oil
- 2 tsps Coconut Sugar
- 2 lbs Chicken Breast

Nutrition

Amount per serving	
Calories	262
Fat	13g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	35g
Cholesterol	118mg
Potassium	474mg
Vitamin A	60IU
Vitamin C	3mg
Calcium	17mg
Iron	1mg
Vitamin D	1IU

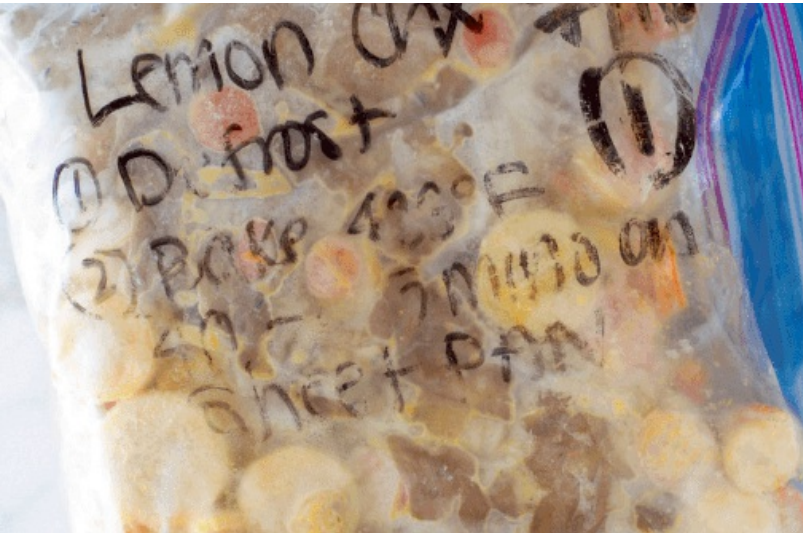
Directions

- 1 Mix marinade ingredients (everything except chicken) in a small bowl. Add chicken and marinade in a large gallon size zip lock bag. Massage the marinade into the chicken to ensure its thoroughly coated.
- 2 To cook this recipe up, you have SEVERAL options. We stuck with letting it defrost and then grilling it up. You could also throw it in the slow cooker for 4 hours on high (from defrosted). Or you could add it to your Instant Pot and cook for 20 minutes on high pressure and 20 minutes natural release (from frozen.)

Notes

No chicken breasts?, Use chicken thighs!

Meal Prep Tip, To meal prep, these salads ahead of time toss together chicken and all the salad ingredients EXCEPT the romaine lettuce. Add romaine lettuce to the top of the salad on the day of! This will prevent the romaine from getting soggy!



Freezer Sheet Pan Lemon Chicken with Potatoes and Carrots

4 servings

1 hour

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 Lemon (1 juiced and 1 thinly sliced)
- 2 tbsps Chopped Fresh Rosemary
- 2 Garlic Cloves (minced)
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 1/2 lbs Chicken Thighs (skinless and boneless)
- 1 1/2 lbs New Potatoes
- 5 Carrot (cut into 1/2-inch coins about 1 pound)
- 2 Parsnip (cut into 1/2-inch coins about 1/2 pound)

Nutrition

Amount per serving	
Calories	599
Fat	28g
Carbs	39g
Fiber	8g
Sugar	8g
Protein	45g
Cholesterol	226mg
Potassium	1035mg
Vitamin A	12813IU
Vitamin C	38mg
Calcium	122mg
Iron	3mg
Vitamin D	12IU

Directions

1

In a large bowl, whisk together the olive oil, lemon juice, rosemary, garlic, salt, and pepper. Add the chicken, carrots, and parsnips to the dressing and coat to toss. Gently pour the vegetables and chicken into TWO one gallon ziplock bags (I did one and the liquid expanded and spilled all over the freezer, use two to avoid that disaster.)

2

When you are ready to cook it, defrost one day ahead of time. Then dump contents of both bags into a large oven-safe casserole dish then place in the oven and roast for 40 to 45 minutes until the chicken reaches a minimum internal cooking temperature of 165-degrees Fahrenheit.



Healthy Butternut Squash & Turkey Chili (Instant Pot or Slow Cooker)

8 servings

1 hour 20 minutes

Ingredients

- 1 1/2 lbs Extra Lean Ground Turkey (99% lean)
- 1 Yellow Onion (chopped)
- 1 tbsp Avocado Oil
- 1 1/2 cups Red Kidney Beans (About one 15 ounce canned, rinsed - NO ADDED SALT)
- 1 1/2 cups Black Beans (About one 15 ounce canned, rinsed - NO ADDED SALT)
- 1 Green Bell Pepper (deseeded, deveined, chopped, chopped)
- 1 Jalapeno (OPTIONAL - see notes)
- 3 cups Butternut Squash (15 ounces cubed)
- 3 Garlic (minced)
- 1 1/2 cups Diced Tomatoes (About one 15 ounce canned, rinsed - NO ADDED SALT)
- 3 cups Tomato Sauce (About two 15 ounce cans, rinsed - NO ADDED SALT)
- 1 cup Chicken Broth
- 2 tbsps Chili Powder
- 1 tsp Salt (more as needed)
- 1 cup Shredded Sharp Cheddar Cheese (Optional)
- 1/2 cup Sour Cream (Optional)
- 1/4 cup Cilantro (Optional)
- 1/4 Green Onion (optional)

Directions

- 1 Slow Cooker Directions: Sauté onions for 1 minute in avocado oil until they are translucent and tender. (You can skip this step and just add the onions to the slow cooker if you want, that's what I did.) Then add the ground turkey and brown it until fully cooked. When the turkey is almost done the cooking, add 1 tbsp of the chili powder to it and finish cooking it.
- 2 Slow Cooker Directions: Once the turkey is done cooking it can be added to the slow cooker with all the rest of the ingredients into the slow cooker. Mix it well and let it cook on high for 3-4 hours or low for 6 hours.
- 3 Slow Cooker Directions: Season it with more chili powder and salt to taste!
- 4 Slow Cooker Directions: Optional toppings: cheese, sour cream, avocado, cilantro, and green onions.
- 5 Instant Pot Directions: Sauté onions for 1 minute in avocado oil until they are translucent and tender. Then add the ground turkey and brown it until fully cooked. When the turkey is almost done the cooking, add 1 tbsp of the chili powder to it and finish cooking it.
- 6 Instant Pot Directions: Once the turkey is fully cooked, turn off the instant pot and add the rest of the ingredients into the instant pot.
- 7 Instant Pot Directions: Place the lid on the Instant Pot and turn the valve to seal. Cook on high for five minutes and then let the pressure naturally release at least 20 minutes. Make sure to follow the manual for safety settings and procedures when operating.
- 8 Freezer Option 1: Cook in the Instant Pot or Slow Cooker following directions above. Let cool in the fridge for 4 hours then transfer to a freezer container or

2 Avocado (optional, cut into chunks)

Nutrition

Amount per serving	
Calories	463
Fat	24g
Carbs	37g
Fiber	13g
Sugar	9g
Protein	29g
Cholesterol	88mg
Potassium	1208mg
Vitamin A	7238IU
Vitamin C	41mg
Calcium	235mg
Iron	5mg
Vitamin D	12IU

bag and store for up to 3 months. Defrost and then reheat in the microwave.

9

Freezer Option 2: Fully cook the ground meat. Then add the ground meat, onion, beans, pepper, squash, diced tomatoes, chili powder, salt, and chicken broth in a freezer friendly bag. Before cooking, add two cans of tomato sauce. Cook from frozen in the IP by pressuring cooking 10 minutes and letting it naturally release. Cook from frozen in the slow cooker by cooking on high for 6-8 hours.(I have not tested this method.)

Notes

Recipe Courtesy of Hungry Hobby , <https://hungryhobby.net/healthy-butternut-squash-and-turkey-chili-recipe-slow-cooker-or-instant-pot/>



Freezer Crispy Instant Pot or Slow Cooker Pork Carnitas

10 servings

2 hours

Ingredients

- 4 lbs Pork Shoulder
- 2 tsps Dried Oregano
- 2 tsps Coconut Sugar
- 1 tsp Dried Basil
- 1 tsp Smoked Paprika
- 1 tsp Chipotle Chile Powder
- 1 tbsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Avocado Oil
- 12 Garlic Cloves
- 1 Yellow Onion (sliced)
- 1 cup Water
- 1 Lime

Nutrition

Amount per serving	
Calories	267
Fat	12g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	34g
Cholesterol	109mg
Potassium	651mg
Vitamin A	200IU
Vitamin C	4mg
Calcium	45mg
Iron	3mg
Vitamin D	40IU

Directions

- 1 Combine all ingredients for the rub (oregano, coconut sugar, basil, chipotle chile, smoked paprika, sea salt, and black pepper) in a jar or ziplock bag (really whatever you want).
- 2 Rub the seasonings all over the pork shoulder. Make sure to get every crevice!
- 3 Add avocado oil to the instant pot, turn on saute function and brown all sides of the pork shoulder. 1-2 minutes on each side should be plenty!
- 4 Shut off the instant pot and take the pork shoulder out. Place 12 small slits all over the pork shoulder, then stuff garlic chunks down in each slit.
- 5 Add water, followed by the pork and onion slices to the instant pot. Squeeze the juice of 1-2 limes over the top. (PS if your limes are big, stick with one, or it will be VERY limey.)
- 6 Close IP lid, switching the valve to sealing. Cook on high pressure for 60 -90 minutes. After it's done cooking, use the quick release option. (Mine took 60 minutes but depending on where you live it may take a bit longer. You can check doneness by trying to shred it. It should be EXTREMELY easy to shred. If it's not ready just repeat the cooking process for another 30 minutes.) For quick release: switch the valve to venting (be careful of the steam!) Open the IP once all the steam has been released and the pressure valve has dropped.
- 7 Shred the pork. You can do this in the IP and then drain, or you can just pull the pork shoulder out of the IP and do it on your cooking board. Keep the broth if you plan to freeze the meat!
- 8 Shred the meat but do not brown it. Shredded meat tends to lose its moisture when frozen or stored. To my hubby this is UNACCEPTABLE. If it were up to him,

we wouldn't brown the meat at all because he likes it juicy, but I NEED the crispiness. So, freeze the meat and juice in separate containers. You can freeze for up to 3 months. Let defrost under refrigeration then follow the steps to broil the pork for crispiness. Add back in broth as needed!

9

To broil: once the meat is defrosted lay it out on a foil-lined baking sheet and broil for 5-7 minutes until desired crispiness is reached!

Notes

Slow Cooker Directions , For slow cooker and freezer instructions please see:

<https://hungryhobby.net/instant-pot-pork-carnitas/>

Slow Cooker Instructions:, Follow steps 1-5 as outlined - but instead of using the IP to brown the meat, us a large skillet and use 1/2 cup water not 1 cup. Cook on high for 4-6 hours or low for 6-8 hours. You can check doneness by trying to shred it. It should be EXTREMELY easy to shred when done.



Freezer Kielbasa Sausage Vegetable Soup

5 servings
25 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (chopped)
- 1 lb Kielbasa Sausage (Turkey) (sliced)
- 3 cups Carrot (chopped or sliced)
- 1 stalk Celery (1 stalk chopped or about 3 cups)
- 3 Garlic (minced)
- 1 Sweet Potato (chopped 1 large ~ 3 cups)
- 4 cups Organic Vegetable Broth (vegetable or chicken)
- 4 cups Water
- 2 cups Kale Leaves (or collard greens or chard)
- 1 Bouillon Cube (optional)

Directions

- 1 Freeze together all ingredients, except kale.
- 2 IP Directions: Add contents with 2 cups of water to IP frozen, cook for 10 minutes on high and 10 minutes natural release. Quick release the pressure and then add 2-4 cups chopped greens, stir in while the soup is hot to wilt the greens.
- 3 Slow Cooker Directions: From frozen add 4 cups water and cook for 4 hours on high. Add 2-4 cups chopped greens, stir in while the soup is hot to wilt the greens.

Nutrition

Amount per serving	
Calories	114
Fat	3g
Carbs	20g
Fiber	5g
Sugar	8g
Protein	3g
Cholesterol	0mg
Potassium	395mg
Vitamin A	19576IU
Vitamin C	13mg
Calcium	104mg
Iron	1mg
Vitamin D	0IU