

# Shopping List

## For 10 Instant Pot Freezer Meals

### Meats

2 pounds Thin Steaks  
3 pounds ground beef  
2 pounds Chuck Steak  
5 pounds Chicken Breast

### Fresh Veggies

6 onions  
6 Peppers  
1 garlic  
1 Ginger

### Extra's

### Canned

2 Cans Black Beans  
2 Cans Rotel Tomatoes  
1 Can Corn  
16 oz pepperoncinis  
16 oz Salsa  
4 oz can jalepenos

### Frozen

Broccoli  
Mixed Veggies

### Seasonings

1 Ranch Packet  
2 Taco Seasoning Packets  
1 Au Jus packet  
chicken broth, beef broth

### Specialty Items

Hoisen Sauce  
Rice Vinegar  
Sesame Oil

### Pasta

5 pound bag long grain rice  
16 oz egg noodles

For More instructions: [adventuresofanurse.com](http://adventuresofanurse.com)