

Recipe Instant Pot Beef Fajitas

Date

Instructions:

- To cook from Frozen:
- Place the frozen package in your instant pot.
- Add 1/2 cup water.
- Cook on Manual high pressure for 4 minutes.
- It will take longer to come to pressure.
- Do a quick release

Extra's

**Cheese,
Tortilla,
salsa,
sour cream**

See more at adventuresofanurse.com



Recipe

Instant Pot French Onion Pot Roast

Date

Instructions:

- How To Cook from Frozen
- Place frozen ingredients into the instant pot.
- Place on manual high pressure for 60 minutes
- Do a natural release

Extra's

Mashed
Potatoes

See more at adventuresofanurse.com



Recipe

INSTANT POT BUFFALO CHICKEN SLIDERS

Date

Instructions:

- How To Cook from Frozen
- Place one half cup water in the instant pot.
- Add contents of the freezer bag.
- Cook on manual high pressure for 14 minutes with a natural release.
- Shred and serve.

Extra's

- Blue
- Cheese,
- Slider Rolls,
- green onion

See more at adventuresofanurse.com



Recipe Instant Pot South West burritos Date

Instructions:

- Place contents of freezer bag in the Instant Pot
- Report this ad
- Add 2 cups water
- Cook on manual high pressure for 4 minutes.
- Do a Quick Release.
- Option 1 uses Prefrozen rice thaw and stir in
- Option 2 (I used) Add 1 Cup Rice uncooked
- Cook on manual low pressure for 12 minutes
- Do a Quick Release.

Extra's

- Tortilla shells,
- sour cream,

See more at adventuresofanurse.com



Recipe

Chicken Pot Pie Casserole

Date

Instructions:

- How To Cook Instant Pot Chicken Pot Pie Casserole from Frozen:
- Place contents of the package in the instant pot
- Cook on Manual High Pressure for 15 minutes.
- Do a quick release
- Add Egg noodles
- Cook on manual high pressure for 4 minutes
- Report this ad
- Do a quick release and add cream and serve.

Extra's

- Egg Noodles

See more at adventuresofanurse.com



Recipe

Better Than Take-out Instant Pot General Tso's Chicken

Date

Instructions:

- How To Cook from Frozen:
- Add frozen contents to instant pot.
- cook manual high pressure for 10 minutes
- do a quick release
- Thicken as directed above
- serve over rice

Extra's

- Rice

See more at adventuresofanurse.com



Recipe

Better than Take-Out Beef & Broccoli

Date

Instructions:

- When ready to use in the Instant Pot Place in the pot frozen.
- Manual High Pressure for 10 Minutes.
- Do a Natural release for 10 minutes.
- Serve over rice.

Extra's

- Rice
- Broccoli

See more at adventuresofanurse.com



Recipe

INSTANT POT UNSTUFFED PEPPERS

Date

Instructions:

- Place contents of freezer bag in the instant pot
- Cook on Manual High Pressure for 4 minutes.
- Do a quick release
- You can either use already prepared Rice and stir in Or
- Add 2 cups uncooked rice
- Manual low pressure for 12 minutes
- quick release
- Optional stir in cheese.

Extra's

- Cheese

See more at adventuresofanurse.com



Recipe

INSTANT POT MISSISSIPPI CHICKEN

Date

Instructions:

- How to cook from frozen
- To Cook from Frozen.
- Place frozen contents in a freezer bag in the instant pot
- Add 1/2 cup water
- Pressure cook on manual high pressure for 30 minutes with 15 minutes natural release

Extra's

- Provalone
- Rolls

See more at adventuresofanurse.com



Recipe

THE ULTIMATE INSTANT POT FIESTA CHICKEN

Date

Instructions:

- Remove from freezer bag and place in the instant pot with 1 cup of water.
- Cook on high pressure for 12 minutes with a natural release.
- You can serve with pre-frozen Rice
- Or you can add 2 cups of uncooked rice to the pot
- Cook on LOW Pressure for 12 minutes
- Do a quick release.
- Stir in cheese.

Extra's

- Cheese

See more at adventuresofanurse.com

