

# Instant Pot Freezer Soups

## prep checklist

FOR ONE INSTANT POT

### Creamy Tomato Soup

- Turn the Instant Pot on to "Saute"
- Melt 1 tbsp butter in IP
- Dice 1/2 onion, add to butter & saute 5 min
- Prep remaining ingredients
- Add remaining ingredients
- Cook on high pressure for 7 minutes
- Quick release the pressure
- Blend the soup
- Stir in heavy cream
- Transfer to jars  
(or cool then transfer to bags)

### Spicy Sausage & Lentil Soup

- Turn the Instant Pot on to "Saute"
- Prep/chop veggies
- Add sausages to hot IP and brown on both sides
- Add veggies to browned sausages
- Add remaining ingredients and stir
- Cook on high pressure for 20 minutes
- Quick release the pressure
- Transfer to jars  
(or cool then transfer to bags)

### Butternut Squash & Apple Soup

- Peel and chop the butternut squash & apple
- Mince 1 garlic clove
- Turn on Instant Pot
- Add 1 tbsp oil and 1/2 diced onion
- Saute for 2-3 minutes
- Add chopped squash, apples, and garlic.
- Pour in chicken broth, add salt. Stir.
- Cook on high pressure for 4 minutes.
- Quick release the pressure
- Blend the soup
- Stir in heavy cream & maple syrup.
- Transfer to jars  
(or cool then transfer to bags)

### Hearty Chili

- Turn Instant Pot on to "Saute"
- Chop onion and peppers
- Add 1 tbsp oil, onions, & peppers to IP
- Saute 5 minutes
- Add the garlic to the onions & peppers.
- Add the ground beef and brown, abt 5 min
- Add the spices & herbs, tomatoes, and tomato sauce.
- Deglaze the pot and stir.
- Cook on high pressure for 10 minutes.
- Quick release the pressure
- Transfer to jars  
(or cool, then transfer to bags)

### French Onion Soup

- Turn Instant Pot on to "Saute"
- Thinly slice the onion
- Melt 4 tbsp of butter in the IP
- Add the sliced onions and saute 6 minutes
- Stir the onions. Let them brown 5-6 more minutes.
- Add the garlic, both broths, & worcestershire sauce
- Cook on high pressure for 5 minutes.
- Quick release the pressure.
- Transfer to jars  
(or cool, then transfer to bags)

### (Extra Green) Broccoli Cheese Soup

- Turn Instant Pot on to "Saute"
- Melt 2 tbsp of butter in the IP
- Add 1 chopped onion and 2 minced garlic cloves. Saute 2 minutes.
- Stir in the broccoli, dry mustard, salt, and broth.
- Cook on high pressure for 4 minutes.
- Quick release the pressure.
- Add 2 cups of spinach to the hot soup, stir until wilted.
- Blend the soup. Add the cheeses. Blend again.