

Instant Pot Freezer Soups

shopping list

- Creamy Tomato ● Spicy Sausage & Lentil ● Butternut Squash & Apple ●
- Hearty Chili ● (Extra Green) Broccoli Cheese ● French Onion ●

PRODUCE

5 yellow onions
13 garlic cloves (2 bulbs)
3 carrots
1 butternut squash
1 gala apple
2 bell peppers
5-6 cremini mushrooms
4 heaping cups broccoli florets
2 cups spinach
7 14.5 oz cans diced tomatoes

REFRIGERATED

1 lb ground beef
2 andouille sausages (abt 1 lb)
7 tbsp unsalted butter
1/2 cup shredded Parmesan
1 cup shredded cheddar cheese
3/4 cup heavy cream

DRY GOODS

1 can red kidney beans
1 cup red lentils
2 cups beef broth
12 cups chicken broth/stock

KITCHEN STAPLES

kosher salt
fresh ground pepper
olive oil
dried basil
dried oregano
chili powder
ground cumin
ground mustard
 Worcestershire sauce
1 tbsp maple syrup
2 tbsp sugar