



8 Instant Pot Weeknight Meals

Your fridge-door cheat sheet: every recipe, plus the full grocery list.

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1 No-Thaw Frozen Chicken & Rice Bowl

25 min

Grab: 4 frozen chicken breasts, 1 cup rice, 2 cups broth, garlic powder, salt, pepper

1. Add rice, broth & seasonings to pot; set frozen chicken on top.
2. Seal, cook 8 min high pressure, natural release 7 min, shred chicken into rice.

2 Confidence-Building Hard-Boiled Eggs

12 min

Grab: 6 eggs, 1 cup water

1. Water in pot, eggs on steamer rack, seal lid.
2. Cook 4 min low pressure, quick release, ice bath right away.

3 15-Minute Weeknight Chili

22 min

Grab: 1 lb ground beef, 2 cans kidney beans, 1 can diced tomatoes, chili powder, 1 chipotle pepper in adobo

1. Brown beef on sauté; add beans, tomatoes, chili powder, chipotle.
2. Seal, cook 5 min high pressure, quick release, stir.

4 Creamy Chicken and Rice

24 min

Grab: 2 chicken breasts, 1 cup rice, 2 cups broth, 4 oz cream cheese

1. Add chicken, rice & broth to pot; seal, cook 8 min high pressure.
2. Quick release, shred chicken, stir in cream cheese until melted.

5 One-Pot Beef and Broccoli

20 min

Grab: 1 lb sliced beef, soy sauce, cornstarch, 3 cups frozen broccoli

1. Beef, soy sauce & ½ cup water in pot; seal, cook 4 min high pressure.
2. Quick release, stir in cornstarch slurry & broccoli, rest 2 min.

6 10-Minute Mac and Cheese

15 min

Grab: 2 cups elbow macaroni, 2 cups water, shredded cheddar, splash of milk

1. Macaroni & water in pot; seal, cook 4 min high pressure.
2. Quick release, drain if needed, stir in cheese & milk.

7 Frozen Ground Turkey Taco Filling

20 min

Grab: 1 lb frozen ground turkey, 1 packet taco seasoning, ½ cup water

1. Turkey, seasoning & water in pot; seal, cook 5 min high pressure.
2. Quick release, break turkey apart with a fork.

8 Weeknight Pot Roast

55 min

Grab: 2 lb chuck roast, potatoes, carrots, beef broth, onion soup mix

1. Sear roast on sauté; add potatoes, carrots, broth, soup mix.
2. Seal, cook 35 min high pressure, natural release 10 min, shred.

Full Grocery List: Everything For All 8 Meals



PROTEINS

- ☐ Chicken breasts (6 total)
- ☐ Eggs (6)
- ☐ Ground beef (1 lb)
- ☐ Sliced beef (1 lb)
- ☐ Ground turkey (1 lb)
- ☐ Chuck roast (2 lb)

GRAINS & PASTA

- ☐ Rice (2 cups)
- ☐ Elbow macaroni (2 cups)

CANNED & JARRED

- ☐ Kidney beans (2 cans)
- ☐ Diced tomatoes (1 can)
- ☐ Chipotle peppers in adobo

DAIRY

- ☐ Cream cheese
- ☐ Shredded cheddar
- ☐ Milk

PRODUCE & FROZEN

- ☐ Potatoes
- ☐ Carrots
- ☐ Frozen broccoli

PANTRY & SEASONINGS

- ☐ Chicken broth
- ☐ Beef broth
- ☐ Garlic powder
- ☐ Salt & pepper
- ☐ Chili powder
- ☐ Soy sauce
- ☐ Cornstarch
- ☐ Taco seasoning
- ☐ Onion soup mix

Tested recipes built around what's already in your pantry.

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