

# INSTANT POT FREEZER MEAL SHOPPING LIST

The Salty Pot

## PROTEINS

GROUND BEEF - 1 pound  
BEEF STEW MEAT - 2 pounds  
MEATBALLS - (frozen) - 2 pounds  
CHICKEN BREAST - 4 1/2 pounds  
PORK CHOPS - 4 1/2 pounds  
SAUSAGES - 4 - 6 (mild Italian)

## FRESH VEGETABLES

ONIONS - 1 bag  
CELERY - 1 bunch  
GARLIC - 1 head  
GINGER - 1-2 tsp  
RED PEPPERS - 2  
GREEN PEPPERS - 2  
POTATOES - 2  
CARROTS - 1 bag  
TURNIP - 1 small  
BROCCOLI - 1 small head  
SNOW PEA PODS - 1 cup

## CANNED ITEMS

KIDNEY BEANS - 1 can (15 oz)  
BLACK BEANS - 1 can (15 oz)  
TOMATO PASTE - 2 cans (6 oz each)  
GREEN CHILIES - 1 can (4 oz)  
DICED TOMATOES - 1 can (28 oz)

## CANNED ITEMS CONT'D

MUSHROOMS (stems & pieces) - 2 (8 oz each)  
PINEAPPLE CHUNKS - 1 can (20 oz)  
MANDARIN ORANGES - 1 can (10 oz)  
CORN - 1 can (9 oz)  
CREAM OF MUSHROOM SOUP (condensed) - 2 cans

## SPECIALTY ITEMS

TERIYAKI SAUCE - 1 bottle (12 oz)  
SWEET & SOUR SAUCE - 1 bottle (12 oz)  
HONEY GARLIC SAUCE - 1 bottle (12 oz)  
SWEET CHILI SAUCE - 1 bottle (12 oz)  
HONEY SRIRACHA SAUCE - 1 bottle (12 oz)  
BBQ Sauce - 3 cups  
GRAVY PACKET - 1 (optional)  
BROWNING - 1 bottle (optional)  
CASHEWS - 1 cup

## SEASONINGS & BROTHS

Worcestershire  
Bay Leaves  
Curry Powder  
Chili Seasoning  
Cumin  
Oregano  
Thyme  
Salt and pepper  
Dried Chili Flakes (optional)  
Cornstarch (for thickening)  
Chicken broth - 5 - 6 cups  
Beef broth - 6 - 8 cups  
  
Garnishes: Sour cream, avocado, tortilla chips  
  
Rice for serving.