

## SMOKEY PENNE PASTA

**SIDE ITEM:** Breadsticks

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal, penne pasta, & 2 cups water to IP.
3. Set IP for high, 6 minutes. Once cook cycle is up, quick release the pressure.
4. While the IP is cooking, cook breadsticks according to package directions.
5. Once IP cycle is done and pressure is released, stir in cheeses, half & half, and spinach.

### NEEDED FOR SERVE DAY:

- 8 oz whole wheat penne pasta
- 2 cups monterey jack
- 1 cup Parmesan cheese
- 1 cup half and half
- 3 cups fresh spinach
- 1 box frozen breadsticks

**PREP TIME:** 30-40 mins **SERVES:** 6-8

FMBC  
BEST OF

## CARROT & BUTTERNUT SQUASH SOUP

**SIDE ITEM:** Grilled Turkey & Cheddar Sandwiches

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 2 cups water to IP.
3. Set IP for high, 30 minutes. Once cook cycle is up, quick release the pressure.
4. While the IP is cooking, prep sandwiches with turkey/cheese/honey mustard inside and grill with butter in a pan for 2-3 minutes per side. Chop basil and bake bacon in a 375 degree oven for 20-25 minutes.
5. Once IP cycle is done and pressure is released, use an immersion blender to puree the soup. Stir well and garnish bowls of soup with a good pinch of basil and bacon.

### NEEDED FOR SERVE DAY:

- 12oz pack bacon
- 1/2 cup fresh basil
- 1 pack sliced turkey
- 1 pack sliced cheddar cheese
- 1 loaf sandwich bread
- 1 bottle honey mustard
- 2 tbsp butter

**PREP TIME:** 50-60 mins **SERVES:** 4-6

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## MISSISSIPPI ROAST

**SIDE ITEM:** Ranch mashed potatoes, roasted green beans

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal and 1 cup water to IP.
3. Set IP for high, 90 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes before releasing remaining pressure.
4. While the IP is cooking, wash & poke holes in potatoes. Cook in microwave for 8-10 minutes, until soft. Mash and mix with sour cream, ranch dressing mix, and milk.
5. Mix green beans with evoo and salt/pepper/garlic powder and roast for 15-18 minutes at 400 degrees.

### NEEDED FOR SERVE DAY:

- 2lbs red potatoes
- 8oz light sour cream
- 1/3 cup milk
- 1 pack ranch dressing mix
- 2 12oz bags frozen green beans
- 2 tbsp evoo
- 2 tsp salt
- 2 tsp pepper
- 2 tsp garlic powder

**PREP TIME:** 110-120 mins **SERVES:** 4-6

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BEST OF

## FIREFIGHTER CHILI

**SIDE ITEM:** Grilled cheeses

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal, crushed tomatoes, & 2 cups water to IP.
3. Set IP for high, 30 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes.
4. While the IP is cooking, prep sandwiches with sliced cheese and grill with butter in a pan for 2-3 minutes per side.
5. Once IP cycle is done and pressure is released, stir well and garnish bowls of chili with sour cream and shredded cheese.

### NEEDED FOR SERVE DAY:

- 1 14oz can crushed tomatoes
- 1 loaf bread
- 1/2 stick butter
- 6-8 slices cheddar cheese
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream

**PREP TIME:** 50-60 mins **SERVES:** 6-8+

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BEST OF

## ITALIAN BEEF SANDWICHES

**SIDE ITEM:** Fruit salad

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 90 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes before manually releasing remaining pressure.
4. While the IP is cooking, peel and cut fruits into bite-sized pieces; combine. Split and toast hoagie buns (if desired).
5. Once cook cycle is up and pressure is released, shred meat in juices. Add to buns and top with 1-2 slices of cheese. Bake at 350 degrees for 3-4 minutes to melt cheese.

### NEEDED FOR SERVE DAY:

- 1 pack hoagie buns
- 1 pack sliced provolone cheese
- 1 pineapple
- 1 cup blueberries
- 2 mangoes
- 3 kiwi

**PREP TIME:** 10-120 mins **SERVES:** 6-8

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BEST OF

## BEEF RAGU

**SIDE ITEM:** Cheese grits

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 1 cup water to IP.
3. Set IP for high, 90 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes before manually releasing remaining pressure.
4. While the IP is cooking, bring 3 cups of water to a boil. Once boiling, add grits and stir vigorously until blended and smooth. Add American and cheddar cheeses; stir.
5. Once IP cycle is done and pressure is released, shred beef and stir into sauce.
6. Serve ragu over grits. Garnish with parmesan cheese.

### NEEDED FOR SERVE DAY:

- 1/2 cup parmesan cheese
- 3 slices American cheese
- 1 cup cheddar cheese
- 2 cups quick cooking grits

**PREP TIME:** 120-130 mins **SERVES:** 6-8

FMBC  
BEST OF

## TURKEY & SWEET POTATO CHILI

**SIDE ITEM:** Cornbread

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 2 cups water to IP.
3. Set IP for high, 30 minutes. Once cook cycle is up, quick release the pressure.
4. While the IP is cooking, prep cornbread per package directions.
5. Once IP cycle is done and pressure is released, stir soup well. Garnish with cheese and sour cream with cornbread on the side.

### NEEDED FOR SERVE DAY:

- 1 cup shredded cheddar cheese
- 1 cup sour cream
- 1 package cornbread mix (with eggs/milk to prepare)

**PREP TIME:** 50-60 mins **SERVES:** 6-8

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BEST OF

## ZUPPA TOSCANA

**SIDE ITEM:** Cheddar garlic biscuits

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal & 2 cups water to IP.
3. Set IP for high, 15 minutes. Once cook cycle is up, quick release the pressure.
4. While the IP is cooking, prep biscuits according to package directions.
5. Once lid is removed from cooker, add heavy cream and stir well. Serve with cheddar garlic biscuits on the side.

### NEEDED FOR SERVE DAY:

- 1 pack cheddar garlic biscuit mix
- 1 8oz container heavy cream

**PREP TIME:** 35-45 mins **SERVES:** 4-6

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BEST OF

## CARNITAS OVER SWEET POTATO MASH

**SIDE ITEM:** Pico de gallo

1. Thaw your meal enough to pop out of the freezer containers.
2. Add contents of container 1 & 1 cup water to IP.
3. Set IP for high, 90 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes before releasing remaining pressure.
4. Once pressure is released, remove meat and shred; mix in about 1/2 cup of the cooking juices (reserving rest in the pot). Spread meat on a cookie sheet and broil for 6-8 minutes, until ends get crispy.
5. Add container 2's contents into cooking juices in pot. Cook sweet potatoes for 15 minutes and quick release the pressure once cook cycle is up.
6. While container 2 cooks, chop tomatoes, cilantro, and onion and combine. Garnish with lime juice and salt and stir well.
7. Once cook cycle is up, mash sweet potatoes. Serve topped with carnitas and garnished with pico.

### **NEEDED FOR SERVE DAY:**

- 6 roma tomatoes
- 1 cup cilantro
- 1/4 large red onion
- juice of 2 limes
- 1 tbsp salt

**PREP TIME:** 140-150 mins **SERVES:** 6-8

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## TACO SOUP

**SIDE ITEM:** Cornbread & soup toppings

1. Thaw your meal enough to pop out of the freezer container.
2. Add frozen meal, canned tomatoes, & 2 cups water to IP.
3. Set IP for high, 30 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes before releasing remaining pressure.
4. While the IP is cooking, prep and cook cornbread. Chop onion.
5. Once pressure is released from cooker, stir soup well. Serve cornbread on the side and top with cheese, chips, onion, and sour cream.

### **NEEDED FOR SERVE DAY:**

- 1 4oz can diced tomatoes
- 1 cup shredded cheddar cheese
- 1 bag tortilla chips
- 1 small red onion
- 8 oz sour cream
- 1 package cornbread mix (with eggs/milk to prepare)

**PREP TIME:** 50-60 mins **SERVES:** 6-8

FMBC  
BEST OF