

# INSTANT POT MEAL PLAN: 7 DAYS OF DOUBLE DUTY DINNERS

**Day 1:** <https://www.pressurecookingtoday.com/pressure-cooker-chicken-taco-filling/>

**Day 2:** <https://www.pressurecookingtoday.com/instant-pot-15-bean-soup/>

**Day 3:** <https://www.pressurecookingtoday.com/pressure-cooker-sirloin-tips-in-gravy/>

**Day 4:** <https://www.pressurecookingtoday.com/spicy-chicken-soup/>

**Day 5:** <https://www.pressurecookingtoday.com/pressure-cooker-green-chile-pork-carnitas/>

**Day 6:** <https://www.makeaheadmeal.com/instant-pot-meatball-soup/>

**Day 7:** <https://www.pressurecookingtoday.com/pressure-cooker-beef-and-broccoli/>

**Dessert:** <https://www.pressurecookingtoday.com/pressure-cooker-key-lime-pie/>

## Meats

- 1.5 pound beef chuck roast
- 5 pound sirloin roast
- 1 package frozen meatballs (about 20 to 30 meatballs)
- 2 to 3 pound pork shoulder roast
- 10 boneless, skinless chicken breasts
- 1 cup diced cooked ham
- 1 ham bone (optional)

## Produce

- 1 pound broccoli florets
- 6 large carrots
- 20 garlic cloves
- 1 jalapeño pepper
- 1 green bell pepper
- 1 poblano pepper
- 1 pound tomatillos
- 1 red onion
- 1 bunch cilantro
- 1 stalk celery
- 2 cups spinach
- 7 white onions
- Shredded lettuce (for topping)
- Tomatoes (for topping)
- Avocado slices (for topping)
- 4 key limes (or regular limes)
- 1 lemon (or 1 tbsp lemon juice)

## Canned and Dry Goods

- 2 cans (14.5 ounces each) cannellini or great northern beans
- 2 cans (14 ounces each) black beans
- 1 cup prepared pasta sauce or marinara sauce
- 2 cans (14.5 ounces each) crushed tomatoes
- 2 cans (14.5 ounces each) diced tomatoes
- 1 can (10 ounces) diced tomatoes with green chilies
- 80 ounces beef broth (3 cartons or 6 cans)
- 45 ounces chicken broth (2 cartons or 4 cans)
- Tortillas or taco shells (for chicken tacos and pork carnitas)
- 1 jar (16 ounces) chunky salsa
- 1 package egg noodles (optional for sirloin tips)
- 2 cups dried white rice (side for Beef and Broccoli)
- 1 package (20 ounces) Hurst's HamBeens 15 Bean Soup with seasoning packet
- 5 graham crackers
- 1 can (14 ounces) sweetened condensed milk

## Dairy

- 3 tablespoons butter
- 4 eggs
- 1/3 cup sour cream (more for topping)
- 1/4 cup shredded mozzarella cheese
- Queso fresco (to taste)
- Shredded cheddar cheese (to top)

## Frozen

- 1 bag (15 ounces) frozen corn

## Pantry Items

- 1/2 cup soy sauce
- Sesame oil
- Olive oil
- 1/3 cup brown sugar
- Granulated sugar
- All-purpose flour
- Cornstarch
- Salt
- Pepper
- Red pepper flakes
- Italian seasoning
- Dried cumin
- Dried oregano
- 2 bay leaves
- Garlic powder
- Dried parsley
- Onion powder
- Chili powder
- Toasted sesame seeds