

February 2018 Instant Pot Menu



				1 Thursday	2 Friday	3 Saturday
				Chicken and Dumplings	Cheesy Beef Taters	Chicken and Rice
4 Sunday	5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 Saturday
Salmon	Chili Lime Steak Bowl	Honey Glazed Ham	Low Country Shrimp Grits	Mac and Cheese	Zuppa Toscana	Shredded Mexican Chicken
11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday
Pot Roast	Asian Chicken	3 Ingredient Ribs	Beef Bourguignon	Chicken Tacos	Bone Broth	3 Packet Roast
18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
Healthy Tilapia	Kung Pao Chicken	Mushroom and Onion Cubed Steak	Corned Beef and Cabbage	Dr. Pepper Pulled Pork	Meat Loaf	Cubed Steak & Gravy
25 Sunday	26 Monday	27 Tuesday	28 Wednesday	Desserts:		Sides:
Swedish Meatballs	Chicken Noodle Soup	Whole Chicken	Spaghetti Squash with Chorizo Sauce	Instapot Baked Apples Recipe Instant Pot Mini Pumpkin Pie Instant Pot Lava Cake Instapot Cinnamon Applesauce Recipe		Instant Pot Mashed Potatoes Pressure Cooker Acorn Squash Instant Pot Monkey Bread