

31 Days of Healthy Instant Pot Recipes

from Confessions of a Fit Foodie

<u>Healthy Instant Pot Chili Mac</u>	<u>Healthy Instant Pot Asian Steak Lettuce Wraps</u>	<u>Spice Rubbed Instant Pot Whole Chicken</u>	<u>Instant Pot Low Carb Cauliflower Cheeseburger "Mac"</u>	<u>Zucchini Lasagna</u>	<u>Instant Pot Chicken Carnitas with Avocado Peach Salsa</u>
<u>Healthy Buffalo Chicken Taquitos</u>	<u>Instant Pot Loaded Cauliflower Mash</u>	<u>Instant Pot Cheeseburger Soup</u>	<u>Sausage and Cauliflower Casserole</u>	<u>Instant Pot Chicken Noodle Soup</u>	<u>Instant Pot Enchilada Pasta</u>
<u>Instant Pot Scalloped Potatoes Au Gratin</u>	<u>Instant Pot Chicken and Wild Rice Soup</u>	<u>Instant Pot Mashed Potatoes</u>	<u>5 Ingredient Instant Pot Chili</u>	<u>Instant Pot Chicken Curry and Rice</u>	<u>Homemade Hamburger Helper</u>
<u>Instant Pot Tomato Soup with Crispy Cheese Chips</u>	<u>Instant Pot Balsamic Chicken</u>	<u>Asian Chicken Meatballs</u>	<u>Butternut Squash Mac and Cheese</u>	<u>Salsa Lime Chicken</u>	<u>Instant Pot Frittata</u>
<u>Instant Pot BBQ Chicken</u>	<u>Pumpkin Pasta with Spicy Sausage</u>	<u>Hidden Cauliflower Taco Meat</u>	<u>Fresh Tomato Sauce</u>	<u>Butternut Squash Soup</u>	<u>Sweet Potato and Black Bean Chili</u>
					<u>Corn Chowder</u>