

# Freezer Stew: Paprikash Chicken

December 6th, 2025

**This recipe serves: 4**

Prep Time: 00:30

Cook Time: 00:30

Freezer Stew is a ready-made meal that can be stored in the freezer. Simply mix the Dry Ingredients and place them in a freezer-safe bag, then freeze up to 6 months. When it comes time to prepare the stew, simply add the contents of the freezer bag into your Instant Pot, add a can of tomatoes and a quart of stock or broth, then cook for about 25 minutes. When you open the Instant Pot, the stew is ready to eat. This freezer stew can be served alone, with a side of chips, or with a grilled cheese sandwich. This freezer stew integrates Paprikash Chicken for an easy, flavorful meal.

## Ingredients:

Dry Ingredients:

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2 Tablespoons Unsalted Butter  
4 Chicken Thighs, boneless and skinless, diced  
4 Golden Potatoes, cleaned and diced  
8 Ounces Carrots, cut on the bias  
8 Ounces Celery, cut on the bias  
16 Ounces Pearl Onions  
1 Zucchini, Diced  
1 Green Bell Pepper, diced  
1 Red Bell Pepper, diced  
4 Cloves Garlic, Minced  
2 Tablespoon Cornstarch  
1 Tablespoon Olive Oil  
1 Tablespoon Smoked Paprika  
1/2 Teaspoon Salt

Cook-time Ingredients (per Batch):

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2 Cups Chicken Stock  
1 Can (14 oz) Fire Roasted Diced Tomatoes

## Directions:

Storage:

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Split the Dry Ingredients across 4 freezer-safe bags  
Seal each bag and freeze, up to 6 months.

Making the Soup:

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Pour all of the Dry Ingredients from 1 Bag into the Instant Pot.  
Add Chicken Stock and a can of Fire Roasted Diced Tomatoes.  
Stir well.  
Set the Instant Pot on High for 25 minutes and seal the lid.  
After the cycle completes, release the pressure manually.

Serve.