



Splendid Dishes Dinners Done! Freezer Meal Program

MENU 2 INSTRUCTIONS

One-Two Pot/Pan Meals: *ALL these meats must be defrosted before cooking **Keep veggies frozen until ready to use. If frozen in a clump, break up on the counter, or dip into a bowl of warm water for a couple of minutes to break up, then follow cooking directions.

#1 Balsamic Caprese Chicken with Veggies

INGREDIENTS IN THE BAG:

Seasoned Chicken
Sauce
Tomatoes
Cheese
Veggie

NEED:

Cooking oil
Seasoning for veggies

PAIRING SUGGESTIONS:

Pasta, couscous, quinoa

1. Heat a large skillet over medium-high heat and add cooking oil. Add chicken to pan, and cook until golden and cooked through, about 8-10 minutes per side. Transfer cooked chicken to a plate.
2. Reduce heat to medium-low and stir in balsamic sauce to combine.
3. Add tomatoes and let simmer until soft, about 6-7 minutes, pressing with the backside of a spoon to let the juices out.
4. Return chicken to skillet, top with cheese, and cover to melt cheese.
5. Place veggies on a lined baking sheet, toss with oil and sprinkle with seasoning; roast at 400F, for 15-20 minutes or until golden & tender OR blanch in boiling water for 3-4 minutes, then run under cold water. Drizzle with olive oil and season.

#2 Southwest Chicken Bowl

INGREDIENTS IN THE BAG:

Seasoned Chicken

Veggies

Salsa

Cheese

NEED:

Cooking oil

PAIRING SUGGESTIONS: Brown Rice, Spanish rice, couscous or quinoa

1. Heat a skillet on medium high heat, drizzle with oil and add chicken. Sauté until cooked through, about 10-12 minutes.

2. Add veggies in and sauté until warmed through, about 4-5 minutes.

Serve with your favorite rice or grain and add toppings like fresh tomatoes, guacamole and sour cream.

#3 Pizza-Dillas

INGREDIENTS IN THE BAG:

Tortillas

Cheese, divided in half then 1 half into portions (however many you ordered)

Pizza sauce

Sausage

NEED:

Cooking spray

PAIRING SUGGESTIONS: Your favorite pizza toppings like pepperoni, olives, peppers

1. Divide cheese in half. Take one half and divide that into portions (however many you ordered). Save remaining cheese for topping.
2. Heat a skillet on medium high heat. Cook sausage until browned and break into crumbles and scrape into a bowl.
3. In the same skillet, spray bottom with cooking spray then, place 1 tortilla in skillet, sprinkle 1 portion of cheese around tortilla to cover evenly, then top with 2nd tortilla. Spray the top of the 2nd tortilla with cooking spray.
4. Once the bottom is golden and crispy, carefully flip the entire tortilla over and cook until golden and crispy. Remove from the skillet and repeat with remaining tortillas/cheese.
5. Preheat oven to 400F. Place quesadillas on a lined baking sheet. Top each one with pizza sauce, sausage crumbles, remaining cheese and any other toppings you want to add.
6. Place in the oven for 5-8 minutes until cheese and toppings are melted and warmed through. Slice and serve.

#4 Korean Bulgogi Beef

INGREDIENTS IN BAG:

Seasoned beef

Sauce

Veggies

NEED:

Cooking oil

PAIRING SUGGESTIONS: White rice or noodles

1. Heat a large skillet on high heat. Drizzle with olive oil and add beef, in batches if necessary, to not crowd the pan. Sauté for 5-6 minutes, then transfer to a plate.
2. Add veggies and sauté for 8-9 minutes, then add beef back in and pour sauce in. bring to a boil (sauce will thicken) and toss veggies with beef to combine

#5 Honey Mustard Pork Chops

INGREDIENTS IN THE BAG:

Seasoned pork
Sauce
Veggies

NEED:

Cooking oil
Seasoning for veggies

PAIRING SUGGESTIONS: Roasted, mashed or au gratin potatoes, Quinoa

1. Heat a large skillet on high heat, drizzle with oil and sear pork chops 6-8 minutes on each side until internal temp reaches 145F.
2. Lower the heat and pour the honey mustard sauce in. Spoon over pork and let the sauce reduce for 2-3 minutes until thickened.
3. While the chops are cooking, place veggies on a lined baking sheet, drizzle with oil and sprinkle with seasoning. Roast for 18-22 minutes, tossing in between, until golden.

#6 Smoked Sausage Gumbo (goes great with white rice!)

INGREDIENTS IN THE BAG:

Smoked sausage
Sauce
Veggies

NEED:

Cooking oil
Seasoning for veggies

PAIRING SUGGESTION: White rice, dirty or jambalaya rice

1. Cut sausage into ¼" slices. Heat a deep skillet on medium high heat. Drizzle with oil and toss in sausage. Cook sausage until browned on both sides, then toss in veggies. Sauté for 3-4 minutes until they become slightly tender, then stir in sauce (diced tomato mixture).
2. Lower heat to simmer and cook for 8-10 minutes. Serve over rice.

#7 BBQ Pork Bowl

INGREDIENTS IN THE BAG:

Seasoned pork
BBQ sauce
Veggie

NEED:

Cooking Oil
Seasoning for veggies

PAIRING SUGGESTION: Roasted sweet potatoes, corn, black beans, or rice.

1. Preheat oven to 375F. Toss pork in a bowl with BBQ sauce and place on a lined baking sheet. Bake for 20-25 minutes.
2. While pork is cooking, place veggies on another lined baking sheet, drizzle with oil and sprinkle with your favorite seasoning. Place in the oven with pork and roast for 15 minutes.

#8 Swedish Meatballs

INGREDIENTS IN THE BAG:

Meatballs
Sauce
Veggies

NEED:

Cooking oil
Seasoning for veggies
2 tablespoons flour/2 tablespoon softened butter (combined to make a paste)
2 cups warm water

PAIRING SUGGESTIONS: Egg noodles, mashed potatoes

1. Preheat oven to 400F. Place veggies on a lined baking sheet; drizzle with oil and sprinkle with seasoning. Roast for 18-20 minutes or until golden and tender.
2. Heat a large skillet on medium high heat, add butter flour paste and whisk until melted, then whisk in 2 cups warm water, whisking the whole time to keep from getting lumpy.
3. Once liquid starts to thicken, lower heat and stir in the sauce bag, whisking to combine.
4. Add the meatballs to the sauce and simmer on low for 8-10 minutes. If the sauce is too thick, add a little water or milk to thin it out.

#9 White Chicken Tortilla Soup

INGREDIENTS IN THE BAG:

All in 1 bag

NEED:

4oz Cream cheese (optional)

Toppings (optional): Sour cream/shredded cheese

PAIRING SUGGESTION: Crusty bread or bread bowl & a Salad

CROCKPOT: Add entire contents of freezer bag into the crockpot, plus 4 cups water. Heat on low for 3-4 hours or high for 2-3 hours. Contents can be frozen when put into crockpot. Once soup is cooked, break up cream cheese and stir until melted and combined. Season to taste.

STOVETOP: Place contents into a large soup pot, plus 4 cups water. Bring to a boil, then lower and simmer for 30-45 minutes. Once chicken is cooked, stir in cream cheese, and combine until melted. Season to taste.

#10 Chicken Enchiladas

INGREDIENTS IN THE BAG:

Seasoned Chicken

Sauce

Cheese

NEED:

6-7 Tortillas

Shredded cheese

PAIRING SUGGESTIONS: Yellow or Mexican rice Refried beans Guacamole/Salsa

To Cook Chicken:

INSTANT POT: Put contents of chicken bag in instant pot with 1 ½ cups water. Set on high and cook for 10 minutes, with 15-minute natural release. Release any remaining steam manually, carefully open pot and remove chicken with slotted spoon into a bowl. Try to leave as much liquid out as possible.

CROCKPOT: Place contents of chicken bag, plus 1 cup water into crockpot. Set on high for 2-3 hours or low for 3-4 hours. Once cooked, remove with slotted spoon, leave out as much liquid as possible.

TO ASSEMBLE & COOK:

1. Preheat oven to 375F. Place half the enchilada sauce in bottom of the baking dish.
2. Set up an assembly line with tortillas, enchilada sauce and chicken mixture. Lay out a tortilla and add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then roll up tortilla and place in baking dish.
3. Assemble the remaining enchiladas. Then spoon remaining sauce evenly over the top of the enchiladas, and sprinkle cheese over the top.
4. Bake uncovered for 20 minutes, until the enchiladas are warmed through and the tortillas are slightly crispy on the outside