



Splendid Dinners Done!

Freezer Meal Program

MENU 1 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 One Pot Pork Chow Mein (GF)

INGREDIENTS IN THE BAG:

Seasoned Pork

Sauce

Veggie

NEED:

Cooking oil

12oz thin spaghetti

PAIRING SUGGESTION:

Egg roll or spring roll

Salad with ginger or Asian dressing

1. Boil pasta according to box directions; drain and set aside.
2. Heat a large shallow skillet on high heat; drizzle with oil and add pork, searing on all sides until browned and almost cooked through. Transfer to plate.
3. Add veggies and cook for 5-6 minutes, until slightly tender.
4. Add pork back into the skillet and toss in cooked pasta. Stir in sauce and toss to combine.
5. Lower heat and simmer for 3-4 minutes until pork is completely cooked through.

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#2 Salsa Chicken (GF/LC)

INGREDIENTS IN THE BAG:

Seasoned Chicken

Salsa

Peppers

Cheese

NEED:

PAIRING SUGGESTION: Brown, yellow or mexican rice

1. Place chicken and peppers in a baking dish. Pour salsa over the top and sprinkle with cheese. Bake at 350F for 25-30 minutes or until internal temp reaches 165F.

Crock Pot: Place chicken and peppers in the crock pot with ½ of the salsa and 1 cup of water. Cook on low for 3-4 hours or high for 2-3 hours. Once done, remove chicken from liquid and place in baking dish. Top with remaining salsa and cheese; broil for 2-4 minutes until cheese bubbling and melted.

#3 BBQ Meatballs

INGREDIENTS IN THE BAG:

Meatballs

BBQ sauce

Veggie

NEED: Seasoning for veggies

PAIRING SUGGESTION:

Meatball Hoagie

French fries, sweet potato fries, tater tots

1. Preheat oven to 400F. Place meatballs in a baking dish and toss with BBQ sauce. Place veggies on a lined baking sheet and sprinkle with seasoning. 2. Bake both at the same time for 18-22 minutes. Toss veggies once in between cooking.

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#4 Sausage & Veggies Foil Pack (GF/LC)

INGREDIENTS IN BAG:

Smoked sausage
Seasoned veggies

NEED:

¼ cup liquid for each pack (can be water, wine, beer, or stock)
Aluminum foil (approx. 10"x10") sheets for each pack

PAIRING SUGGESTIONS:

Add shrimp or chicken to packs
Boxed Jambalaya or dirty rice

1. Lay out foil pieces. Evenly divide sausage and veggies and place in the center of each foil. Fold up corners and edges to form a pouch. Before sealing edges, add ¼ cup of liquid (can be water, wine/beer, or stock), then seal up any openings. Continue with remaining packs and keep on baking sheet. If you want to double up the foil on each one, you can.

For the OVEN: Preheat oven to 375F. 1. Place in the oven (on baking sheet) and cook for 25-30 minutes or until potatoes/brussels are tender. To serve, put each packet on a plate and carefully open edges to form a makeshift bowl.

For the GRILL: 1. Heat grill on medium high heat. Place grill packs on grill and close hood. Cook for about 20-25 minutes, or until veggies are tender.

#5 Garlic Brown Sugar Pork Chops (GF)

INGREDIENTS IN THE BAG:

Seasoned pork
Spice pack for pork
Veggies

NEED:

Cooking oil
Seasoning for veggies

PAIRING SUGGESTION:

Brown rice, couscous, quinoa
Baked, roasted or mashed potatoes

1. Preheat oven to 375F. Place pork chops baking dish. Spread spice pack mixture evenly over the tops of each chop. Place in the oven and bake for 25-30 minutes or internal temp on pork reaches 145F.

2. Place frozen veggies on a lined baking sheet. Drizzle with oil and sprinkle with seasoning. Place in the oven with the pork chops and roast for 20-25 minutes.

#6 Cilantro Lime Chicken (GF/LC)

INGREDIENTS IN THE BAG:

All in 1 bag

NEED:

None

PAIRING SUGGESTION:

Serve over rice
Make tacos or enchiladas
Serve over salad

CROCKPOT: Add entire contents of freezer bag into the crockpot, plus 2 cups water. Heat on low for 3-4 hours or high for 2-3 hours. Contents can be frozen when put into crockpot (may need additional cook time). Once cooked, remove chicken from pot and shred. Add a little liquid from pot to chicken to keep moist. Season with salt to taste.

INSTANT POT: Place contents into pot, plus 1 ½ cups water. Cook on high pressure for 14 minutes with 15-minute natural steam release. Manually release any remaining steam, carefully open lid and pull chicken out to shred.

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#7 Vidalia Onion Chicken (GF/LC)

INGREDIENTS IN THE BAG:

Seasoned chicken
Vidalia onion dressing
Veggies

NEED:

Cooking oil
Seasoning for veggies

PAIRING SUGGESTIONS:

Salad or garlic toast/bread

CROCK POT: 1. Add chicken to crock pot and pour dressing over tops of chicken. Cook on low for 3-4 hours or high for 2-4 hours. 2. To cook veggies, heat a skillet on medium high heat, drizzle with oil and add veggies. Sprinkle with seasoning and saute for 10-12 minutes or until tender.

STOVE TOP/OVEN: 1. Preheat oven to 375F. Heat skillet on high heat, drizzle with oil, and add chicken. Sear until golden brown, about 4-5 minutes each side. Transfer to a baking dish. 2. Pour dressing over tops of chicken and bake for 25-30 minutes or until internal temp reaches 165F. 3. Using the skillet you seared the chicken in, add veggies and saute for 10-12 minutes, or until tender.

#8 Biscuit Chicken Pot Pie (GF/LC)

INGREDIENTS IN THE BAG:

Seasoned chicken/veggies/sauce All in 1 bag

NEED:

1 can Biscuits (8 biscuits)

2 tablespoons flour/2 tablespoons softened butter (combined to make a paste)

2 cups water or milk

Cooking spray & oil

PAIRING SUGGESTIONS:

Salad

1. Preheat oven to 375F. Place biscuits on a lined baking sheet and bake for 8 minutes. remove from the oven, but leave the oven on (biscuits will not be cooked at this point). Spray a 9" x 13" baking dish with cooking spray.

2. Heat a large skillet on medium high heat, add butter/flour paste to skillet and whisk until melted, then pour in 2 cups water (or milk), whisking continuously to get any lumps out. Once paste is incorporated, add contents of bag mix and stir to combine. Lower heat and simmer for 22-25 minutes or until veggies are tender and chicken is cooked through (internal temp should read 165F.

3. Pour mixture into prepared baking dish and place par-cooked biscuits on top of the casserole with the baked side down (raw side up).

4. Place baking dish in oven and bake for 12-15 minutes or until biscuits are golden brown

#9 Honey Garlic Chicken (GF)

INGREDIENTS IN BAG:

Seasoned chicken

Sauce

Veggies

NEED:

Cooking oil

Seasoning for veggies

PAIRING SUGGESTIONS:

Jasmine rice

Quinoa

For the GRILL:

1. Pour sauce into a small pan; bring to a low boil and simmer until sauce thickens, about 1-2 minutes. Turn heat off and set aside.
2. Heat grill on medium high heat. Drizzle chicken with oil and place on the grill. Grill for 6- 7 minutes on each side. Brush generously with sauce and cover grill for 2-3 minutes. Drizzle any extra sauce over cooked chicken to serve.
3. While chicken is cooking, add veggies to a grill basket (or use foil); drizzle with oil/seasoning and saute for 8-10 minutes or until tender.

For the STOVETOP:

1. Heat skillet on medium high heat, drizzle with oil; add chicken in skillet and cook 7-8 minutes on each side or until internal temp reaches 165F.
2. Lower heat and pour in sauce from bag. Turn chicken to coat in sauce and simmer for 1 minute until sauce thickens. If sauce gets too thick, add a little water, and stir.
3. Heat another skillet on high heat, drizzle with olive oil and add veggies. Season and sauté for 8-10 minutes or until tender.

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#10 Broccoli Beef (LC)

INGREDIENTS IN THE BAG:

Seasoned beef
Sauce
Broccoli/Veggies

NEED:

Cooking oil (if using stovetop method)

PAIRING SUGGESTIONS:

Rice or noodles

INSTANT POT:

1. Place frozen (or defrosted) beef/sauce in pot with 1 cup water and secure lid; cook on high pressure for 15 minutes with 10-minute natural release.
2. Manually release any remaining steam and carefully remove lid. If sauce isn't thick enough you can add 2T cornstarch/2T water and add it to the pot. You may need to turn on saute to thicken sauce.
3. Steam broccoli/veggies and set aside until meat is ready.

CROCK POT:

1. Add beef/sauce to pot and cook on low for 6-8 hours or high for 3-4 hours.
2. Follow with step 3 for veggies.

STOVE TOP:

1. Heat skillet on medium high heat. drizzle with oil, and add beef. Stir fry for 3-4 minutes, then transfer to plate.
2. Add veggies to skillet and stir fry for 4-5 minutes, then add beef back into pan and pour sauce in. Stir to coat, bring to a low boil until sauce thickens and serve.