



## **SPLENDISHES 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 Farmers Market Chicken**

#### **INGREDIENTS IN THE BAG:**

Seasoned Chicken  
Farmers Market Blend  
Veggies

#### **NEED:**

Cooking oil

#### **PAIRING SUGGESTIONS:**

Brown Rice, couscous or quinoa

1. Preheat oven to 400F degrees. Line 2 baking sheets with parchment paper and place chicken on one and veggies on the other.
2. Drizzle both chicken and veggies with oil and sprinkle with Farmers Market Blend, tossing to coat.
3. Place chicken in oven and bake for 30-35 minutes or until chicken is cooked through (internal temperature reads 165F).
4. After chicken has been in for 15 minutes, put veggies in the oven and roast for 15-20 minutes or until tender.

## #2 Chicken Parmesan

### INGREDIENTS IN THE BAG:

Marinara  
Seasoned Chicken  
Cheese  
Veggies

### NEED:

Cooking oil  
Seasoning for veggies

### PAIRING SUGGESTIONS:

Pasta - spaghetti or angel hair

1. Preheat oven to 375F degrees. Spread half the marinara sauce into a baking dish. Place seasoned chicken in dish and spoon marinara sauce over tops of chicken. Bake for 20 minutes then top with cheese and bake additional 10 minutes or until internal temperature reaches 165F.
2. While chicken is cooking, place veggies on a lined baking sheet and drizzle with oil and toss with seasoning. Place in the oven with the chicken and roast for 20 minutes, tossing once in between.

## #3 Greek Chicken

### INGREDIENTS IN THE BAG:

Seasoned Chicken  
Sauce  
Veggies

### NEED:

Cooking oil  
Seasoning for veggies

### PAIRING SUGGESTIONS:

Salad  
White rice or rice pilaf

1. Heat a skillet on high heat. Drizzle with oil and add chicken. Leave chicken without stirring for 4-5 minutes to create a golden crust, then toss and let sear again for another 3-4 minutes. Once seared, add veggies and continue sautéing until chicken is cooked through, about 10 minutes. To finish, pour sauce over chicken and veggies, and toss to combine.

#### #4 Chicken Fajitas

INGREDIENTS IN THE BAG:

Seasoned Chicken  
Peppers & Onions

NEED:

PAIRING SUGGESTIONS:

Tortillas  
Mexican blend cheese, queso fresco or Cojita cheese  
Pico de gallo or salsa

1. Preheat oven to 375F degrees. Place chicken and onions/peppers on a lined baking sheet and bake for 25-30 minutes or until internal temperature reaches 165F.
2. Let chicken cool for 5 minutes, then chop or shred, and toss with peppers and onions.

#### #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 Garlic Butter Pork Bites

### INGREDIENTS IN THE BAG:

Seasoned pork  
Garlic butter  
Veggies

### NEED:

Cooking oil  
Seasoning for veggies

### PAIRING SUGGESTIONS:

Rice Pilaf  
Pasta - Bowtie or Radiatore

1. Heat a skillet on high heat drizzle with oil and toss pork in. Do not stir for 4 minutes to create a sear, then toss and leave for another 4 minutes. Once seared, continue sautéing for additional 6-8 minutes until cooked through, then add garlic/butter. Sauté until butter is melted and stir to coat meat.
2. Heat a 2<sup>nd</sup> skillet and drizzle with oil, add veggies, sprinkle with seasoning and saute until tender, about 8-10 minutes.

## #7 One Pot Italian Sausage and Veggies

### INGREDIENTS IN THE BAG:

Italian sausage  
Sauce  
Veggies  
Parmesan Cheese

### NEED:

Pasta - spaghetti or thin spaghetti

### PAIRING SUGGESTIONS:

Salad kit  
Garlic bread or crusty bread

1. Heat a large deep skillet on medium high heat. Drizzle with oil and brown sausages for 5-8 minutes, turning while cooking. Transfer to plate and let slightly cool (they will finish cooking with the rest of the dish). Slice into 1" slices.
2. In the same skillet, place pasta, veggies, tomato sauce, and sliced sausages into pot.
3. For 4ppl, pour 4 ½ cups water (2ppl use 2 cups) over ingredients and toss to mix.
4. Bring to a boil over high heat. Boil mixture, turning pasta frequently with tongs for 8-10 minutes, until liquid has nearly evaporated, and sausages are cooked through.
5. Stir in parmesan cheese; cover and let rest for 5 minutes. For a thicker sauce or if there is excess liquid, let pasta sit for 5-10 minutes.
6. To serve, plate pasta and top with any remaining parmesan cheese.

## #8 Aloha Meatballs

### INGREDIENTS IN THE BAG:

Meatballs  
Sauce  
Veggies

NEED: None

### PAIRING SUGGESTIONS:

White rice, coconut rice or rice pilaf

### CROCK POT:

1. Add meatballs, veggies and sauce to pot and cook on low for 2-3 hours or high for 1-2 hours.

### STOVETOP:

2. Add meatballs and veggies to baking dish, toss with sauce and bake at 350F for 20-25 minutes.

## #9 Barbacoa Beef

### INGREDIENTS IN THE BAG:

Marinated beef

Need: None

### PAIRING SUGGESTIONS:

Brown or yellow rice  
Tortillas for tacos or enchiladas

### INSTANT POT:

1. Add frozen (or defrosted) beef/sauce into pot. Secure lid and cook on high pressure for 27 minutes with 10 minutes natural release.
2. Manually release any remaining steam and carefully remove lid. Using tongs or a slotted spoon, remove the meat and transfer to a cutting board. Use 2 forks to shred the beef and place in a bowl. Spoon some of the juices into the meat and serve as tacos, burritos, enchiladas, or anything you like.

\*Remove chipotle peppers before serving to make less spicy!

### CROCK POT:

1. Add frozen (or defrosted) beef/sauce into pot. Cook on low for 3-4 hours or high 2-3 hours.
2. To finish: Follow step 2 (for shredding) once meat is cooked.

## #10 Broccoli Beef

### 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.