



## **SPLENDISHES 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.

For the Veggies:

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 One Pot Pork Chow Mein

### 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 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.

## #3 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 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 oven with pork and roast for 15 minutes.

## #4 French Onion Pork Chops

### INGREDIENTS IN THE BAG:

Seasoned pork

Caramelized onions/sauce mix

Veggie

Cheese

### NEED:

Cooking oil

1 ½ cups warm water

Seasoning for veggies

1T flour/1T butter (made into paste)

### PAIRING SUGGESTION:

Brown or Yellow Rice

Couscous or quinoa

1. Preheat oven to 375F. Place veggies on lined baking sheet, drizzle with oil and sprinkle with seasoning; roast for 15-18 minutes, tossing once in between, until golden and tender.
2. Heat skillet on medium high heat, drizzle oil in pan and sear pork chops, about 5-6 minutes per side, until golden brown. Transfer to plate.
3. Add caramelized onions/sauce mix to pan to warm, stir in flour/butter paste; once butter melts, stir in 1 ½ cups water to combine and bring to a low boil to thicken sauce. Nestle pork chops back into sauce, spooning sauce over tops. Top each chop with cheese. Place lid on skillet and simmer for 4-5 minutes until cheese is melted. Spoon sauce over tops of cheesy chops and serve.

### #5 Hibachi Beef

#### INGREDIENTS IN THE BAG:

Seasoned beef

Sauce

Veggie

#### NEED:

Cooking oil

#### PAIRING SUGGESTION:

Brown or jasmine rice

Rice noodle

1. Heat a skillet on high heat. Drizzle with oil and add steak. Sear for 2-3 minutes, then continue stirring and sautéing on high for 2-3 more minutes. Transfer to a plate and set aside (it will not be fully cooked at this point).
2. Add another drizzle of oil and veggies. Sauté for 7-8 minutes, until tender; then add beef back in and hibachi sauce. Simmer for 2-3 minutes until beef is cooked and warmed through.

### #6 Cheesy Meatball Parmesan

#### INGREDIENTS IN THE BAG:

Meatballs

Marinara

Cheese

Veggie

#### NEED:

Cooking oil

Seasoning for veggies

#### PAIRING SUGGESTION:

Turn into a hoagie with hoagie rolls

French fries, sweet potato fries, tater tots -- Coleslaw or potato salad

1. Preheat oven to 375F. In a large oven proof skillet, pour 1/2 of the marinara sauce in. Place meatballs on top of the marinara sauce. Pour over the remaining sauce.
2. Top with cheese and bake for 20 minutes or until cheese is melted and bubbly.
3. Place veggies on a lined baking sheet, drizzle with oil and toss with seasoning. Roast in the oven with the meatballs for 15-20 minutes, tossing once in between, until golden and tender.

## **#7 Chicken Cacciatore**

**INGREDIENTS IN THE BAG:**

Seasoned Chicken

Tomatoes/Sauce

Onions/peppers/garlic

**NEED:**

Cooking oil

**PAIRING SUGGESTION:**

White rice or noodles

**STOVETOP:**

1. Heat a deep skillet on medium high heat, drizzle with oil and sear chicken, about 3-5 minutes. Transfer to a plate.
2. Add onions/bell pepper/garlic and sauté just until tender, about 3-4 minutes, then add tomatoes/sauce and 2 cups water. Stir to combine and add chicken with the juices back in. Simmer on low for 20-25 minutes or until chicken reaches 165F. Great served with white rice!

**CROCKPOT:**

1. Add all ingredients into crock pot, plus 1 ½ cups water. Cook on low for 3-4 hours or high for 2-3 hours.

## **#8 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.

## **#9 One Pot Beef Stew**

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

Seasoned beef  
Tomatoes/Sauce  
Veggie mix

### **NEED:**

Cooking oil  
2 cups water (can use 1 cup red wine also)  
2T butter/2T flour-mixed into a paste

### **PAIRING SUGGESTION:**

Mashed potatoes

### **CROCKPOT:**

1. In the crockpot, sear meat on all sides, then add veggies and sauté for a few minutes.
2. Stir in sauce and 2 cups water. Cook on high for 2-3 hours or low for 3-4 hours.
3. To thicken sauce, add butter/flour paste and whisk until thickened.

### **PRESSURE COOKER:**

1. In the pressure cooker pot, sear meat on all sides, then add veggies and sauté for a few minutes. Stir in sauce and 2 cups water.
2. Cook on high pressure for 30 minutes with 15-minute natural release.
3. Release any remaining steam manually, then whisk in the butter flour paste to thicken.
4. 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.

## MENU 2

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.

### Chicken Enchiladas Cont'd

#### 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.