



SPLENDISHES DINNERS DONE!

Freezer Meal Program

MENU 3 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 Chicken Francese

INGREDIENTS IN THE BAG:

Seasoned Chicken

Sauce

Veggie

NEED:

Cooking oil

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

Seasoning for veggies

PAIRING SUGGESTION:

Pasta

Salad

Dinner roll

1. Heat a skillet on high heat. Drizzle with oil and sear chicken breasts, about 4-6 minutes, per side. Transfer to plate.
2. Lower heat and add flour/butter paste, whisk until melted, then stir in sauce and 1 cup of water. Add chicken and juices back into skillet, sauce will start to thicken; simmer on low for 8-10 minutes or until chicken is cooked through (internal temp of 165F).
3. While chicken is cooking, toss veggies with a drizzle of oil and your favorite seasoning, then place on a lined baking sheet and roast at 375F for 18-20 minutes.

Garnish chicken with lemon slice and fresh parsley (optional).

#2 Chicken Marsala

INGREDIENTS IN THE BAG:

Seasoned Chicken

Sauce

Mushrooms

Veggie

NEED:

Cooking oil

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

Seasoning for veggies

PAIRING SUGGESTION:

Angel hair pasta

Garlic bread, cheesy garlic bread

Salad

1. Heat a large skillet on medium high heat. Drizzle pan with oil and cook chicken, searing about 5-6 minutes, each side. Transfer to plate.
2. Add another drizzle of oil and add mushrooms to pan. Sauté until tender, then add butter/flour paste and whisk until melted. Deglaze pan with the marsala sauce, scraping all the bits up from the bottom of the pan. Add 1 cup of water and put chicken back into pan, lower heat and simmer until chicken is cooked through and sauce has thickened.
3. While chicken is cooking, toss veggies with oil and seasoning. Place on a lined baking sheet and roast for 15-20 minutes, tossing once in between.

#3 One Pot Spinach Artichoke Chicken

INGREDIENTS IN THE BAG:

Seasoned chicken
Spinach/artichokes
Sauce mix
Parmesan cheese

NEED:

Cooking oil
12oz thin spaghetti

PAIRING SUGGESTION:

Salad
Italian bread

1. Heat a large deep skillet on high heat. Drizzle with oil and sear chicken on all sides for about 5-6 minutes. Reduce heat and add spinach, artichoke hearts, sauce mix, pasta and 4 cups water.
2. Bring to a boil over high heat. Boil mixture, stirring and turning the pasta with tongs to prevent sticking, until pasta is al dente and almost all the liquid has evaporated, 8 to 9 minutes. Add ½ the parmesan cheese and stir to combine, cover with lid; remove from heat and let sit for 5 minutes. Sprinkle with remaining parmesan to serve.

#4 Broccoli Bacon Ranch Chicken

INGREDIENTS IN THE BAG:

Seasoned Chicken
Ranch mix
Cheese/bacon
Veggie

NEED:

None

PAIRING SUGGESTION:

Spiral pasta
Salad

1. Preheat the oven to 375 F. Add chicken to a 9"x9" casserole dish. Top with ranch mix, veggie, cheese/bacon.
2. Bake, uncovered, for about 25-30 minutes, until internal temperature of chicken reads 165F.

#5 Chinese Green Beans & Turkey

INGREDIENTS IN THE BAG:

Seasoned ground turkey

Stir fry sauce

Green beans

NEED:

Cooking oil

PAIRING SUGGESTION:

White or jasmine rice

1. Heat large skillet over high heat. Drizzle with oil, brown turkey for 3-5 minutes, until meat is mostly cooked. Crumble meat as much as possible.
2. Put green beans in a microwave safe bowl, cover with water and microwave for 5 minutes; drain and set aside.
3. Stir sauce into meat, and add cooked green beans, stirring to coat. Continue cooking over high heat for 2-3 minutes longer, stirring to marry flavors.
4. Serve with jasmine rice (optional).

#6 Mongolian Beef

INGREDIENTS IN THE BAG:

Seasoned beef

Sauce

Veggie

NEED: Cooking oil

4 packs of ramen noodles (discard the flavor pack)

PAIRING SUGGESTION:

Egg roll or spring roll

Salad with Asian or ginger dressing

1. Heat a large shallow skillet on high; drizzle with oil and add beef. Sear meat for 3-4 minutes, tossing continuously. Transfer to a plate.
2. Reduce heat to medium and add veggies; cover and cook until the vegetables are tender, about 5 minutes.
3. While veggies are cooking, boil ramen noodles for 3-4 minutes, until tender; drain and set aside.
4. Return beef to skillet, toss in cooked noodles and stir in sauce, tossing to coat.

#7 Cajun Steak Bites

INGREDIENTS IN THE BAG:

Beef

Bag with cajun seasoning and garlic

Veggie

NEED:

Cooking oil

2T butter

Seasoning for veggie

PAIRING SUGGESTION:

Baked, mashed or cheesy potato, corn on the cob & dinner rolls

1. Preheat oven to 400F. Toss veggies with oil, sprinkle with favorite seasoning and place on a lined baking sheet. Roast for 20 minutes, tossing once in between.
2. Heat a deep skillet on medium high heat, drizzle oil in hot pan and add beef. Sear meat without moving for 2-3 minutes then toss and sear another 3-4 minutes until golden crust forms, add bag of garlic & cajun seasoning. Continue cooking for another 2-3 minutes; lower heat and stir in 2T butter until melted, stirring to coat meat.

#8 Peach BBQ Pork Chops

INGREDIENTS IN THE BAG:

Seasoned pork

BBQ sauce/peaches

Veggie

NEED:

Cooking oil

Seasoning for veggies

PAIRING SUGGESTION:

Mac & cheese, couscous or quinoa

1. Preheat oven to 375F. Heat a skillet on high heat. Drizzle with oil and sear pork chops for 4-5 minutes per side; transfer to a baking dish. Spoon BBQ Sauce and peaches over chops.
2. Bake for 25-30 minutes or until internal temperature reaches 145F.
3. Toss veggies with oil and seasoning, then place on a lined baking sheet. Roast with chops for 15-20 minutes tossing once in between.

To Grill Chops (highly recommend!!):

1. Heat grill on high heat. Baste chops with BBQ sauce and place on the grill for about 4-5 minutes per side. While chops are grilling, carefully put peaches on grill and heat for 3-4 minutes per side.

#9 Cilantro Lime Chicken

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.

#10 Cuban Mojo Pork

INGREDIENTS IN THE BAG:

All in 1 bag

NEED:

None

PAIRING SUGGESTION:

Serve over rice

Make tacos or enchiladas

Serve over salad

INSTANT POT: Put contents of pork bag in instant pot with 1 ½ cups water. Set on high and cook for 18 minutes, with 10-minute natural release. Release any remaining steam manually, carefully open pot and remove pork with slotted spoon into a bowl.

CROCKPOT: Place contents of pork 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 to serve.

TO FINISH: Pull pork from pot and place on a baking sheet. Broiler for 4-5 minutes to crisp up and caramelize fatty peices.